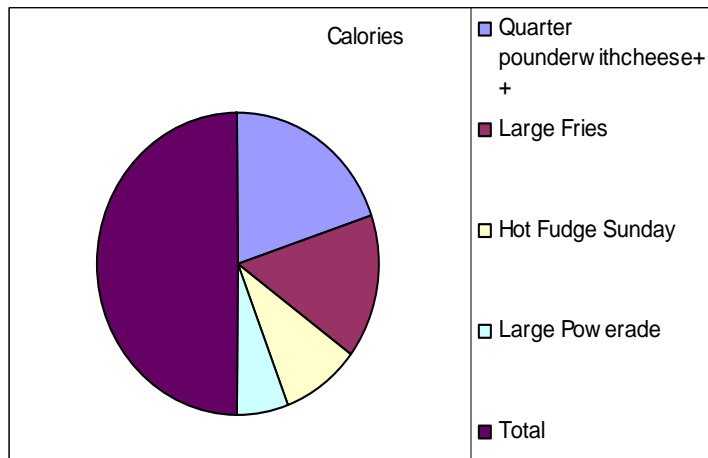


Paragraph #1- For my food project I chose Mc. Donalds as my restaurant to experiment with. The menu I chose was a quarter double cheeseburger with extra cheese, Large fries, Large Powerade, and a hot fudge Sunday.

Paragraph #2- Now I am going to summarize what I have as for calories, calories from fat, non-fat calories, percentage of fat. In the quarter double cheeseburger with extra cheese there has 740 calories, 380 calories from fat, 360 non-fat calories, and .513513514 percentage of fat. Then the large fries has 570 calories, 270 calories from fat, 300 non-fat calories, and .473684211. Then the Hot fudge Sunday has 330 calories, 90 calories from fat, 240 non-fat calories, and .272727273. Finally the large powerade has 220 calories, 0 calories from fat, 120 non-fat calories, and 0 percent of fat.



Paragraph #3- Then I compared mine to James Burns to see what the difference was with his calories and fat were like and his were a tad bit below mine except for his monster burger as it had over 50% fat in it.

Paragraph #4- I went and looked on the department of agriculture to compare my percentage and my percentage is way over the recommended amount. So my meal isn't that healthy but one way I could change it to get it to become healthy is change the cheeseburger to a salad and the large fries into a small set of fries.