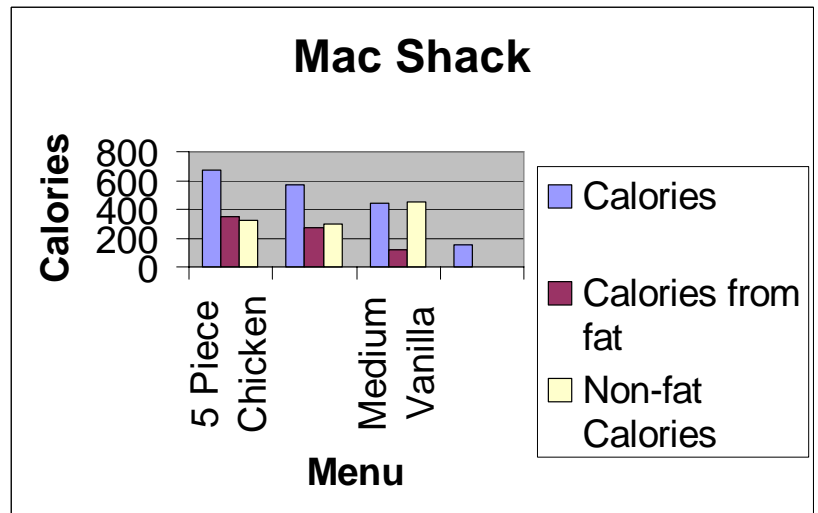


Nutrition Facts of a McDonalds meal.

I chose McDonalds because I know it is one of the most unhealthy places to eat, especially in Seward. In a McDonalds 5 piece chicken Select, large Fries, Medium vanilla shake, and 3 packs of barbeque sauce. In this meal there are 1834 calories in just one meal. That is 42.21% fat.



I found that this is a healthy choice compared to Court's Burger King Meal consisting of a triple whopper, French fries, a Hershey's pie, and an Oreo shake that has 3100 calories. That is 48.19% fat.