

McDonald's

Food	Calories	Fat (g)	Carbs (g)	Pro (g)
¼ Pounder	550	26	36	31
McOz	505	26	37	31
Big Mac	480	25	35	25
Double Cheeseburger	440	23	32	25
McChicken	420	18	40	20
Double Beef n Bacon	410	21	29	26
Filet-o-Fish	350	16	33	15
Cheeseburger	285	12	27	15
Lean Beef	255	8	27	18

Deli Choices	Calories	Fat (g)	Carbs (g)	Pro (g)
Chicken Caesar	620	23	64	36
Bacon n Egg	480	18	51	27
Roast Beef	470	12	63	27
Turkey n Cranberry	455	9	63	27
Thai Chicken	380	10	48	22
Chicken Tandoori	360	7.5	48	22

French Fries	Calories	Fat (g)	Carbs (g)	Pro (g)
Small, 72g	255	14	29	3
Medium, 105g	370	20	42	4
Large, 130g	455	25	51	5

McNuggets	Calories	Fat (g)	Carb (g)	Pro (g)
3 Pack	140	9	7	8
6 Pack	280	18	14	16
BBQ Sauce	50	0	12	0.5
Ketchup Sauce	10	0	2.5	0
Mustard Sauce	60	0.5	9	0.5
Sweet n Sour Sauce	55	0	14	0

Shakes all fla.	Calories	Fat (g)	Carb (g)	Pro (g)
Small	245	3	46	10
Medium	330	3.5	62	13
Large	450	4.5	85	17

KFC

Food	Calories	Fat	Carbs	Pro
Popcorn Chicken				
Regular, 122g	365	22	19	22
Large, 210g	630	38	33	38
Combo, regular	850	35	107	27
Chicken Feast				
2 Piece, regular	625	38	36	40
3 Piece, regular	940	60	60	60
Burgers				
Original Fillet	455	18	45	26
Original Zinger	535	25	47	28
Bacon n Cheese Chicken Fillet	460	22	34	30
Twister, original	625	33	52	28
Twister, chilli	575	27	54	27
Chips				
Regular, 133g	320	13	44	5
Large, 290g	700	28	96	10
Nuggets				
6 pack	250	14	11	20
Each	40	2.5	2	3.5
Wicked Wings				
1 piece, 42g	145	10	7	7
3 piece, 126g	430	30	21	21
Sides				
Crispy Strips x 3	495	22	29	44
Bread, dinner roll	115	3	20	3.5
Potato n Gravy reg	70	2	11	1.5
Coleslaw, reg	110	4	16	1
Desserts				
Cheesecake, 80g	260	17	23	3.5
Choc Mousse, 80g	280	19	27	3.5
Drinks				
375ml can	160	0	40	0
600ml bottle	260	0	65	0
O.J. 300ml	110	0	126	2.5

Calories burnt during Exercise

The below exercise's have been calculated for a 70kg person, for 1 hour.

The calorie's burnt during exercise is affected by the persons level of fitness and metabolism.

If you are under 70kg you will not burn as much and if you are heavier than 70kg your calories burnt will be higher.

Aerobics, low-impact: 352

Aerobics, high impact: 493

Boxing, punching bag: 422

Circuit Training, general: 563

Kickboxing, martial arts: 704

Treadmill, speed 5: 563

Treadmill, speed 10: 1126

Running, upstairs: 1056

Stationary Bike, light effort: 387

Stationary Bike, vigorous effort: 880

Stationary Rower, light effort: 669

Stationary Rower, vigorous effort: 844

Squash: 844

Swimming, freestyle, light effort: 563

Swimming, freestyle, vigorous effort: 704

Swimming, butterfly, general: 774

Weight lifting, light effort: 211

Weight lifting, vigorous effort: 422

For more information feel free to contact Penrith's Favourite Personal Trainers on the contact details below.