

FAST FOOD

America has been nicknamed *the fast food nation*, and rightfully so. Every day, one in four Americans eats at least one meal at a fast food restaurant. While fast food is generally the cheapest option, it is not always the healthiest. One meal at a fast food restaurant could contain enough calories, fat, and sodium for an entire day. As you can see from some of the menu items below, it is very easy to overeat at a fast food restaurant.

McDonalds			
Filet-O-Fish Extra Value Meal			
	Calories	Fat	Sodium
Filet-O-Fish Sandwich	380	18g	640mg
Medium French Fries	380	19g	266mg
Medium Coke	203	0	13mg
TOTAL	963	37g	919mg

Subway			
Tuna Sub Value Meal			
	Calories	Fat	Sodium
Tuna Sub (w/fixins)	640	43g	1090mg
Choc. Chip Cookie	220	11g	160mg
Medium Coke	200	0	13mg
TOTAL	1,060	54g	1263mg

Arby's			
Chicken Salad Wrap Meal			
	Calories	Fat	Sodium
Chicken Salad Wrap	638	38g	1,199mg
Medium Curly Fries	493	29g	1,158mg
Medium Sweet Tea	240	0	15mg
TOTAL	1,671	67g	2,372mg

Taco Bell			
Quesadilla Meal			
	Calories	Fat	Sodium
Chicken Quesadilla	520	20g	1420mg
Apple Empanada	290	14g	300mg
Medium Coke	200	0	13mg
TOTAL	1,010	34g	1733mg