

McDonald’s Nutritional Value

You are going to explore the nutritional value of McDonald’s food. In the United States, the daily recommended calories for an average adult is 2,000. Based on that information as well as the food pyramid, dieticians figure out how many grams of different nutrients we should have.

Foods	
High Nutritional Value	Low Nutritional Value
-gives you _____energy	-gives you _____energy
-has _____ number of calories	-has _____ number of calories
-has _____ number of vitamins/minerals	-has _____ number of vitamins/minerals
-has little _____fat	-has lots of _____fat

Food Item	# of Calories	Item weight (g)	Saturat ed Fat (g)	Saturate d Fat Daily %	Carboh ydrates (g)	Carboh ydrates Daily %	Protein (g)	Protein Daily %	Sodium (g)	Sodium Daily %
<b>Total</b>										

2. Based on the above information you collected, what conclusions can you draw about the nutritional value of McDonalds.