**Fast Food Meals**

Jordan is hungry for a hamburger for lunch. He wants to make a healthy choice. He knows that he only needs 65 grams of fat and 2000 calories for the entire day, and he needs to get 100% of the vitamins he needs sometime during the day in order to stay healthy. Which burger would be his best choice?

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| **Nutrition Facts Label**1. **Wendy’s Single with Cheese and all regular toppings ( lettuce, tomato, pickles, catsup, mustard)**

Serving Size: 1  |
| Amount Per Serving  |
| Calories 580                             | Fat Calories  290 |
|                                             |  % Daily Values\*  |
| Total Fat 33 grams                    |  |
|    Saturated Fat 14.0 |    |
|    Trans Fat  1.5 |   |
| Sodium 1240 mg                      |    |
| Calcium  |  20% |
| Vitamin C |   10% |
| Vitamin A |  15% |
| Protein 31 grams |    |
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| **Nutrition Facts Label**1. **Wendy’s Baconator Sandwich**

Serving Size: 1  |
| Amount Per Serving  |
| Calories 790                             | Fat Calories  430 |
|                                             |  % Daily Values\*  |
| Total Fat 48 grams                    |  |
|    Saturated Fat 13.0 |    |
|    Trans Fat  2.5 |   |
| Sodium 1410 mg                      |    |
| Calcium  |  20% |
| Vitamin C |   0% |
| Vitamin A | 10% |
| Protein 50 grams |    |
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| **Nutrition Facts Label**1. **Wendy’s Junior Cheeseburger Deluxe**

Serving Size: 1  |
| Amount Per Serving  |
| Calories 350                           | Fat Calories  170 |
|                                             |  % Daily Values\*  |
| Total Fat 19 grams                    |  |
|    Saturated Fat 7.0 |    |
|    Trans Fat  1.0 |   |
| Sodium 850 mg                      |    |
| Calcium  |  10% |
| Vitamin C |   6% |
| Vitamin A |  10% |
| Protein 17 grams |    |
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| **Nutrition Facts Label**1. **Wendy’s Junior Cheeseburger**

Serving Size: 1  |
| Amount Per Serving  |
| Calories 285                             | Fat Calories  115 |
|                                             |  % Daily Values\*  |
| Total Fat 13 grams                    |  |
|    Saturated Fat 6.0 |    |
|    Trans Fat  .75 |   |
| Sodium 820 mg                      |    |
| Calcium  |  13% |
| Vitamin C |   1% |
| Vitamin A |  4% |
| Protein 17 grams |    |
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Fast Food Reasons

Ranking: 3,4,1,2

3 over 4 because 3 has lettuce and tomato so is higher in vitamin A and vitamin C. Granted 4 is lower in fat and calories and higher in calcium.

4 over 1 because 4 is lower in fat, calories and sodium. Granted 4 is also lower in Vitamin A, Vitamin C and calcium.

1 over 2 because 1 is lower in calories, fat, and sodium, and higher in Vitamin A and Vitamin C. Granted calcium is the same.