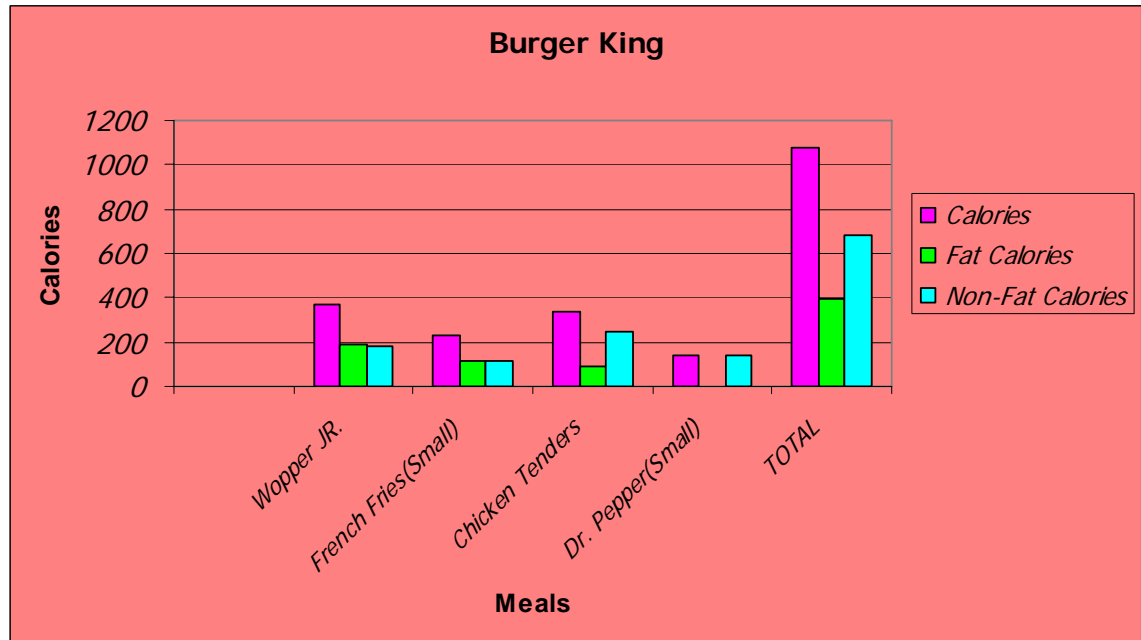


Fast Food Findings

For my fast food project I did mine on Burger King. For my meals I picked a Wopper Jr., French Fries(Small), Chicken Tenders, and DR. Pepper (Small). I chose these because this is normally what I pick off the dollar menu.



At the end I found out that I was eating way too much calories. This was a gross discovery! The total calories I had eaten was 1080, total fat calories was 396, total non-fat calories 684. This is a percentage of 37%.

I compared this to someone who ate at McDonalds. They ate Chicken McNuggets, Large Fries, a Hot Fudge Sunday, and a medium Orange Juice. The total calories were 1200, total fat calories were 500, total non-fat calories were 700, and her percentage was 40.52%.

The meal that I would have ate would be very unhealthy. It had no Fruits or Vegetables. This meal is not only unhealthy but very fating.