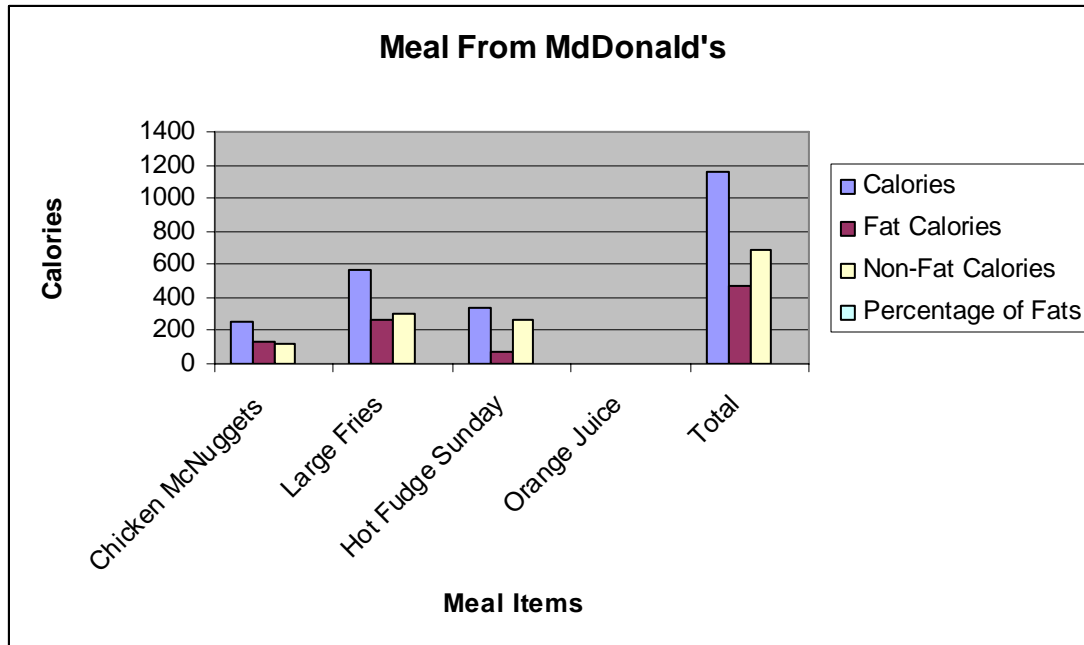


Fast Food Findings

I did my report on McDonald's. For my meal, I chose Chicken McNuggets, Large Fries, a Hot Fudge Sunday, and a Medium Orange Juice. I chose these because this is close to the kind of meal I would choose.



In the end, I found there were many calories in the meal. The total was nearly 1200 calories, about 500 Fat calories, almost 700 non-fat calories, and a total percentage of fats as 40.52%.

I compared it to someone who ate at Burger King. They had a Whopper Jr., Small French Fries, Chicken tenders, and a Small Dr. pepper. The totals of their meal were 1080 calories, 396 fat calories, 864 non-fat calories, and 37% of fat.

My meal was very unhealthy. I had no fruits or vegetables, and was way over the daily fat percentage. To make it healthier, I would add fruits and vegetables, and lower the fat percentage.