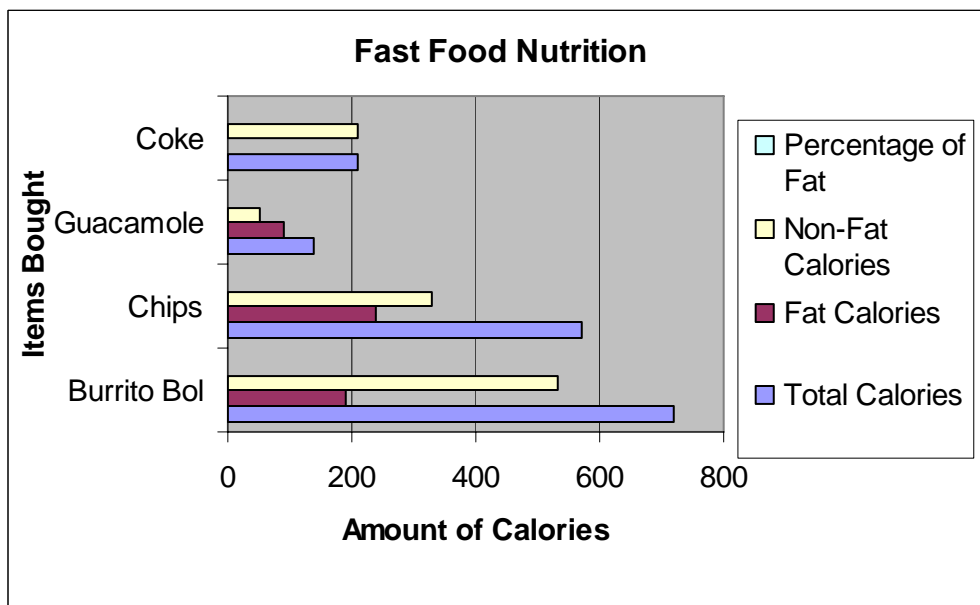


Fast Food Facts

For my fast food project I chose the fast food restaurant of Chipotle. The items I used for my project was a Burrito Bol, Coke, Chips, and guacamole. Compared to some places, I think Chipotle is pretty healthy.

I found that although the Burrito Bol has the highest amount of calories, it has the lowest percentage of fat. Also, I found that the guacamole has the highest percentage of fat, but the least amount of calories. Of course the Coke has no fat calories, but is high in calories because of the excess sugar. The chips had the second highest amount of calories and more fat calories than the Burrito Bol.



I compared my Chipotle meal to that of a McDonalds meal of a Big Mac, kiddy cone, coke and a medium fry. I first noticed that McDonalds had a lot more calories in their meal than I did, almost half of those being from fat calories. In my Chipotle meal only about a third or a fourth of the calories were from fat. All in all, McDonalds is not a good choice based on nutrition next to Chipotle.

I think my food meal choice was pretty good and close to the recommendations from the Department of Agriculture. Most fat in my meal is natural and not used form frying oil. It also gets in your protein, milk, grains, and veggies. One of the only ways that could make this a more healthy meal is by adding something with fruit. If that happened then this meal would have all of the food groups, making it a healthy meal.