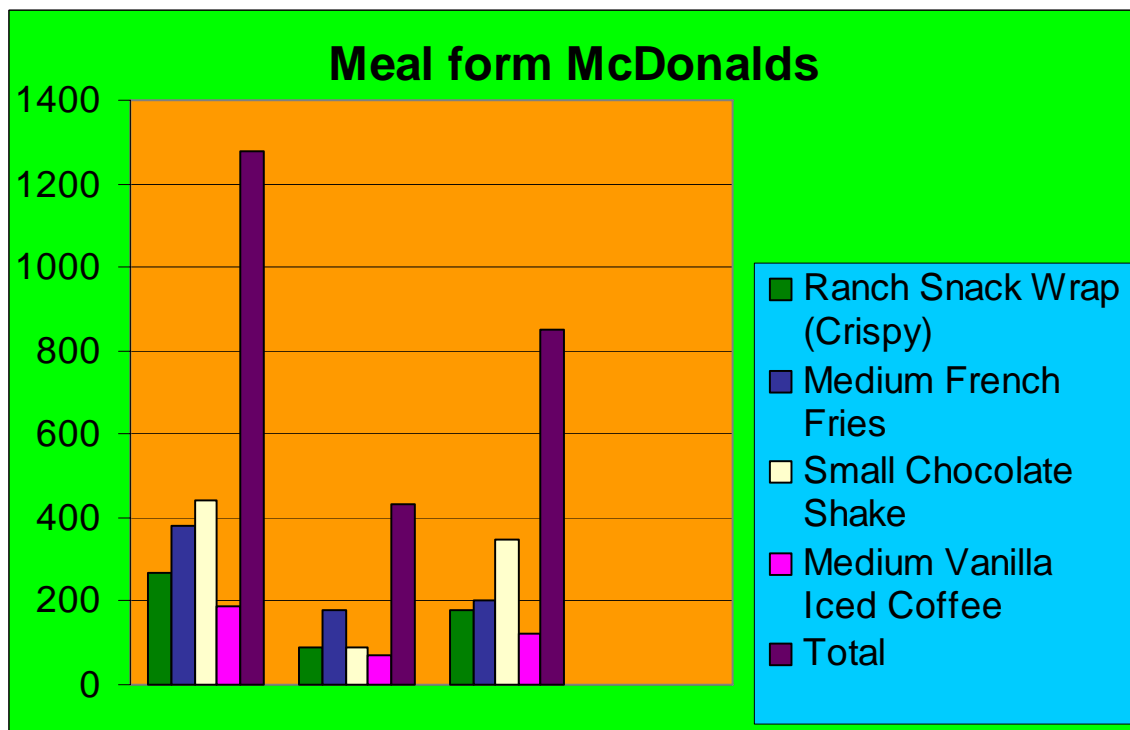


I decided to chose McDonalds for my fast food restaurant. For my drink, I chose a medium Vanilla Iced Coffee that was probably the healthiest thing on my menu. For the main part of the meal, I chose a Ranch Snack Wrap (crispy) that was also not that bad in calories and fat. For the desert, I chose a Small Chocolate Shake which turned out to be the worst thing on my menu. And for the side, I chose medium French fries which were also kind of high in calories and fat.

I would have to say that almost everything on the McDonalds menu is pretty fattening. One of the healthiest things I chose was a medium Vanilla Iced Coffee with 190 calories and 36.84% fat. Another was the Ranch Snack Wrap (crispy) with 270 calories and 33.33% fat. One of the worse things I had was the Small Chocolate Shake with 440 calories and 20.45% fat. Another was the medium French fries with 380 calories and 47.37% fat.



I compared my meal from McDonalds with one from Burger King. The total amount of calories my meal was 1280. The total of their meal from Burger King was 840 calories. Overall, their meal was way less in calories then mine.

In comparison with the meal I chose and the recommended amount of fat from the Department of Agriculture per day, I would have to say that my meal was way more then the recommended amount. Plus I guessing there's more in this meal then in your total day serving. As far as fruits and vegetables go, the Ranch Snack Wrap would probably be the closest with it having some lettuce included with it. I would have to say that I didn't create the healthiest meal that I could have. I would probably take out the French fries and replace them with a salad.

