



HAVE IT YOUR WAY® FOR UNDER 650 CALORIES

Burger King Corp. is committed to helping our customers eat and live better by promoting balanced diets as part of our *BK Positive Steps*™ health and nutrition program. If you're calorie-counting, BK® can help you with the math. Choose from the menu options to **HAVE IT YOUR WAY®** for under 650 calories, which is approximately one-third of a 2,000 calorie diet. There are more than 350 unique meal combinations under 650 calories!

ENTRÉE	SIDE ORDER	BEVERAGE
ENTRÉE + SIDE ORDER + BEVERAGE = 650 CALORIES		
<p>300 calories or less</p> <ul style="list-style-type: none"> 160 KRAFT® Macaroni and Cheese 180 4pc (6pc = 270 cal) CHICKEN TENDERS®* 250 6pc BK® Chicken Fries 260 Flame-Broiled Hamburger 270 TENDERGRILL™ Garden Salad with KEN'S® Fat-Free Ranch Dressing 270 BK Breakfast Shots™ 2 pack with Ham and Cheese 270 Ham Omelet Sandwich 300 3pc French Toast Sticks 300 CROISSAN'WICH® Egg & Cheese <p>400 calories or less</p> <ul style="list-style-type: none"> 310 BK Breakfast Shots™ 2 pack with Bacon and Cheese 310 Flame-Broiled Cheeseburger 330 TENDERGRILL™ Garden Salad with KEN's Light Italian Dressing 340 Ham, Egg & Cheese (330); Bacon, Egg & Cheese (340) 340 WHOPPER JR.®* 360 8pc CHICKEN TENDERS® 370 Flame-Broiled Double Hamburger 380 9pc BK® Chicken Fries 400 Ham, Egg & Cheese Biscuit 400 BK VEGGIE® Burger 	<p>100 calories or less</p> <ul style="list-style-type: none"> 70 BK® Fresh Apple Fries with Caramel Sauce 100 Side Garden Salad with KEN'S® Fat-Free Ranch Dressing* <p>200 calories or less</p> <ul style="list-style-type: none"> 150 Value-Size Onion Rings* 160 Side Garden Salad with KEN'S® Fat-Free Ranch Dressing and Croutons* 160 Side Garden Salad with KEN'S® Light Italian Dressing <p>300 calories or less</p> <ul style="list-style-type: none"> 220 Side Garden Salad with KEN'S® Light Italian Dressing and Croutons* 	<p>100 calories or less</p> <ul style="list-style-type: none"> 0 Diet Coke® (Value) 0 Diet Coke® (Small) 0 Diet Coke® (Medium) 5 Diet Coke® (Large) 5 BK JOE® Regular Coffee (Value) 10 BK JOE® Regular Coffee (Small) 10 BK JOE® Regular Coffee (Medium) 100 MINUTE MAID® Apple Juice 100 HERSHEY'S® Fat Free Milk (8 oz) <p>200 calories or less</p> <ul style="list-style-type: none"> 110 ICEE® COCA COLA® or MINUTE MAID® Cherry (16 oz) 140 Coca Cola®, Sprite®, Dr. Pepper® (Value)* 140 MINUTE MAID® Orange Juice (8 oz) 140 ICEE® COCA COLA® or MINUTE MAID® Cherry (22 oz)

Note: Nutrition Facts as of June 2009. KEN'S® Fat-Free Ranch dressing may not be available at all BURGER KING® restaurants.
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*Denotes menu offerings from the BK® Value Menu.

(Continued)

ENTRÉE	SIDE ORDER	BEVERAGE
ENTRÉE + SIDE ORDER + BEVERAGE = 650 CALORIES		
500 calories or less		
410 DOUBLE CROISSAN'WICH™: w/ Ham, Egg & Cheese		
420 BK Breakfast Shots™ 2 pack with Sausage and Cheese		
420 Sausage Biscuit		
420 Bacon, Egg & Cheese Biscuit		
420 DOUBLE CROISSAN'WICH™: w/ Bacon, Egg & Cheese		
420 Original Chicken Sandwich w/o Mayo		
420 DOUBLE CROISSAN'WICH™: w/ Ham, Bacon, Egg & Cheese		
450 5pc French Toast Sticks with Syrup		
460 CROISSAN'WICH™ Sausage, Egg & Cheese		
460 Spicy CHICK'N CRISP® Sandwich		
460 BK BIG FISH® w/o Tartar Sauce		
460 Flame-Broiled Double Cheeseburger		
470 TENDERCRISP™ Chicken Garden Salad with KEN'S® Fat-Free Ranch Dressing		
490 TENDERGRILL® Chicken Sandwich		
490 4 Cini-minis with Vanilla Icing		
500 12pc BK® Chicken Fries		
600 calories or less		
520 WHOPPER® w/o Mayo		
550 DOUBLE CROSSAN'WICH™ w/Sausage, Bacon, Egg & Cheese		
550 Sausage, Egg & Cheese Biscuit Sandwich		
590 TENDERCRISP® Chicken Sandwich w/o Mayo		