

# Want to know the Nutrition Facts?

*People Need Nutrition Information to  
Make Informed Choices...  
The time to get involved is NOW!*

Join Dr. Margo Wootan, the nation's leading public health expert on menu-labeling, to discuss the importance of menu-labeling in restaurants and learn about SB 120(Padilla/Migden), California legislation that would require chain restaurants to post nutritional information on menus and menu boards.

*Wednesday, August 1, 2007  
12:00 pm - 2:00 pm*

*Kern County Dept. of Public Health, Education Center  
1800 Mt. Vernon Avenue, Bakersfield*

*Lunch will be provided*

## **SPEAKERS INCLUDE**

*Dr. Margo Wootan*

*Director of Nutrition Policy at the Center for Science in  
the Public Interest*

*This Event is FREE and Open to the Public  
RSVP required*

*Call 530-297-6000 for more information  
RSVP by faxing this form to 530-297-6200 or email:  
[rsvp.bakersfield@publichealthadvocacy.org](mailto:rsvp.bakersfield@publichealthadvocacy.org)*

*Name:*

*Organization:*

*Address:*

*Phone:*

*E-mail:*

## **Who Would Guess...**



**... a large chocolate shake at McDonalds has 400 more calories than a whole meal of a hamburger, small fries, and a small Coke.**



**... depending on which drink you order at Starbucks you could end up with 160 calories in a grande Caffé Latte or 770 calories in a venti Strawberry and Crème Frappuccino.**



**...a Burger King Tendercrisp Chicken Sandwich (780 calories) has about the same number of calories as a Whopper (700 calories).**

**...one slice of carrot cake at the Cheesecake Factory has  $\frac{3}{4}$  of a day's calories (1,560 calories).**



This event is sponsored by the California Center for Public Health Advocacy, American Heart Association-Western States Affiliate, California Optometric Association, Southern California Public Health Association, Kern County Department of Public Health, and the Central California Regional Obesity Prevention Program.