Date _____ Name _____

NCHA Commercial Fast Food Meals

Choose a national restaurant chain that you frequent. Visit the corporate website and go to the nutrition sections. Using the nutrition information provided, choose a "typical" fast food meal that a college student might select. In contrast, choose a healthier meal from the same restaurant that would provide fewer calories, less fat and potentially more nutrients.

"Typical" restaurant meal at _____

Food Item or Beverage	Serving Size	Calories	Fat (grams)	Saturated Fat (grams)	Fiber (grams)	Sodium (grams)
	TOTALS					

"Healthier" alternative

Food Item or Beverage	Serving Size	Calories	Fat (grams)	Saturated Fat (grams)	Fiber (grams)	Sodium (grams)
	TOTALS					

	DIFFERENCE (+/-)					