Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Biology – Fast Food Info

1. List 6 of your favorite fast food items (ex/ Big Mac, Large Coke) in the table below.
2. Then, estimate the calories in each in the table below.
3. Next, research the nutritional information in the table below.

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| Name of Meal | My estimated calories | Actual Calories | Saturated Fat (g)/Daily | Unsat Fat (g) / Daily | Cholesterol (g) / Daily | Protein (g) / Daily | Carbos (g) / Daily | Sugar (g) / Daily | Sodium (mg) / Daily | Fiber (g) / Daily | Vitamin % Daily | Other info |
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1. Now, compare the nutritional information to the recommended amount for a daily diet.
2. Summarize your results. Use data from the above table in your summary. You may use the back of the page or type your answer and staple to the back of this page.