

The restaurant I chose was Wendy's. For a main course I chose a chicken ceasar salad. I chose water to drink. For a side and dessert I chose a baked potato and a small frosty.

The food that I chose was healthy for coming from a fast food restaurant. The baked potato and water didn't have any fat calories. The frosty and the salad had some, but not many. I think that it is a healthy meal to get if you go to Wendy's.

My project is much healthier than Tiffany's. I got a salad, but she got a hamburger. The fat calories are much lower in the salad. I also got water for a drink which has no calories, she got a soda.

My meal is pretty healthy. It has less than 30 percent fat calories. To make it healthier I could have gotten a junior frosty, which would have less fat calories, or a different salad that doesn't have as much dressing. My meal is also missing protein and fruit.

