

# MARCH

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.

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

  

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

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

  

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