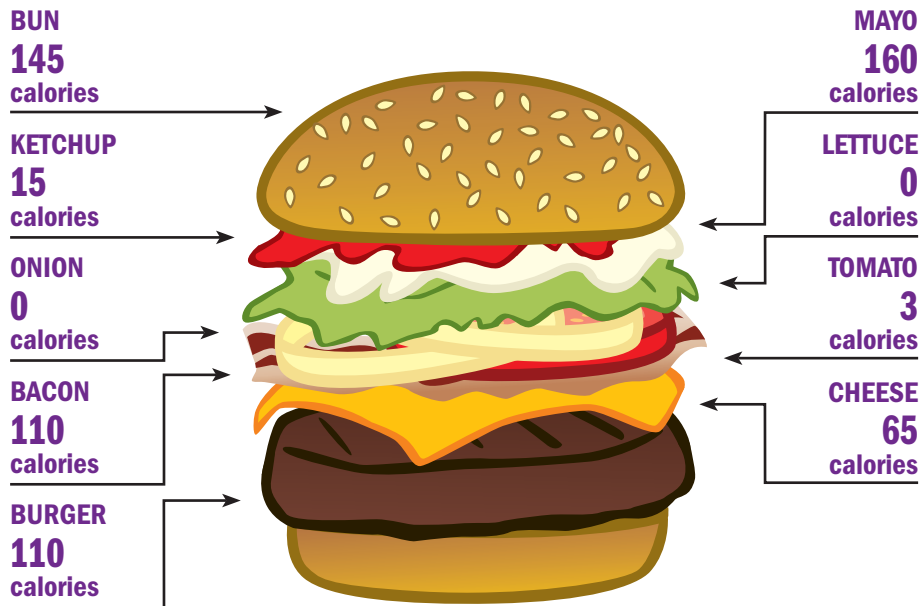
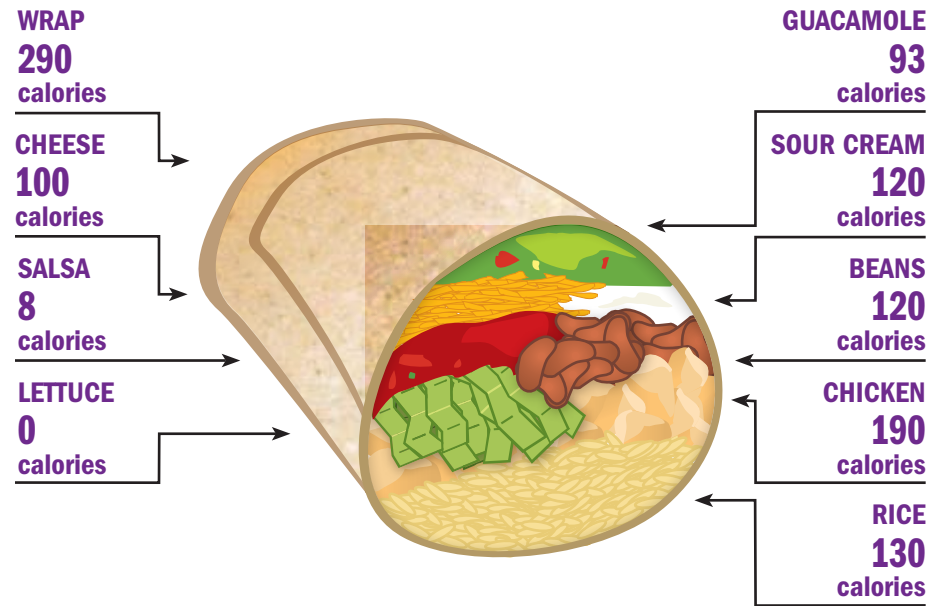


HEALTHY LUNCH? DEPENDS

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



Burrito

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

