

Top 10 Worst Fast-Food Meals

Tasty? Yes. But would knowing the calorie counts in these items steer us away? Health advocates — and now the Senate — think so

Outback Steakhouse Aussie Cheese Fries



2,140 Calories

Yes, it's meant to be shared, but this Outback Steakhouse appetizer has more calories than you should eat all day. Health advocates are hoping **restaurant chains will be forced to post calorie counts on their menus** through a provision the Senate approved this month.

Taco Bell Chicken Ranch Fully Loaded Taco Salad



960 Calories

Oh, the irony. When it comes to highest calorie count, this salad beats every other item on the Taco Bell menu.

Five Guys Large French Fries



1,464 Calories

President Barack Obama ventured out to this mostly East Coast burger chain in late May to pick up some burgers for his staff. Luckily for his health, he didn't order these fries, which contain a staggering 71 g of fat.

McDonald's Chocolate Triple Thick Shake (32 oz.)



1,160 Calories

Despite the Big Macs and Quarter Pounders that dominate the McDonald's menu, this shake has more calories than any other item, and with 27 g of fat, it has more jiggle's worth than two McDonald's cheeseburgers.

Dunkin' Donuts Sausage, Supreme Omelet and Cheese on Bagel



690 calories

This bagel sandwich has more grams of fat than three glazed doughnuts and comes close to the recommended limit for sodium per day.

Starbucks Hazelnut Signature Hot Chocolate



600 Calories

Grab one of these for your morning pick-me-up, and you're already a quarter of the way through your recommended daily calories.

Applebee's Quesadilla Burger



1,440 calories

A signature item at Applebee's, this bacon cheeseburger comes with 4,410 mg of sodium, nearly twice the recommended daily limit.

Burger King Oreo Sundae Shake (22 oz)



980 Calories

Order a medium with strawberry ice cream, and Burger King will serve up 21 g of saturated fat (more than a day's worth).

Chop't Cobb Salad Wrap



787 Calories

Don't be deceived by its name: the salad wrap at this popular chain in New York City and Washington not only has more calories than a Whopper with cheese but also comes loaded with 380 mg of cholesterol — more than is recommended for an entire day.

KFC Chicken Bowl



700 Calories

Surprise! This KFC ensemble has only a third of your recommended daily calories.