HEALTHY LUNCH? DEPENDS

Calories count. Mayo, sour cream and other fixings add up. Ask for them on the side to help turn a high calorie meal into a lower one.

Cheeseburger
- BUN: 145 calories
- KETCHUP: 15 calories
- ONION: 0 calories
- BACON: 110 calories
- BURGER: 110 calories
- MAYO: 160 calories
- LETTUCE: 0 calories
- TOMATO: 3 calories
- CHEESE: 65 calories

Burrito
- WRAP: 290 calories
- CHEESE: 100 calories
- LETTUCE: 0 calories
- SALSA: 8 calories
- SALSAL: 8 calories
- BEANS: 120 calories
- SOUR CREAM: 120 calories
- GUACAMOLE: 93 calories
- CHICKEN: 190 calories
- RICE: 130 calories

2000 calories per day is what most adults need.
Learn more at mass.gov/massinmotion