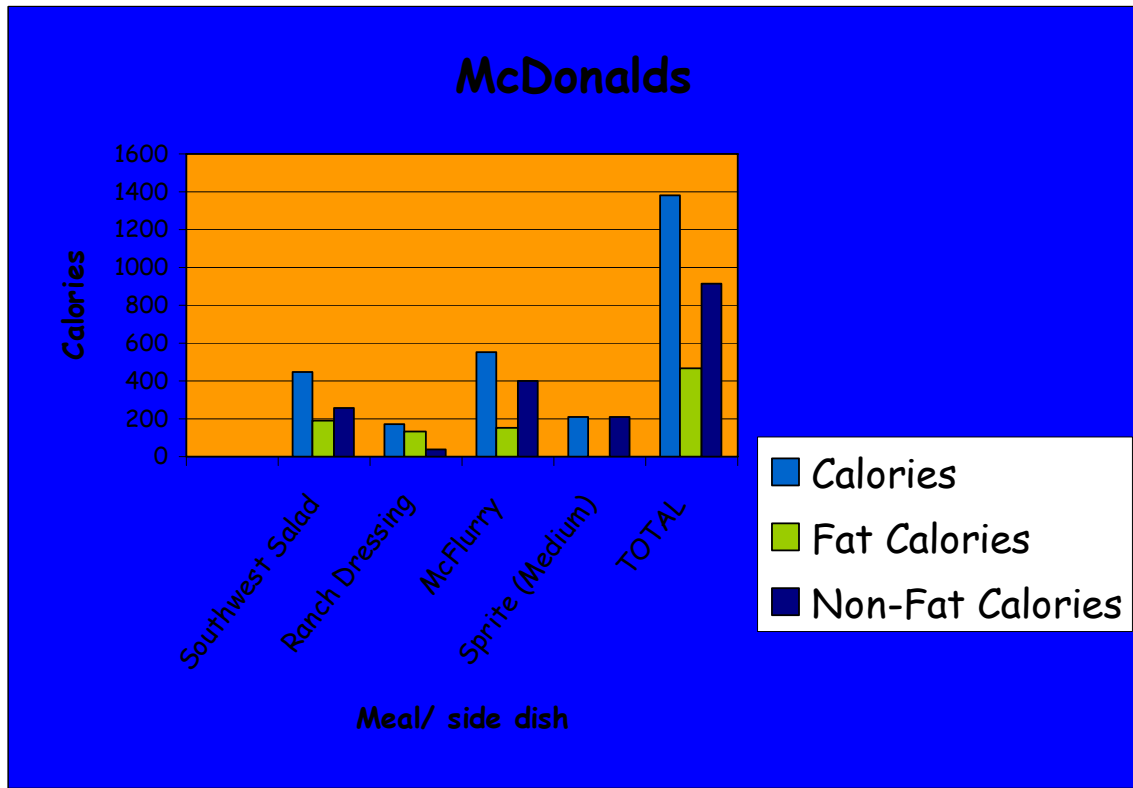


## Fast Food Project

For my fast food place I chose McDonalds. For all my meals I chose the Southwest Salad as the main dish, and as the dressing I chose the ranch dressing. For desert I chose a McFlurry, and for a refreshing drink I chose a Sprite. I chose the salad because it is pretty much the healthiest thing at McDonalds, I chose the ranch dressing because I love ranch, I chose the Mcflurry so I could see how unhealthy it was, and I chose the sprite because I love sprite it's so refreshing.



I found out that out of everything the salad is the healthiest way to go at McDonalds. The Southwest Salad was 450 calories, and the Ranch Dressing was 170 calories, so together that is 620 calories for just the salad. Now the McFlurry is 550 calories, and to wash that all down I put in a medium Sprite witch is 210 calories. When you put all the calories together it adds up to be 1380 calories just for one meal. Oh yea that's a lot!!

I compared McDonalds with Burger King. You know how much that my meal costs yea like 1380. The meal from burger King had only 840. That is a 540 calorie difference.

According to the department of agriculture you are suppose to have 600 calories from fat in your meal. I only had 470 calories from fat, so I was kind of close but not close enough. Therefore I should have had more veggies, and fruit for a more healthy and balanced meal.