Internet Resources for Selected National Fast Foods and Restaurant's	
Applebee's	www.applebees.com/downloads/nutritional_info.html
Arby's	www.arbys.com/food/build-a-meal-calculator.html
Baskin-Robbins	http://www.fastfoodnutrition.org/r-nutrition-facts/Baskin-Robbins-item.html
B J's Restaurant	http://www.livestrong.com/thedailyplate/nutrition-calories/food/bjs-restaurants/
Boston Market's	http://www.fastfoodnutrition.org/r-nutrition-facts/Boston%20Market-item.html
Burger King	http://www.bk.com/en/us/menu-nutrition/index.html
Carls Jr.	http://www.carlsjr.com/system/pdf_menus/20/original/CKE-591_7264-NB_v3.pdf?1289592412
Chuck e cheese	Chuckecheese.com/nutrition
Corner Bakery Café	Cornerbakerycafe.com/files/misc/nutritionals.com
Dairy Queen	http://www.fastfoodnutrition.org/r-nutrition-facts/Dairy%20Queen-item.html
Del Taco	www.deltac.com/menu
Dennys	www.dennys.com
Domino's Pizza	http://www.dominos.com/pages/nutrition.jsp
El Pollo Loco	www.elpolloloco.com/nutritional/calculator2.asp
I HOP	www.ihop.com
In & Out	www.in-n-out.com
Jamba Juice	http://calorielab.com/restaurants/jamba-juice/119
Marie Callendar	www.mariecallendars.com
Mc Donalds	McDonalds.com
Mimi's Cafe	http://www.mimiscafe.com/menu.aspx
Olive Garden	Olivegarden.com
Panda Express	www.pandaexpress.com
Panera	www.panerabread.com/menue
Papa John's Pizza	http://www.fastfoodnutrition.org/r-nutrition-facts/Papa%20Johns-item.html
Pizza Hut	http://www.fastfoodnutrition.org/r-nutrition-facts/Pizza%20Hut-item.html
Rubio	www.rubios.com/nutrition
Starbucks	http://www.livestrong.com/thedailyplate/nutrition-calories/food/starbucks/
Subway	Subwaynutrition.com
Taco Bell	www.tacobell.com/nutrition
Wendy's	http://www.wendys.com/food/NutritionLanding.jsp#
Comparison of several restaurants and foods	http://www.acaloriecounter.com/fast-food.php

- Sample nutritional information for each list restaurant in the following folder