

# A Day of Fast Food—A Week of Fast Food

Name: \_\_\_\_\_

If you went to McDonalds and had breakfast, what would you normally order?

What would you normally order if you had lunch? Dinner?

Record what each meal would be and the information for that meal.

Total it up to see what it would be if you ate fast food for a whole day!

Multiply it by 7 to see what it would be for a whole week.

Meals	Food choice	Calories	Total fat	Saturated fat	Trans fat	Cholesterol	Sodium	Carbohydrates	Sugar	Cost
Breakfast										
Lunch										
Dinner										
<b>Daily Total</b>										
<b>x7=Weekly</b>										

How does your total compare with the recommended total for your sex, age, and level of activity?

# A Day/Week of Healthier Fast Food

Name: \_\_\_\_\_

Picking from the McDonald's Menu, look for options that are lower in calories, fats, etc.

Meals	Food choice	Calories	Total fat	Saturated fat	Trans fat	Cholesterol	Sodium	Carbohydrates	Sugar	Cost
Breakfast										
Lunch										
Dinner										
<b>Daily Total</b>										
<b>x7=Weekly</b>										

How do your choices compare with your earlier ones?

How does your total compare with the recommended total for your sex, age, and level of activity?

# A Day/Week of Food from Home

Name: \_\_\_\_\_

Pick food items that you would normally eat from home.

Meals	Food choice	Calories	Total fat	Saturated fat	Trans fat	Cholesterol	Sodium	Carbohydrates	Sugar	Cost
Breakfast										
Lunch										
Dinner										
<b>Daily Total</b>										
<b>x7=Weekly</b>										

How do your choices compare with those from McDonalds?

Are there ways you could make healthier choices at home too?