Think about your favorite fat-food meal.  
Write down each item including size (Super Size Me?)  
Calculate your recommended daily caloric intake.  
Research the nutritional value (grams and % Daily Value) of your meal including things like:  
Calories,  
Total fat,  
Saturated fat,  
Trans fat,  
Cholesterol,  
Sodium,  
Sugar,  
Carbohydrates,  
Protein,  
Fiber,  
Vitamin A, C, & D  
Calcium, and  
Iron.