

What is the best choice at McDonalds?



If you're lucky, it will fill you quickly.



Place the following menu items in order of calorie content, from the item which you think has the **lowest** calorie content to the one which you think has the **highest** calorie content:

Caesar salad with grilled chicken and Caesar dressing

Sausage McMuffin and egg

Warm cinnamon roll

Premium grilled chicken classic sandwich

Double cheeseburger

Time for Starbucks?

Place these drinks in order, from the one with the lowest amount of saturated fat to the highest:

Hot Chocolate Choice of steamed milk with mocha syrup, vanilla syrup and whipped cream

A classic hot chocolate - sweet and creamy - made with steamed milk, mocha syrup and topped with whipped cream and chocolate drizzle (optional).



Caramel Chocolate Frappuccino® Blended Crème Rich chocolate, caramel syrup and milk blended with ice, topped with whipped cream and a drizzle of caramel sauce.



Caffè Latte Espresso and steamed milk

Rich, full-bodied Starbucks® espresso in steamed milk lightly topped with foam.



Vanilla Bean Frappuccino® Blended Crème Vanilla beans and milk blended with ice, topped with whipped cream



Select the best meal from Burger King



From the menu below, select a drink, main sandwich, and a side dish to create as healthy a meal as you can. Think about total calories AND how much fat each item might contain.

| Main | Side | Drink |
|--------------------------------|-----------------------|-----------------------|
| Original WHOPPER® Sandwich | Onion Rings (Small) | Diet Coke® (Medium) |
| The Angus Steak Burger | French Fries (Small) | Sprite® (Small) |
| TENDERCRISP™ Garden Salad | Dutch Apple Pie | Vanilla Shake (Small) |
| Original WHOPPER JR.® Sandwich | HERSHEY®'S Sundae Pie | Coca Cola® (Small) |

Protein?



You are at Subway and in need of some protein to help repair the muscles you have damaged while lifting weights. From the following menu items, put them in order, from the one with the highest amount of protein to the lowest.

All sandwiches are 6" size.

Ham
Roast Beef
Sweet onion chicken teriyaki
Turkey Breast

Sugar ?



You need some sugar! Which KFC side dish has the most sugar in it? Match the amount of sugar (g) to the correct side dish.

| Side dishes | Grams of sugar |
|---------------------|-----------------------|
| Macaroni and Cheese | 0 |
| Potato wedges | 3 |
| Three bean salad | 18 |
| Green beans | 11 |
| Cole slaw | 2 |
| Cornbread muffin | 7 |

Sodium



You know your recommended daily sodium allowance is 2000mg. Which of these Taco Bell burritos will send you over your daily allowance?

Grilled Stuft Burrito - chicken

A large, warm, soft, flour tortilla wrapped around marinated and grilled all-white-meat chicken, hearty beans, seasoned rice, a blend of three cheeses — cheddar, pepperjack and mozzarella, creamy Pepper Jack sauce, and Fiesta Salsa, then grilled to perfection.

Burrito Supreme – chicken

A warm, soft, flour tortilla wrapped around marinated and grilled all-white-meat chicken, hearty beans, tangy red sauce, crisp, shredded lettuce, real cheddar cheese, diced onions, diced ripe tomatoes, and reduced fat sour cream.

Fiesta Burrito – chicken

A warm, soft, flour tortilla wrapped around marinated and grilled all-white-meat chicken, real cheddar cheese, seasoned rice, and Fiesta Salsa.

Which Pizza should you choose?



Your doctor is worried about your cholesterol level but you really need some pizza.

Match the cholesterol level to the correct pizza

| Pizza | Cholesterol (mg) |
|------------------------|------------------|
| Meat lovers | 35 |
| Veggie lovers | 60 |
| Pepperoni and mushroom | 20 |
| Supreme | 30 |

Saturated Fat?



Philly Cheesesteak Thickburger

charbroiled 1/3-pound, 100 percent Angus beef patty, topped with thin-sliced steak, sautéed peppers and onions and Swiss and American cheeses on a seeded bun.

You need to watch your intake of saturated fat and know that you should limit it to 10% of your total calorie intake (1g of fat = 9 calories; If you should eat 2000 calories a day, you consume no more than 20g of saturated fat daily). Match these menu items with the amount of saturated fat they have.

| | |
|-----------------------------|-----|
| Big chicken fillet sandwich | 24g |
| Big hot ham and cheese | 21g |
| Original thickburger | 13g |
| Bacon cheese thickburger | 6g |

Answers

McDonalds

1. Sausage McMuffin and egg – 370 kcal
2. Caesar salad with grilled chicken and Caesar dressing – 410 kcal
3. Premium grilled chicken classic sandwich – 420 kcal
4. Double cheeseburger – 440 kcal
5. Warm cinnamon roll – 460 kcal

Starbucks

1. Caramel chocolate frappucino 2g
2. Caffe latte 9g
3. Vanilla Bean frappucino 10g
4. Hot Chocolate 13g

Burger King

| Main | Side | Drink |
|-----------------------------------------|--------------------------------|--------------------------------|
| Original WHOPPER® Sandwich 700, 42g | Onion Rings (Small) 180, 9g | Diet Coke® (Medium) 0, 0g |
| The Angus Steak Burger 570, 22g | French Fries (Small) 230, 11g | Sprite® (Small) 140, 0g |
| TENDERCRISP™ Garden Salad 530, 34g | Dutch Apple Pie 300, 13g | Vanilla Shake (Small) 400, 15g |
| Original WHOPPER JR.® Sandwich 390, 22g | HERSHEY®'S Sundae Pie 300, 18g | Coca Cola® (Small) 140, 0g |

Subway

1. Sweet onion chicken teriyaki 26g
2. Roast Beef 19g
3. Turkey Breast 18g
4. Ham 17g

Taco Bell

Grilled Stuffed Burrito - chicken 2160 mg
Burrito Supreme – chicken 1370 mg
Fiesta Burrito – chicken 1220 mg

KFC

| Side dishes | Grams of sugar |
|---------------------|----------------|
| Macaroni and Cheese | 3 |
| Potato wedges | 0 |
| Three bean salad | 7 |

| | |
|------------------|----|
| Green beans | 2 |
| Cole slaw | 18 |
| Cornbread muffin | 11 |

Pizza Hut

Meat lovers – 60mg
 Veggie lovers – 20mg
 Pepperoni and mushroom – 30mg
 Supreme – 35mg

Hardee's

| | |
|-----------------------------|-----|
| Big chicken fillet sandwich | 6g |
| Big hot ham and cheese | 13g |
| Original thickburger | 21g |
| Bacon cheese thickburger | 24g |

Wendy's and Arby's

For Wendy's and Arby's I posted two of the slide print outs from the portion distortion quiz for each restaurant and had the students answer those questions.