

Is Fast Food Really That Bad?

| Food | Calories | Fat |
|---|-----------------------|------------------|
| McDonald's Big Mac | 563 | 33 grams |
| Medium-sized McDonald's French fries | 384 | 20 |
| Medium-sized McDonald's vanilla shake | 733 | 21 |
| Total for one meal | 1,680 calories | 74 grams |
| | | |
| Burger King Whopper with cheese | 790 | 48 |
| Medium-sized Burger King French fries | 387 | 20 |
| Medium-sized Burger King vanilla shake | 667 | 35 |
| Total for one meal | 1,844 calories | 103 grams |
| | | |
| Compare that to a meal prepared at home: | | |
| One-half of a roasted chicken breast | 142 | 3 grams |
| Medium-sized baked white potato | 130 | 0 |
| Half a cup of green peas | 67 | 0 |
| 8-ounce glass of 1% milk | 102 | 3 |
| 1 cup of unsweetened applesauce | 105 | 0 |
| Total for one meal | 546 | 5 grams |

Above is a comparison of two popular fast food meals and a basic home cooked meal. If an average person is supposed to eat 2,000 calories and 65 grams of fat each day, answer the following.

What percentage of your daily calories do you get in the Big Mac meal?

What percentage of your daily fat do you get in the Big Mac meal?

How many times more calories are there in the Whopper meal than in the chicken breast meal?

How many times more fat is there in the Whopper meal than the chicken breast meal?

Why do you think the french fries are so much worse for you than the baked potato, when they are both potatoes?

(Use the chart of chicken options on the next page to answer the following questions)

1. What percentage of the calories come from fat for each of the foods? (Remember that calories are fat x 9, carbs x 4, protein x 4)

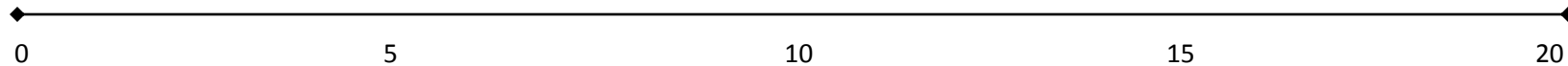
| McDonald's Snack Wrap | Chick-fil-a Nuggets | Wendy's Ranch Club | BK Chicken Sandwich |
|-----------------------|---------------------|--------------------|---------------------|
| | | | |

2. A person's recommended daily sodium intake is 2,400. What percentage of your daily sodium do you get from each of the foods?

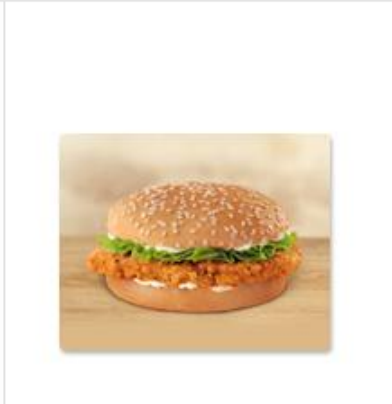
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|-----------------------|---------------------|--------------------|---------------------|
| | | | |

3. Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. Chicken is high in protein. What does the difference in protein levels tell you about the foods?

4. A person's recommended daily saturated fat intake should be 20 grams. On a number line, mark where each of the foods should be.



McDonald's Chipotle BBQ Snack Wrap (Grilled) [ⓧ]
VS
Chick-fil-A 10 Piece Chicken Nuggets [ⓧ]
VS
Wendy's Asiago Ranch Club w/Homestyle Chicken [ⓧ]
VS
Burger King Chicken Crisp Sandwich-Classic [ⓧ]



| | | | | |
|--------------------------|------------|---------|---------|-------|
| Serving Size | 117g | 330g | — | 149g |
| Calories | 250 | 400 | 730 | 470 |
| Calories From Fat | 70 | 160 | — | 270 |
| Total Fat | 8g | 15g | 38g | 30g |
| Saturated Fat | 3g | 3g | 12g | 5g |
| Trans Fat | 0g | — | 0g | 0g |
| Cholesterol | 40mg | 85mg | 105mg | 35mg |
| Sodium | 670mg | 1,240mg | 1,780mg | 860mg |
| Carbohydrates | 27g | 14g | 59g | 40g |
| Fiber | 1g | 1g | 4g | 2g |
| Sugar | 5g | 2g | 9g | 5g |
| Protein | 16g | 35g | 39g | 13g |