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Guess how many calories are in your lunch

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Here's an interesting trend:

The Los Angeles County health director **wants to require some fast-food places** to put the number of calories for each menu item alongside the price and description.

In New York City, **health inspectors have started issuing citations** (no fines) to restaurants that don't have the calorie count next to the price on the menu.

Do you have any idea how many calories are in a fast-food lunch?

A Web site called CalorieKing tells you the calories in "60,000 meals, fast food and chain restaurants items." And you can get it on your cell phone for free.

Here's one example from CalorieKing about two possible meals you could order at a Wendy's restaurant:

Meal 1

Roasted Turkey & Swiss Frescata sandwich – 470 cal, 20 fat g.

Baked Potato, Sour Cream & Chives – 320 cal, 4 fat g.

Medium Coca-Cola soft drink – 213 cal, 0 fat g.

Calories- 1,003 Fat- 24 grams

To put that in perspective, the nutrition labels on food containers show daily values based on 2,000 calories a day.

Meal 2

5-piece Chicken Nuggets – 230 cal, 15 fat g.

Chili – 220 cal, 6 fat g.

Medium Minute Maid Lemonade soft drink – 11 cal, 0 fat g.

Calories- 461 Fat- 21 grams