What's your lunch worth?

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Office workers beware! Your lunch could take four hours of exercise to burn off!

In Australia over 60% of adults are overweight or obese[1]. Australia's Healthy Weight Week (AHWW), an initiative of the Dietitians Association of Australia, aims to raise awareness of the importance of achieving and maintaining a healthy weight and lifestyle[2]. This year the focus of AHWW is to encourage all Australians to cook at home more often to achieve a healthy weight. Research shows that cooking meals at home leads to a healthier diet and consumption of less kilojoules, fat and sugar[3].

Eating out is very common in Australia with approximately 80% of people eating out at least once per month[4]. The majority of weekly food expenditure is spent on eating out and this includes many visits to fast food outlets[5]. Fast foods often contain excess kilojoules (energy), fat, sugar and salt and frequent consumption is associated with weight gain[6]. However, many people are unaware of just how high in kilojoules many menu items are[7]. The aim of this report is to compare and contrast the kilojoule content of selected fast food items available for sale in Australian Fast Food Chains participating in the menu board kilojoule labelling initiative.

Methodology

The George Institute and Cancer Council of New South Wales's Fast Food Database was used for the analyses. This data is collected twice per year (March and September) from fast food chain websites, and when not available online the information is collected from in-store menu boards. The fast food chains selected are those required to provide kilojoule menu board labelling for the menu board labelling initiative. For each food category we selected the three smallest sized menu items with the lowest kilojoule content per serve and the corresponding three items with the highest kilojoule content per serve. Data were extracted separately for each fast food chain.

The amount of walking, running and cycling required to use up the kilojoules in each of the menu items was calculated based on the New South Wales Health 8700 Campaign[8]. All values are approximations based on the amount of exercise a 40-year-old-male with a healthy body weight is required to perform. For more information about individual energy expenditure visit www.8700.com.au

Results

Table 1 presents the kilojoule content (per portion size) of menu items available in the following categories: burgers, pizza, salads, snacks and light meals, wraps, and Mexican foods. The approximate amount of walking, running or cycling required to burn off the kilojoules in these items is also presented. To view the table go to http://www.georgeinstitute.org.au/sites/default/files/fast-food-lunch-kj-comparison.xlsx

Key findings

- *A run of 1hr 43 mins, walk of 3hrs 56 mins or cycle of 2hrs 18 mins would be needed to burn off just one Guzman Y Gomez Enchilada Burritos Spicy Chicken Guerrero (4760kJ/serve).*
- *Coffee Club's Steak Sandwich would require a walk of 3hrs 9 mins or a run of 1hr 23 mins.*
- *The Mighty Melbourne Beef Burger from Grill'd would take 2hrs 41 mins to walk off, whilst the Coffee Club's BBQ Pulled Burger required 3hrs 8 mins of walking. Topping the burger list for most kilojoules was Hungry Jack's Ultimate Double Whopper – close to four hours of walking was needed to burn it off.*
- *The "healthy salad" option may not be quite so healthy after all. A run of almost an hour is required for Sumo Salad's Ancient Grain Peanut Orange Small, while the Jamaica Blue Coconut Mango Salad would take a 2hr 59 min walk, or a run of 1hr 18 mins.*
- *Topping the overall list for the most energy heavy lunch was Zambrero's Nachos Pork and Garlic Sauce with 5005kJ per bowl. 4hrs and 8 mins of walking, 1hr and 48 mins of running or 2hr 25 mins of cycling would be needed to burn this off.*
- *Pizzas from Crust, Dominos, Pizza Hut and Pizza Capers all came under the 1300kJ mark requiring a maximum of an hour's walk. But with a serving measured at just 100 grams (equivalent to one slice) workers need to keep a close eye on how many pieces they eat.*

For more information

Australia's Healthy Weight Week - http://healthyweightweek.com.au/

8700 Campaign - http://www.8700.com.au/

About The George Institute's Food Policy Division

The George Institute's Food Policy group works in Australia and internationally to reduce rates of death and disease caused by diets high in salt, saturated fat and sugar or excess energy, by undertaking research and advocating for a healthier food environment. The George Institute Food Policy group's main focuses are food reformulation, monitoring changes in the food supply, and developing and testing innovative approaches to encourage consumers towards better food choices.

