

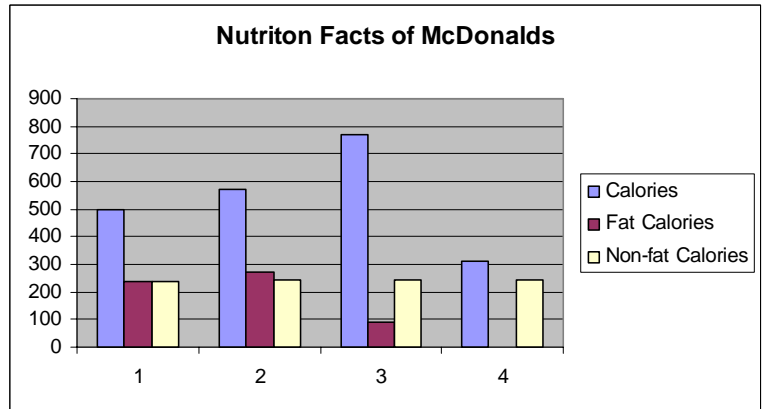
McDonalds Nutriton Facts

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My restaurant was McDonalds and the meal that I chose was a: Mc Rib, Large Fries, Chocolate Triple Thick Shake, and the drink was a Sprite.

The Chocolate was the highest in calories it had 770. The Large Fries was the second highest and it had 570. The McRib had 500 and Sprite was 310.

I Compared with Dominic Stuhr and he did Runza. His main dish was a Regular Runza and that was 546 calories. Large Fries which was 346. Oreo Shake for desert which was 654. Mountain Dew which was 440.



	Calories	Fat Calories	Non-fat Calories	Percentage of Fat
Mc Rib	500	240	240	48.00%
Large Fries	570	270	241	47.37%
Chocolate Triple Thick Shake	770	90	242	11.69%
Sprite	310	0	243	0.00%
Total	2150	600	244	26.76%

I would probably make a healthier meal by putting less grease in the food and less chocolate in the Shake. Sprite is okay but instead of going with a large I would

go with a small because it will have less calories. A large has 310 calories and a small has 100 so it is helping your body.