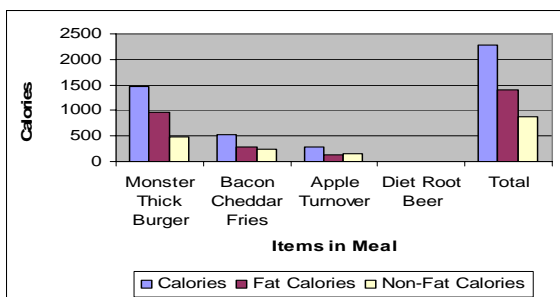


Fast Food Findings

I did my fast food project on a meal that could be ordered at Hardees. The meal consisted of a Monster Thick Burger, Bacon Cheddar Fires, Apple Turnover, and a Diet Root Beer. I used the Hardees website to get this information.

The meal ad a total of 2280 calories, 1395 calories from fat, 885 non-fat calories, and a fat percentage of 61%. The Monster Thick Burger contributed the most calories and had the highest percentage of fat.

	Calories	Fat Calories	Non-Fat Calories	Percentage of Fat
Monster Thick Burger	1460	972	488	67%
Bacon Cheddar Fries	530	288	242	54%
Apple Turnover	290	135	155	46%
Diet Root Beer	0	0	0	0%
Total	2280	1395	885	61%



I compared with someone that got their information and meals from McDonalds. That meal consisted of a cheese burger, large French fries, McFlurry w/ M&M candies, and a POWERade: Mountain Blast. The meal had a total of 1710 calories, 560 calories from fat, 1150 non-fat calories, and a fat percentage of 32.75%.

The Department of Agriculture recommends a daily intake of food with less than a 30% fat percentage. My meal had over double that recommendation with a 61% fat percentage. To make this meal healthier I recommend not to get it and order a salad instead.