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Kristina's research interests include investigating the role of dietary intake and dietary quality in improving vascular health, particularly in populations with diabetes. Other interests include using smartphone applications to improve dietary intake and evaluating the implementation of the health star rating system.

The George Institute for Global Health

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The George Institute prioritises clinical and population health research that produces outcomes that are easily translated into practice, and effect real change within a short period of time to health policy and practice. The Institute has been ranked among the top 10 global institutes for impact for the last several years, and its research has resulted in changes to medical guidelines and ways of thinking about some of the most common medical treatments around the world. Examples include developing a new treatment for stroke, showing that blood pressure lowering reduces the risk of cardiovascular disease in people with diabetes, and providing safer fluid options for patients in intensive care. Developing better methods for delivering health care are a priority for the Institute. Follow us on Facebook at and on Twitter @georgeinstitute

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Healthy eating tips

- *When possible cook at home as you have more control over the ingredients used and the portion size consumed.*
- *If you do purchase food out, be aware of what you are eating.*
- *Most fast food chains are legally required to display kJ content – use this to choose lower kJ options. Aim for 1500-2000kJ per meal and no more than 600kJ for snacks/discretionary foods (based on 8700 daily total, taking into consideration snacks & beverages).*
- *There is no standard, regulated portion size for food so keep an eye out for super-size portions and choose the smallest option available.*
- *Not all salads and sandwiches are healthy – keep an eye out.*
- *Watch for additions – sauces and dressings, cheeses, high-fat or fried meats.*
- *Look for and choose meals with lots of vegetables.*
- *Choose water over soft drinks.*
- *Be physically active – aim to be active most (preferably all) days of the week and accumulate 150-300 minutes of moderate intensity activity per week.*

References

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Food comparison tables

Chain	*Exercise (minutes)*		
	Walking (minutes)	Running (minutes)	Cycling (minutes)
Burgers - Lowest Kilojoule options			
COFFEE CLUB			
Chicken Fillet Burger (2546kJ/serve)	126	55	74
GRILL'D			
Sweet Chilli Chicken Burger (1920kJ/serve)	95	42	55
Field Of Dreams Veggie Burger (1970kJ/serve)	98	43	57
Moroccan Lamb Burger (2100kJ/serve)	104	45	61
Hungry Jack's			
Cheeseburger (1301kJ/serve)	64	28	38
Peri Peri Cheeseburger (1461kJ/serve)	72	32	42
Grilled Chicken Classic (1540kJ/serve)	76	33	45
KFC			
Original Fillet Burger (1628/serve)	81	35	47
Zinger Fillet Burger (1741kJ/serve)	86	38	50
Original Bacon & Cheese Burger (1992kJ/serve)	99	43	58
McDonald's			
Hamburger (979kJ/serve)	48	21	28
Cheeseburger (1180kJ/serve)	58	26	34
Chicken & Mayo (1390kJ/serve)	69	30	40
Red Rooster			
Chicken,Cheese & Bacon Burger (1500kJ/serve)	74	32	43
Cheeseburger (1510kJ/serve)	75	33	44
Extreme Cheeseburger (1580kJ/serve)	78	34	46
Oporto			
Oprego Burger (Single) (1530kJ/serve)	76	33	44
Veggie Burger without Chilli (1440kJ/serve)	71	31	42
Bondi Burger (Single) without Chilli (1595kJ/serve)	79	35	46

Chain	*Exercise (minutes)*		
	Walking (minutes)	Running (minutes)	Cycling (minutes)
Burgers - Highest Kilojoule options			
COFFEE CLUB			
Gourmet Beef Burger (3548kJ/serve)	176	77	103
BBq Pulled Pork Burger (3793kJ/serve)	188	82	110
GRILL'D			
Crispy Bacon and Cheese Beef Burger (3078kJ/serve)	152	67	89
Caesars Palace Chicken Burger (3208kJ/serve)	159	69	93
Mighty Melbourne Beef Burger (3260kJ/serve)	161	71	94
Hungry Jack's			
Double Whopper (3933kJ/serve)	195	85	114
Double Whopper Cheese (4193kJ/serve)	208	91	121

