

## “Healthy” Fast Food Plan

Create a fast food plan for one day that meets the following guidelines:

1. You have three meals- main dish, side dish, and drink
2. One snack for the whole day
3. You cannot repeat items, except beverages
4. Condiments, such as mustard, ketchup, pickles, salsa, etc. are not side dishes
5. You check nutrient values of food and meet the following numbers:
  - a. Less than 2500 calories
  - b. Less than 70 g of total fat
  - c. Less than 20 g of saturated fat
  - d. Less than 1.5 g of trans fat
  - e. Less than 2400 mg of sodium
  - f. Less than 300 mg of cholesterol
  - g. Less than 70 g of sugar

Your grade is dependent on staying **below** the numbers stated above for the **entire** day of eating, not just one meal. Create a table like the one below on a separate sheet of paper to complete the assignment. Choose a restaurant from one of the websites below or do a google search for the nutrition information of the restaurant of your choice.

<u>Meal</u>	<u>Calories</u>	<u>Total fat</u>	<u>Sat. fat</u>	<u>Trans fat</u>	<u>Sodium</u>	<u>Cholesterol</u>	<u>Sugar</u>
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<http://www.fastfood.com/nutrition/>

<http://fast-food-nutrition.info/>

<http://www.foodfacts.info/>

<http://www.dietfacts.com/fastfood.asp>

[http://pediatrics.about.com/od/fastfoodnutritionfacts/Fast\\_Food\\_Nutrition\\_Facts.htm](http://pediatrics.about.com/od/fastfoodnutritionfacts/Fast_Food_Nutrition_Facts.htm)