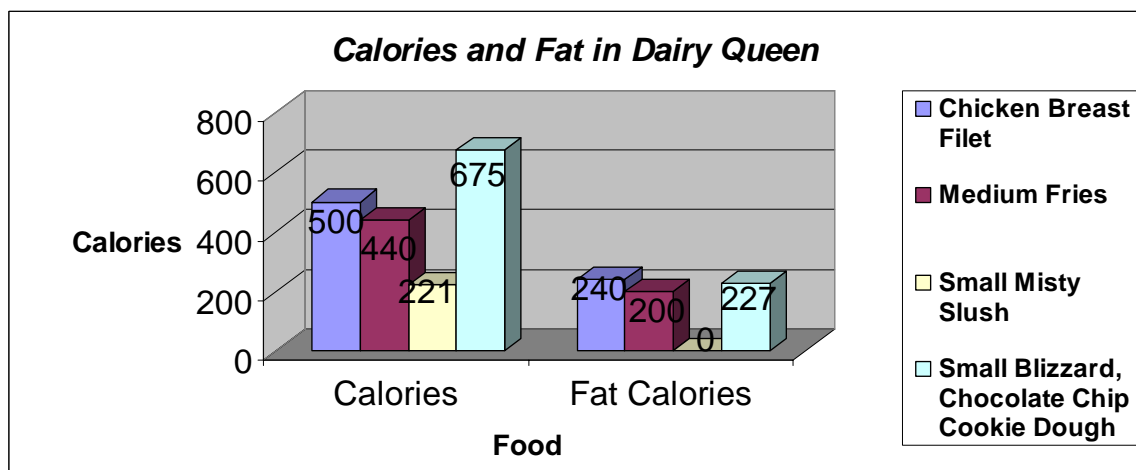


FOOD FACTS

I chose Dairy Queen for my fast food restaurant. The meal that I picked to eat consists of a chicken breast filet sandwich, with a side of medium fries. For my drink I had a small misty slush and to top it off I had a small blizzard, chocolate chip cookie dough.

For my sandwich I had the chicken breast filet which has 500 calories and 240 fat calories. This sandwich had 260 non-fat calories, with 48% as the percentage of fat. The medium fries that I had contained 440 calories and 200 fat calories, this had 240 non-fat calories. The fries had a 45% of fat. The small misty slush that I had only contained 221 calories with 0 fat calories, and 221 non-fat calories. The percentage of fat was 0%. My last menu item was my small chocolate chip cookie dough blizzard. This contained 675 calories and 227 fat calories. It had 448 non-fat calories, and 275 for the percentage of fat.



When I compared my meal to another person's it had a big difference. My meal was healthier than hers. She had lower total number of calories. Her highest calorie item contained 440 calories, when my highest was 675 calories. It shows that you really need to watch what you eat.

My meal went way over what they say that you should have. I think there is a lot that I would do to change my meal to make it better. First of all I really wouldn't eat all that, and it's just not good for you. If you're going to have a meal with a dessert and a drink I would advise you not to go to Dairy Queen to eat. You can have a whole meal there without going over the limit.