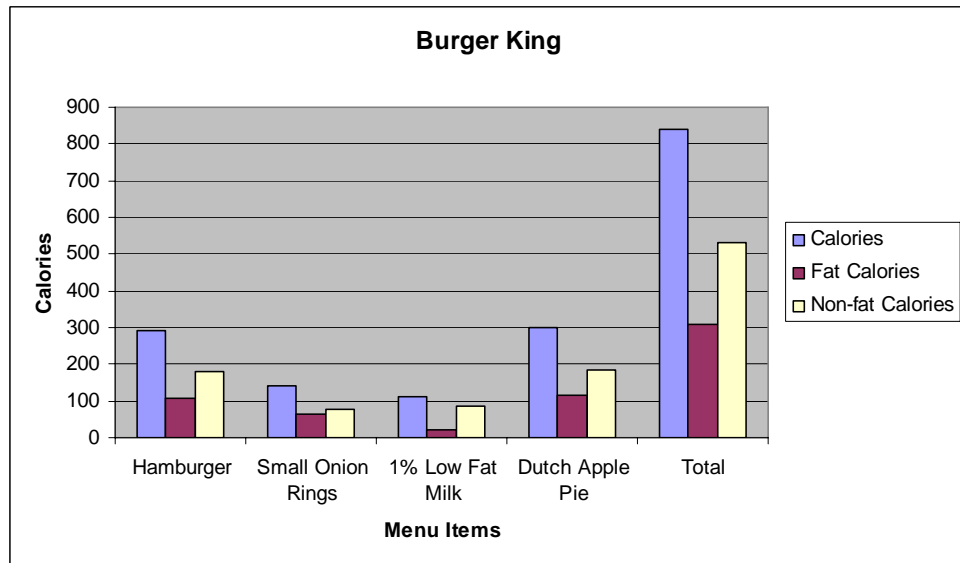


Fast Food Project

For my fast food project, I chose the restaurant Burger King. The items I selected off the menu were hamburger, small onion rings, low fat milk, and a Dutch apple pie.

Most of the items I chose had over 100 calories. My entire meal had 840 calories. I was surprised that the Dutch apple pie had more calories than the regular hamburger.



I compared my meal from Burger King to one from McDonalds. The total amount of calories for my meal was 840. The total of their meal from McDonalds was 1,710 calories. Overall, all of their totals were higher than mine.

According to the Department of Agriculture, you are supposed to have about 600 calories of fat in your diet. In my meal I had about 310 calories. I did not get enough fruits or vegetables in my diet. There are many changes I could make to my meal. I could have gotten a salad instead of a hamburger. I also could have chosen a different item for my desert.