Ultimate Double Whopper (4773kJ/serve)	236	103	138
Jamaica Blue			
Thai Chicken Burger (3690kJ/serve)	183	80	107
Beef Beetroot Burger (3910kJ/serve)	194	85	113
-			
KFC			
Zinger Bacon & Cheese Burger (2105kJ/serve)	104	46	61
Streetwise Double Crunch Burger (2118kJ/serve)	105	46	61
Kentucky Burger (2632kJ/serve)	130	57	76
McDonald's			
SouthWest BLT Burger (2780kJ/serve)	138	60	80
Mighty Angus Burger (2790kJ/serve)	138	60	81
Double Quarter Pounder (3570kJ/serve)	177	77	103
Red Rooster			
Extreme Herb Mayo Cheeseburger (1920kJ/serve)	95	42	55
Original Crispy Burger (2000kJ/serve)	99	43	58
Cheeseburger Kids Meal (2350kJ/serve)	116	51	68
Oporto			
Chicken and Cheese Burger (2829.6kJ/serve)	140	61	82
BLT Burger Single (1774.5kJ/serve)	88	38	51
Otropo Burger (Single) (1920kJ/serve)	95	42	55

Chain	*Exercise (minutes)*		
	Walking (minutes)	Running (minutes)	Cycling (minutes)
Pizzas - Lowest Kilojoule options			
CRUST			
Spicy Spanish Seafood (687kJ/serve)	34	15	20
Garlic Prawn (826kJ/serve)	41	18	24
Moorish Lamb (863kJ/serve)	43	19	25
DOMINOS			
Classic Crust Spicy Vege Trio (523kJ/serve)	26	11	15
Classic Crust Vegorama (543kJ/serve)	27	12	16
Classic Crust Ham & Cheese (549kJ/serve)	27	12	16
Pizza Hut			
Veggie Trio (666kJ/serve)	33	14	19
Margheritaville (732kJ/serve)	36	16	21
Italiano (737kJ/serve)	36	16	21
Pizza Capers			
Vegetarian Pizza (567kJ/100g serve size)	28	12	16
The Prawn Pizza (580kJ/100g serve size)	29	13	17
New Orleans chicken Pizza (637kJ/serve size)	32	14	18

Chain	*Exercise (minutes)*		
	Walking (minutes)	Running (minutes)	Cycling (minutes)

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Pizzas - Highest Kilojoule options			
	CRUST		
Meat Pizzas Pepperoni (1160kJ/serve)	57	25	34
Meat Pizzas Meat Deluxe (1200kJ/serve)	59	26	35
Sausage Duo (1220kJ/serve)	60	26	35
	DOMINOS		
Edge Pizza Garlic Prawn (1030kJ/serve)	51	22	30
Cheesy Crust Peri Peri Beef (1032kJ/serve)	51	22	30
Edge Pizza BBQ Chicken & Bacon (1050kJ/serve)	52	23	30
	Pizza Hut		
BBQ Meatlovers (882kJ/serve)	44	19	25
BBQ Cheeseburger (918kJ/serve)	45	20	27
Loaded Peperoni (1079kJ/serve)	53	23	31
	Pizza Capers		
Smoke Cured Pepperoni Pizza (852/100g serve size)	42	18	25
Cheesy Grin Kids Pizza (872/100g serve size)	43	19	25
Rustic Lamb Pizza (880/100g serve size)	44	19	25

Chain	*Exercise (minutes)*		
	Walking (minutes)	Running (minutes)	Cycling (minutes)
Salads - Lowest Kilojoule options			
	COFFEE CLUB		
Roasted Beetroot, Feta & Candied Walnut Salad (1153kJ/serve)	57	25	33
The Greek (1469kJ/serve)	73	32	42
	CRUST		
Greek Salad (305kJ/serve)	15	7	9
	GRILL'D		
Chicken Pomegrante Goats Cheese Salad (1890kJ/serve)	94	41	55
	Guzman Y Gomez		
Salads Steak Chipotle (1490kJ/serve)	74	32	43
Salads Barramundi Mojo De Ajo (1500kJ/serve)	74	32	43
Salads Pork Chipotle (1500kJ/serve)	74	32	43

Chain	*Exercise (minutes)*		
	Walking (minutes)	Running (minutes)	Cycling (minutes)
Salads - Highest Kilojoule options			
	COFFEE CLUB		
Chicken, Spinach & Quinoa Salad (2449kJ/serve)	121	53	71
The Cesear (2982kJ/serve)	148	65	86
	CRUST		
Pear and Gorgonzola Salad (496kJ.serve)	25	11	14
Rocket & Parmesan Salad (561kJ/serve)	28	12	16

