

# What is your choice costing you?

## Average fast food lunch meal:

- Single patty quarter pound cheeseburger on sesame seed bun with cheese, tomato, onion, lettuce, pickles and ketchup
- Medium size French fry with salt
- Medium size (24 oz) regular soft drink

Calories	1,237
Total Fat	52g
Cholesterol	88mg
Sodium	1,710mg
Carbohydrate	162g
Fiber	8g
Protein	35g

**Approx. cost: \$6.50**

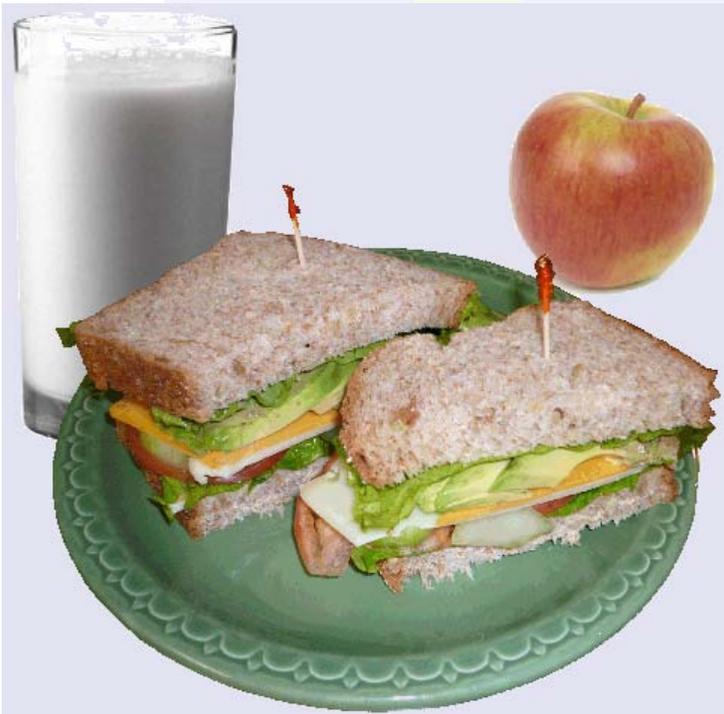


## A lunch meal made at home:

- 3oz turkey breast sandwich on whole wheat bread with tomato, onion, cucumber, lettuce, cheese and light mayonnaise
- Medium size apple
- 8 oz glass of low-fat (1%) milk

Calories	569
Total Fat	11g
Cholesterol	52mg
Sodium	800mg
Carbohydrate	85g
Fiber	12g
Protein	32g

**Approx. cost: \$3.00**



Wyoming SNAP is a coalition of the University of Wyoming, Wyoming Department of Family Services, Wyoming Department of Education, and Wyoming Department of Health. For more information visit: [www.fns.usda.gov/oane/SNAP/Wyoming.htm](http://www.fns.usda.gov/oane/SNAP/Wyoming.htm) or call 307-766-5375.

