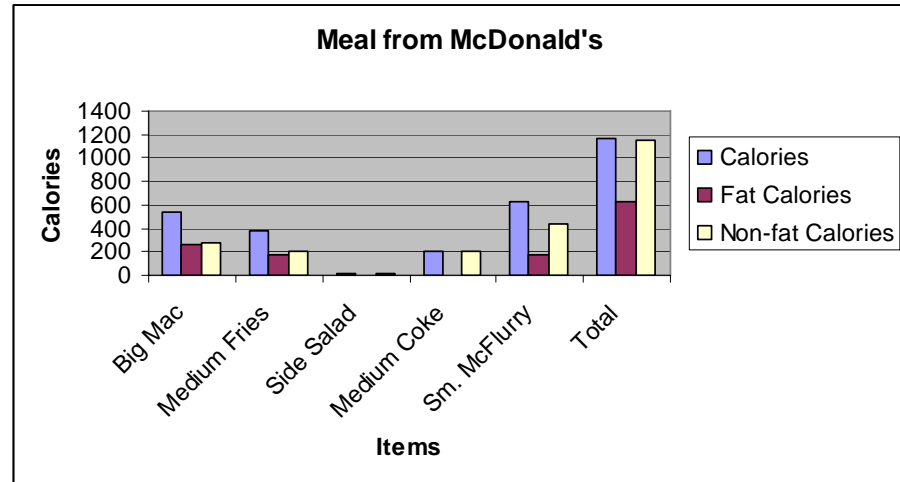


## Fast Food Findings

For this project, I chose to research on McDonald's. For my sandwich I chose a Big Mac. For my sides I chose a Side Salad and medium Fries. For my drink I chose a medium Coke. For my dessert I chose a small McFlurry.

My total number of calories for my meal was 1170. The total number of fat calories I had was 620. The number of non-fat calories was 1150. For my total percentage of fat, my meal had 53%.

I compared my meal to someone else that also went to McDonald's. In their meal they got a Filet-O-Fish, small French fries, a hot Caramel



Sundae, and a Diet Coke. Her meal was more healthier in general than mine was. She had 970 total calories in her meal. She had 350 calories from fat. She had 620 non-fat calories. Her percentage of fat was 36%.

My meal was not healthy at all. I was 23% over on my percentage of fat. I didn't have any fruits so I would for sure need to add something with fruit in it to my meal. I think in making some changes to my meal I wouldn't eat the big mac for sure. I would probably choose a different dessert also.