



Useful nutrition tips from
Natalie Greene, RD

Hot Dog Comparison

Worst

Nathan's Original Hot Dog= 309 calories & 20 g fat

Ball Park Beef Hot Dog= 180 calories & 16 g fat

Better

Oscar Mayer Turkey Hot Dog=100 cal and 8 g fat

Best

Hebrew National 97% Fat-Free Beef Hot Dog=
45 calories and 1.5 g fat

Smart Dogs! Vegetarian Hot Dog= 45 cal and 0 g fat

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