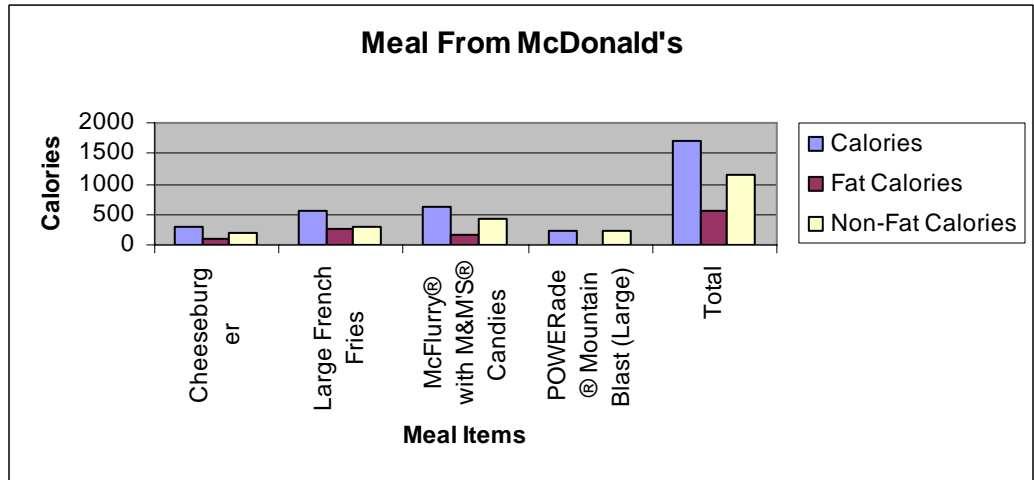


Fast Food Findings

I did my Report on McDonald's. For my meal I chose a Cheeseburger with Large French Fries, a McFlurry® with M&M'S® Candies, and to drink I had a POWERade® Mountain Blast (Large). I chose these because those are usually the things I get when I go to McDonald's which is not very often.

I was really surprised with how many calories were in my meal. The total when every thing was added up was



Total	Calories	Fat Calories	Non-Fat Calories	Percentage of Fat
	1710	560	1150	32.75%

I compared my meal with someone that got their meal from Hardes. He had a Monster Thick Burger, a Bacon Cheddar Fries, an Apple Turnover, and a Diet Root Beer. The meal had a total of 2280 Calories, 1395 Fat Calories, 885 Non-Fat Calories, and had a 61% for the Percent of Fat.

My Percentage of Fat was 2.75% over the recommended daily value. I didn't plan a very healthy meal. In my meal I didn't even have a vegetable of a fruit. To make my meal healthier I would have to eat some fruit and vegetables and lower my percentage of fat in the meal.