WHERE YOU EAT MATTERS

Staying Home Vs. Going Out for a Meal

Recommended daily calorie intake varies depending on your height, age and whether you are male or female. National dietary guidelines are based on a 2,000-calorie diet.

**Calories (kcal/day)**

- At home
- Fast food
- Restaurant

**Total Fat (grams/day)**

- At home
- Fast food
- Restaurant

Maximum recommended (45 g/day, based on a 2,000-calorie diet)

**Saturated Fat (grams/day)**

- At home
- Fast food
- Restaurant

Maximum recommended (13 grams/day, based on a 2,000-calorie diet)

**Cholesterol (milligrams/day)**

- At home
- Fast food
- Restaurant

Maximum recommended (300 mg/day)

**Sodium (milligrams/day)**

- At home
- Fast food
- Restaurant

Maximum recommended (2,300 mg/day)

More information

Study: Restaurant meals can be as bad for your waistline as fast food is. Fast-Food and Full-Service Restaurant Consumption and Daily Energy and Nutrient Intakes in U.S. Adults.