

## MOVE IT!

You don't need to be an athlete to reap the rewards from exercise. Even upping your daily lifestyle activity, little by little, can help ease stress, boost energy levels and manage weight. So add more life to your lifestyle.

- Walk and talk instead of just talk
- Take the long walk to your destination, not the shortcut
- Park at the farthest spot in the lot, not the nearest
- Ride the elevator up; take the stairs down—or take the stairs both ways
- Walk the dog, don't just watch the dog walk

## Q&A Ask A Dietitian

**Q:** What's the best way to lose weight?

**A:** For weight loss and healthy living, it's important that food and fitness go hand in hand. Overeating coupled with underexercising can knock your body out of balance. A balanced diet boosted by physical activity is the most effective approach for long-term weight management. And remember this: No single food causes weight gain. It's about the total calories. So make your calories count by eating foods rich in nutrition and kick the exercise up a few notches when you eat more than you need. Once you've reached your healthy weight, remember this simple equation: **Energy In = Energy Out.**

CALORIES:		2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

gms = gram mgs = milligram

\*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

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Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Except for limited time offerings or test market items, menu products as of this printing are included in this brochure. Product data is based on current formulation as of date of publication. If you have any questions about KFC and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at 1-800-CALL-KFC or visit us on the web at [www.kfc.com](http://www.kfc.com).

## Skinny Down at KFC®

Building a well-balanced meal at KFC® to fit your lifestyle is easy, starting with our fresh-from-the-kitchen chicken. You can create a variety of meals at KFC® that are each under 10 grams of fat.

Start with our Original Recipe® chicken breast, pressure fried and marinated deep into the meat. Just remove the skin and you still have the great taste with only 3 grams of fat. Choose two LOW FAT homestyle sides such as corn on the cob, mashed potatoes and gravy, green beans, or BBQ beans, (*skip the biscuit*) and you have a complete meal under 10 grams of fat.

Item	grams of fat
Original Recipe® chicken breast (skin removed)	3
Mashed potatoes with gravy	4.5
Mashed Potatoes without gravy	4
Green beans	1.5
3 inch Corn on the Cob	1.5
5.5 inch Corn on the Cob	3
BBQ Beans	1

## nutritional information



KEEP IT  
BALANCED



KFC® has built a reputation on quality for more than 50 years. We proudly serve customers innovative home-style meals that are Hot, Fresh and Fast at affordable prices, too. Visit KFC® and dine with us or take home some chicken fresh from our kitchen to yours.



