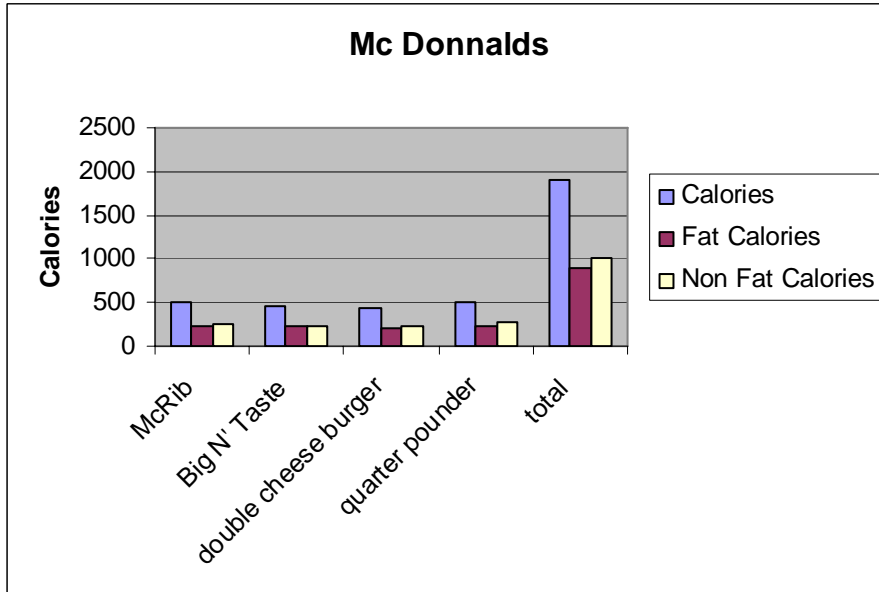


The restaurant I chose was McDonalds. The items that I chose were a McRib, Big N' tasty, double cheeseburger and a quarter pounder. They were all pretty fatty foods.

The items were all pretty unhealthy. The items that I covered were McRib, Big N' tasty, Double cheeseburger, Quarter pounder.



Most of the graphs that I compared with were about the same. Some that I compared with were a lot more healthy and had less fat and calories. I didn't see any graphs with more fats and calories then my graph

The meal I did had 12% more fat then recommended. This meal Is very unhealthy because it has no vegetables in it. If my meal had vegetables at all it might have less fats and calories.