

## NutritionPedia Adds Nutrition Facts for Over 6,000 Menu Items From 70 Leading Fast-Casual and Family Dining Restaurant Chains

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Nutrition Systems, LLC has added over 6,000 menu items from 70 of America's leading fast-casual and family dining restaurant chains to [www.NutritionPedia.com](http://www.NutritionPedia.com), the only online nutrition search engine.

NutritionPedia users can now quickly find out the nutritional content of their favorite menu items available at over 70 popular fast food, casual dining and buffet style restaurants such as Applebee's Neighborhood Bar and Grill, Golden Corral, McDonald's, and Wendy's. The newly added data includes old favorites such as McDonald's Big Mac (540 calories) or a Starbucks Vanilla Latte (320 calories), plus new, healthier menu items including McDonald's Fruit n' Yogurt Parfait (160 calories) and Applebee's Lowfat Whitefish with Mango Salsa (437 calories).

The nutritional content of menu items available at the following cafeterias, pure-play franchisers, and company-operated restaurants has been added:

Buffet/Cafeteria -- Golden Corral Buffet Grill, HomeTown/Old Country Buffet, Piccadilly.

Casual Dining -- Applebee's, Boston Market, Denny's, El Pollo Loco, IHOP, Olive Garden, Steak and Shake.

Coffee/Snacks -- Caribou Coffee, The Coffee Beanery, Starbucks.

Fast-Casual -- Arby's, Burger King, Chick-fil-A, Del Taco, Hardee's, Johnny Rockets, KFC, McDonald's, Popeye's, Sonic Drive In, Taco Bell, Wendy's, and White Castle.

Ice cream -- Baskin-Robbins, Cold Stone Creamery, Dairy Queen, Marble Slab Creamery.

Pizza -- Domino's Pizza, Godfather's Pizza, Papa John's, and Pizza Hut.

Sandwiches/Baked Goods -- Au Bon Pain, Blimpie, Dunkin Donuts, Einstein Brothers Bagels, Krispy Kreme, Schlotzsky's Deli, and Subway.

"Millions of consumers of all ages and backgrounds can turn to better Internet search tools like NutritionPedia to get informed and educated on meal plans. It all translates into making smarter living choices," said Terrance Ellis, Vice President, CKN Inc, (dba) Zaxby's.

"We've been collecting this nutrition data from restaurant websites and printed materials since 2006 and will be updating the menus regularly," said Marvin R. Johnson, founder and CEO of Nutrition Systems.

### **About Nutrition Systems and NutritionPedia**

Nutrition Systems, LLC is an online service provider of innovative diet, nutrition and weight management information, products and services designed to help individuals attain and maintain healthier lifestyles by supporting the consistent reinforcement of their individual dieting, health and wellness goals. The company's patent-pending LifeStyle Management System(TM) (LMS) provides the basis for several products and services geared to promoting healthier lifestyles. Nutrition Systems owns NutritionPedia(TM), the only online nutrition search engine and wiki to allow users easily search for, compare, and analyze nutritional information (calories, proteins, fats, and carbohydrate content) on the Nutrition Facts Labels of over 70,000 branded food products and counting. NutritionPedia's comprehensive database comprises packaged food and beverage products, restaurant menu items, pet foods, vitamins and dietary supplements, and features up-to-date information on dieting and wellness. Privately-held Nutrition Systems is based in Atlanta, GA. For more information visit [www.nutritionpedia.com](http://www.nutritionpedia.com) or [www.nutritionsystems.us](http://www.nutritionsystems.us).

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