Iron	calcium	vitamin c	vitamin a	protein (gms)	sugars (gms)	% daily value **	dietary fiber (gms)	% daily value **	carbohydrates (gms)	% daily value **	sodium (mgs)	% daily value **	cholesterol (mgs)	% daily value **	saturated fat (gms)	% daily value **	total fat (gms)	calories from fat	calories	servings size (gms)
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<b>Chicken</b>																				
OR Chicken- Whole Wing	47	150	80	9	14	2.5	13	60	20	370	15	5	2	0	0	0	11	0	0	2
OR Chicken- Breast	161	380	170	19	29	6	30	145	48	1150	48	11	4	0	0	0	40	0	0	6
OR Chicken- Breast w/o skin or breading	108	140	25	3	5	1	5	95	32	410	17	0	0	0	0	0	29	0	0	4
OR Chicken- Drumstick	59	140	70	8	12	2	10	75	25	440	18	4	1	0	0	0	14	0	0	4
OR Chicken- Thigh	126	360	230	25	38	7	35	165	55	1060	44	12	4	0	0	0	22	0	0	6
EC Chicken- Whole Wing	52	190	110	12	18	4	20	55	18	390	16	10	3	0	0	0	10	0	0	2
EC Chicken- Breast	162	460	250	28	43	8	40	135	45	1230	51	19	6	0	0	0	34	0	0	8
EC Chicken- Drumstick	60	160	90	10	15	2.5	13	70	23	420	18	5	2	0	0	0	12	0	0	4
EC Chicken- Thigh	114	370	230	26	40	7	35	120	40	710	30	12	4	0	0	0	21	0	0	6
Hot and Spicy Chicken- Whole Wing	55	180	100	11	17	3	15	60	20	420	18	9	3	0	0	0	11	0	0	4
Hot and Spicy Chicken- Breast	79	460	240	27	42	8	40	130	43	1450	60	20	7	0	0	0	33	0	0	6
Hot and Spicy Chicken- Drumstick	60	150	80	9	14	2.5	13	65	22	380	16	4	1	0	0	0	13	0	0	4
Hot and Spicy Chicken- Thigh	128	400	250	28	43	8	40	125	42	1240	52	14	5	0	0	0	22	0	0	8
<b>Crispy Strips</b>																				
Crispy Strips (3)	151	400	220	24	37	5	25	75	25	1250	52	17	6	0	0	0	29	0	6	10
<b>Boneless Wings</b>																				
BBQ Sauced (7)	250	600	260	28	44	5	25	75	25	1950	81	49	16	2	6	7	35	0	0	8
<b>Popcorn Chicken</b>																				
Popcorn Chicken- Kids	71	270	160	18	28	4	20	30	10	640	27	16	5	0	0	0	12	0	2	15
Popcorn Chicken- Individual	114	450	270	30	46	7	35	50	17	1030	43	25	8	0	0	0	19	0	2	20
Popcorn Chicken- Large	170	660	400	44	68	10	50	75	25	1530	64	37	12	0	0	0	29	0	4	35
<b>Pot Pie</b>																				
Chicken Pot Pie	423	770	360	40	62	15	75	115	38	1680	70	70	23	5	20	2	33	200	0	20
<b>Wings</b>																				
BBQ Wings Sauced (6)	157	540	300	33	51	7	35	150	50	1130	47	36	12	1	4	15	25	15	8	15
Hot Wings (6)	134	450	260	29	45	6	30	145	48	1120	47	23	8	1	4	1	24	6	6	10
<b>Side Dishes</b>																				
Biscuit	57	190	90	10	16	2	10	1.5	1	580	24	23	8	0	0	1	2	0	0	4
Green Beans	113	50	15	1.5	2	0.5	3	5	2	460	19	5	2	2	8	2	5	15	2	4
Mashed Potatoes without Gravy	108	110	35	4	6	1	5	0	0	260	11	16	5	1	4	0	2	2	4	0
Mashed Potatoes with Gravy	136	120	40	4.5	7	1	5	0	0	380	16	18	6	1	4	<1	2	2	4	0
Mac and Cheese	287	130	50	6	9	2	10	5	2	610	25	15	5	1	4	1	5	10	4	10
Potato Wedges (Small Size)	102	240	110	12	18	3	15	0	0	830	35	30	10	3	12	0	4	0	6	2
Corn on the Cob (3")	82	70	15	1.5	2	0.5	3	0	0	5	0	13	4	3	12	5	2	0	6	4
Corn on the Cob (6.5")	162	150	25	3	5	1	5	0	0	10	0	26	9	7	28	10	5	0	10	6
BBQ Beans	136	230	10	1	2	1	5	0	0	720	30	46	15	7	28	22	8	8	6	15
Potato Salad	128	180	80	9	14	1.5	8	5	2	470	20	22	7	1	4	5	2	0	10	0
Cole Slaw	130	190	100	11	17	2	10	5	2	300	13	22	7	3	12	13	1	25	40	2
<b>Sandwiches</b>																				
OR Sandwich with sauce	206	450	240	27	42	6	30	65	22	1010	42	22	7	0	0	0	29	2	0	10
OR Sandwich without sauce	187	320	120	13	20	4	20	60	20	890	37	21	7	0	0	0	29	2	0	4
TC Sandwich with sauce	224	670	360	40	62	8	40	80	27	1640	68	42	14	1	4	3	36	0	8	20
TC Sandwich without sauce	205	540	230	26	40	6	30	75	25	1510	63	41	14	1	4	2	35	0	8	20
Zinger Sandwich with sauce	224	680	370	41	63	8	40	90	30	1650	69	42	14	1	4	3	35	0	8	20
Zinger Sandwich without sauce	205	540	230	26	40	6	30	75	25	1510	63	41	14	1	4	2	35	0	8	20
TR Sandwich with sauce	196	390	170	19	29	4	20	70	23	810	34	24	8	1	4	0	31	0	0	10
TR Sandwich without sauce	177	260	45	5	8	1.5	8	65	22	690	29	23	8	1	4	0	31	0	0	4
BBQ Sandwich	147	300	50	6	9	1.5	8	50	17	640	27	41	14	4	16	16	21	2	4	15
Twister	252	670	340	38	58	7	35	60	20	1650	69	55	18	3	12	7	27	10	8	15
<b>Desserts</b>																				
Double Choc. Chip Cake	76	400	260	29	45	5	25	45	15	230	10	31	10	2	8	27	4	0	0	4
Lil' Bucket Fudge Brownie	99	270	80	9	14	4	20	30	10	170	7	44	15	1	4	39	2	0	0	4
Lil' Bucket Lemon Crème	127	400	130	14	22	7	35	5	2	210	9	65	22	2	8	51	4	2	0	20
Lil' Bucket Chocolate Cream	113	270	120	13	20	6	40	0	0	180	8	37	12	2	8	28	2	2	0	6
Strawberry Crème Pie Slice	78	270	110	12	18	7	35	10	3	200	8	37	12	0	0	23	3	4	4	6
Lil' Bucket Strawberry Shortcake	99	200	50	6	9	4	20	20	7	110	5	34	11	0	0	34	2	0	0	0
Pecan Pie Slice	95	370	140	15	23	2.5	13	40	13	190	8	55	18	2	8	20	4	4	0	8
Apple Pie Slice	108	270	80	9	14	2	10	0	0	200	8	45	15	4	16	22	3	2	40	0
Lemon Meringue Pie	92	310	100	11	17	5	25	40	13	160	7	47	16	3	12	36	5	0	6	15
Cherry Cheesecake Parfait	120	300	100	11	17	5	25	4	1	130	5	46	15	2	8	37	3	4	0	2
<b>Beverages</b>																				
Pepsi® (Small)	11 fl. oz.	140	0	0	0	0	0	0	0	35	2	37	12	0	0	37	0	0	0	0
Pepsi® (Medium)	14 fl. oz.	180	0	0	0	0	0	0	0	45	2	47	16	0	0	47	0	0	0	0
Pepsi® (Large)	22 fl.oz.	280	0	0	0	0	0	0	0	70	3	74	25	0	0	74	0	0	0	0
Diet Pepsi® (Small)	11 fl. oz.	0	0	0	0	0	0	0	0	35	2	0	0	0	0	0	0	0	0	0
Diet Pepsi® (Medium)	14 fl. oz.	0	0	0	0	0	0	0	0	45	2	0	0	0	0	0	0	0	0	0
Diet Pepsi® (Large)	22 fl.oz.	0	0	0	0	0	0	0	0	70	3	0	0	0	0	0	0	0	0	0
Mt. Dew® (Small)	11 fl. oz.	150	0	0	0	0	0	0	0	50	2	43	14	0	0	43	0	0	0	0
Mt. Dew® (Medium)	14 fl. oz.	190	0	0	0	0	0	0	0	60	3	54	18	0	0	54	0	0	0	0
Mt. Dew® (Large)	22 fl.oz.	300	0	0	0	0	0	0	0	95	4	85	28	0	0	85	0	0	0	0