## Fast Food Analysis

Average daily caloric intake: 2000 calories

Calorie breakdown:
60% calories from carbohydrates = 1200 calories = 300 grams
15% calories from protein = 300 calories = 75 grams
25% calories from fat = 500 calories = 55 grams

Part 1:
Use a fast food database to analyze your favorite fast food restaurant **meal**.
Enter the nutrition information below.

Fast food restaurant:
_____

| Menu item | Calories (cal) | Carbos (g) | Total fats (g) | Protein (g) |
|---|---|---|---|---|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| Total | | | | |

Total calories: _____ cal / 2000 calories = % of daily calories _____%
Total Fat: _____ (g) / 55 grams = % of daily fat intake _____%

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Part 2:
Now find an alternate menu choice that is lower in fat and calories. Enter the nutrition information below.

Fast food restaurant: _____

| Menu item | Calories (cal) | Carbos (g) | Total fats (g) | Protein (g) |
|---|---|---|---|---|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| Total | | | | |

Total calories: _____ cal / 2000 calories = % of daily calories _____%
Total Fat: _____ (g) / 55 grams = % of daily fat intake _____%