GRILL'D			
Superpower salad (2010kJ/serve)	100	44	58
Chicken casear salad (2552kJ/serve)	126	55	74
Guzman Y Gomez			
Salads Farm Fresh Vegetables (With Guac) (1520kJ/serve)	75	33	44
Salads Chicken Guerrero (1630kJ/serve)	81	35	47
Salads Spicy Chicken Guerrero (1650kJ/serve)	82	36	48

Chain	*Exercise (minutes)*		
	Walking (minutes)	Running (minutes)	Cycling (minutes)
Mexican Foods - Lowest Kilojoule options			
Guzman Y Gomez			
Quesadillas Jack Cheese (1380kJ/serve)	68	30	40
Soft Tacos Barramundi Mojo De Ajo (1500kJ)	74	32	43
Soft Tacos Steak Chipotle (1510kJ/serve)	75	33	44
Mad Mex			
Veggie Street Tacos (1793kJ/serve)	89	39	52
Veggie Naked Burrito (1826kJ/serve)	90	40	53
Veggie Crispy Tacos (1979kJ/serve)	98	43	57
Zambrero			
Hard Taco Chicken - Red Chilli Sauce (955kJ/serve)	47	21	28
Hard Taco Chicken - Smokey BBQ Sauce (957kJ/serve)	47	21	28
Hard Taco Beef - Red Chilli Sauce (965kJ/serve)	48	21	28
Salsa's			
Tacos - Soft Corn - Original Beef (Hard) (744kJ/serve)	37	16	22
Tacos - Wheat - Chicken Chiptole (814kJ/serve)	40	18	24
Tacos - Wheat - 14 Hour Beef (866kJ/serve)	43	19	25

Chain	*Exercise (minutes)*		
	Walking (minutes)	Running (minutes)	Cycling (minutes)
Mexican Foods - Highest Kilojoule options			
Guzman Y Gomez			
Enchilada Burritos Pork Chipotle (4620kJ/serve)	229	100	134
Enchilada Burritos Chicken Guerrero (4730kJ/serve)	234	102	137
Enchilada Burritos Spicy Chicken Guerrero (4760kJ/serve)	236	103	138
Mad Mex			
Steak Burrito (3633kJ/serve)	180	79	105
Steak Grande Melt (3642kJ/serve)	180	79	105
Steak Quesadilla (3741kJ/serve)	185	81	108
Zambrero			
Burrito Pork - Garlic Sauce & Guacamole (4124kJ/serve)	204	89	119
Burrito Vegatarian - Garlic Sauce (4108kJ/serve)	203	89	119

Burrito Pork - Basilo Sauce & Guacamole (4101kJ/serve)	203	89	119
Salsa's			
Burritos Original Beef (2810kJ/serve)	139	61	81
Burritos Baja Steak (2680kJ/serve)	133	58	77
Burritos Chicken & Veg (2640kJ/serve)	131	57	76

Chain	*Exercise (minutes)*		
	Walking (minutes)	Running (minutes)	Cycling (minutes)
Wraps & sandwiches - Lowest Kilojoule options			
COFFEE CLUB			
Leg Ham Sandwich (1220kJ/serve)	60	26	35
Smoked Salmon Sandwich (1438.8kJ/serve)	71	31	42
Smoked Salmon & Cream Cheese Gourmet Open Grill (1548kJ/serve)	77	34	45
KFC			
Chicken Salad Twister (1706kJ/serve)	84	37	49
Sweet Chilli Twister (2070kJ/serve)	102	45	60
McCafe			
Cheesy Chorizo Roll (991kJ/serve)	49	21	29
Cheese & Tomato Toasted Sandwich - Wholemeal Bread (1170kJ/serve)	58	25	34
Cheese & Tomato Toasted Sandwich - White Bread (1250kJ/serve)	62	27	36
McDonald's			
Grilled Chicken & Spicy Mayo McWrap (2100/serve)	104	45	61
Grilled Chicken & Aiolo McWrap (2230kJ/serve)	110	48	64
Sumo Salad			
Pepper Smoked Salmon Wrap Small (1020kJ/serve)	50	22	29
Felafel Hummus Wrap Small (1210kJ/serve)	60	26	35
Beef Pumpkin Wrap Small (1220kJ/serve)	60	26	35
Subway			
Veggie Delite 6-Inch Sandwich With 6g Of Fat Or Less (867kJ/serve)	43	19	25
Veggie Delite Wrap (979kJ/serve)	48	21	28
Ham 6-Inch Sandwich With 6g Of Fat Or Less (1070kJ/serve)	53	23	31
Red Rooster			
Mayo Steals Wrap (1290kJ/serve)	64	28	37
BBQ Cheese Steals Wrap (1520kJ/serve)	75	33	44
Chicken, Bacon & Egg Wrap (1750kJ/serve)	87	38	51
Oporto			
Steak Rappsnacker Without Sauce (1509.7)	75	33	44
Chicken Roll Without Sauce (2089.85kJ/serve)	103	45	60
Chicken Rappsnacker without Sauce (1600.5kJ/serve)	79	35	46

