

AVERAGE CALORIE CONTENT, PORTION SIZE, AND ENERGY DENSITY IN THE MOST POPULAR MEALS IN SIT-DOWN RESTAURANTS

Type of Cuisine	Meals	Average Energy Content (kcal)	Average Portion Weight (g)	Average Energy Density (kcal/g)
Mexican	Beef tacos	874	419	2.14
	Quesadilla	1074	601	1.99
	Bean burrito	1187	626	1.9
	Chicken fajitas	1319	935	1.48
	Classic nachos	2165	779	2.93
	Overall:	1324	672	2.09
American	Grilled chicken sandwich	918	382	2.35
	Cheeseburger	1108	395	2.7
	Steak/steak tips	1506	685	2.23
	Ribs (1/2 rack)	2445	722	3.39
	Overall:	1494	546	2.67
Chinese	Beef and broccoli	831	691	1.2
	Kung Pao chicken	1153	742	1.55
	Pork fried rice	1674	781	2.15
	Peking duck (1/2 order)	1751	561	3.26
	General Gau's chicken	1962	678	2.91
	Overall:	1474	691	2.21
Italian	Spaghetti and meatballs	1453	997	1.47
	Lasgna	1530	884	1.74
	Veal marsala	1574	943	1.7
	Eggplant parmesan	1948	1216	1.6
	Fettuccine Alfredo	2270	812	2.8
	Overall:	1750	970	1.86
Japanese	Beef yaki udon	785	722	1.1
	Chicken terriyaki	1148	896	1.31
	Vegetable tempura	1179	568	2.27
	Overall:	1027	713	1.58
Thai	Vegetable red curry	872	770	1.14
	Chicken kaprao	1053	678	1.55
	Drunken noodles	1115	700	1.58
	Beef macadamia	1297	855	1.53
	Chicken pad thai	1483	631	2.38
	Overall:	1164	727	1.64
Indian	Lamb vindaloo	1172	796	1.48
	Palak paneer	1406	797	1.76
	Chicken tikka masala	1430	755	1.89
	Butter chicken	1468	764	1.93
	Tandoori chicken	1847	1041	1.8
	Overall:	1465	831	1.77
Greek	Greek salad	962	543	1.79
	Gyro	993	385	2.59
	Lamb kebab	1256	807	1.57
	Moussaka	1441	909	1.62
	Pastichio	1465	936	1.59
	Overall:	1223	716	1.84
Vitenamese	Chicken chao	529	817	0.65
	Pork vermicilli	900	533	1.8
	Beef pho (noodle soup)	944	1413	0.66
	Chicken lo mein	964	712	1.35
	Chicken lemongrass	1271	830	1.56
	Overall:	922	861	1.21
All		1327	744	1.89