Chain	*Exercise (minutes)*		
	Walking (minutes)	Running (minutes)	Cycling (minutes)
Wraps & sandwiches - Highest Kilojoule options			
COFFEE CLUB			
Chicken & Avocado Sandwich (2265kJ/serve)	112	49	65
Ham, Cheese & Pineapple Sandwich (2868kJ/serve)	142	62	83
Steak Sandwich (3439kJ/serve)	170	74	99
KFC			
BLT Twister (2338kJ/serve)	116	51	68
McCafe			
Chicken Pesto Turkish Bread Sandwich (1620kJ/serve)	80	35	47
Ruben Sandwich (2420kJ/serve)	120	52	70
Roast Beef & Cheddar Sandwich (2450kJ/serve)	121	53	71
McDonald's			
Crispy Chicken & Spicy Mayo McWrap (2670/serve)	132	58	77
Crispy Chicken & Aiolo McWrap (2700kJ/serve)	134	58	78
Sumo Salad			
Mexican Wrap Small (2319kJ/serve)	115	50	67
Chicken Caesar Wrap Small (2198/kJ/serve)	109	48	64
Schnitzel Long Roll Small (1919.2kJ/serve)	95	42	55
Subway			
Chicken Parma (Includes Mozzarella) 6-inch Sandwich (1960kJ/serve)	97	42	57
Shortcut Bacon, Poached Egg And Cheese 6-inch Flatbread Sandwich (1820kJ/serve)	90	39	53
Chicken & Bacon Ranch Melt (Includes Mozzarella) 6-inch Sandwich (1800kJ/serve)	89	39	52
Red Rooster			
Flayva Wrap (3000kJ/serve)	149	65	87
Classic Rippa (3430kJ/serve)	170	74	99
Bacon & Cheese Rippa (3580kJ/serve)	177	77	103
Oporto			
Chicken Rappa without sauce (2119.5kJ/serve)	105	46	61
Steak Roll Without Sauce (2680.05kJ/serve)	133	58	77
steak Rapppa Without Sauce (2320kJ/serve)	115	50	67

Chain	*Exercise (minutes)*		
	Walking (minutes)	Running (minutes)	Cycling (minutes)
Snacks & light meals - Lowest Kilojoule options			
BAKERS DELIGHT			
Savoury Bite (782kJ/serve)	39	17	23
Savoury Bite - Mayo (802kJ/serve)	40	17	23
NA - only 4 products available in this category			
Jamaica Blue			

Tandoori Chicken Sourdough (1900kJ/serve)	94	41	55
Tuna Lemon Chive Sourdough (1950kJ/serve)	97	42	56
Italain Salami Eggplant Turkish (2060kJ/serve)	102	45	60

Chain	*Exercise (minutes)*		
	Walking (minutes)	Running (minutes)	Cycling (minutes)
Snacks & light meals - Highest Kilojoule options			
BAKERS DELIGHT			
Savoury Bite - Sweet Chilli (808kJ per 70g serve)	40	17	23
Savoury Bite - BBQ Sauce (810kJ per 70g serve)	40	18	23
Jamaica Blue			
Chicken Bacon Avocado Turkish Sandwich (4600kJ/serve)	228	100	133
Bacon , Tomato & Avocado Wrap (4840kJ/serve)	240	105	140
Chicken Bacon Avocado Wrap (4850kJ/serve)	240	105	140