

Chapter 6 / Section 1: NS1-U5C6S1 – Controlling Fat

Activity 1: Take Home Activity- Food Intake /Physical Activity

Name: _____ Date: _____ Class: _____

Using the McDonalds Nutritional Information Chart, choose a meal that you might eat at McDonalds. Calculate the total calories eaten in this meal. Now go to the “Calories Burned” chart and figure out what exercises you would need to do to burn off that meal. Don’t forget to check your weight at the top of the graph.

1. List your meal here:

<u>Food Item</u>	<u>Calories Consumed</u>	<u>Fat</u>	<u>Sodium</u>	<u>Carbs</u>	<u>Fiber</u>

Total Calories Consumed _____

2. List activity here:

<u>Activity</u>	<u>Calories Burned</u>

Total Calories Burned _____

Chapter 6 / Section 1: NS1-U5C6S1 – Controlling Fat

3. What do you notice about the relationship between the calories taken in and the calories burned?

4. Is it possible to make adjustments to your food selections that are healthier? If so, what kind of adjustments could be made?

5. Go back and look at the fat, sodium, carbohydrates and fiber of the foods you selected in #1. What do you notice? Is there anything that should be changed to make the meal healthier?

6. If you continued to eat the meal you selected over a long period of time, would it be good for your health or could it possibly have a negative effect on your health? Explain.

7. Do you think that your current level of physical activity matches your current level of food consumption? Would you do anything differently? Explain.



McDonald's USA Nutrition Facts for Popular Menu Items

We provide a nutrition analysis of our menu items to help you balance your McDonald's meal with other foods you eat. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation in your diet.

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Burgers & Sandwiches																						
Big Mac®	7.6 oz (215 g)	550	260	29	45	10	50	1.5	75	25	1000	42	46	15	3	13	9	25	6	2	25	25
Quarter Pounder® with Cheese+	7.1 oz (202 g)	520	240	26	40	12	61	1.5	90	31	1180	49	42	14	3	11	10	30	10	2	30	25
Hamburger	3.5 oz (100 g)	250	80	9	13	3.5	16	0.5	25	9	490	20	31	10	1	6	6	12	0	2	10	15
Cheeseburger	4 oz (115 g)	300	110	12	19	6	28	0.5	40	13	720	30	33	11	2	7	7	15	6	2	20	15
Filet-O-Fish®	5 oz (143 g)	380	170	18	28	3.5	19	0	40	14	610	25	39	13	2	6	5	16	2	0	15	15
Ranch Snack Wrap® (Crispy)	4.2 oz (118 g)	350	170	19	29	5	26	0	35	11	750	31	31	10	1	5	2	14	2	2	10	10
Ranch Snack Wrap® (Grilled)	4.2 oz (118 g)	270	110	12	18	4	21	0	45	15	700	29	25	8	1	5	2	16	2	2	10	10
McRib ®†	7.4 oz (209 g)	500	240	26	40	10	48	0	70	23	980	41	44	15	3	10	11	22	2	2	15	20
Chicken																						
Chicken McNuggets® (4 piece)	2.3 oz (65 g)	190	110	12	18	2	10	0	25	9	360	15	12	4	1	2	0	9	0	2	0	2
Premium Crispy Chicken Classic Sandwich	7.5 oz (213 g)	510	200	22	33	3.5	18	0	45	16	990	41	56	19	3	13	10	24	4	6	15	20
Premium Grilled Chicken Classic Sandwich	7 oz (200 g)	350	80	9	13	2	9	0	65	22	820	34	42	14	3	13	8	28	4	8	15	20
McChicken ®	5 oz (143 g)	360	140	16	25	3	15	0	35	11	800	33	40	13	2	7	5	14	0	2	10	15
Breakfast																						
Blueberry Banana Nut Oatmeal†	8.6 oz (254 g)	290	70	8	13	2	10	0	10	3	180	8	49	16	5	19	21	6	2	6	6	40
Egg McMuffin®	4.9 oz (139 g)	300	110	12	19	5	24	0	260	87	820	34	30	10	2	8	3	18	10	0	30	20
Sausage McMuffin® with Egg	5.8 oz (164 g)	450	250	27	42	10	51	0	285	95	920	38	30	10	2	8	2	21	10	2	30	20
Bacon, Egg & Cheese McGriddles®	5.8 oz (165 g)	420	160	18	28	8	38	0	240	80	1110	46	48	16	2	8	15	15	10	0	20	15
Big Breakfast with Hotcakes (Regular Size Biscuit)	14.8 oz (420 g)	1090	510	56	87	19	96	0	575	192	2150	90	111	37	6	23	17	36	15	2	25	40
Cinnamon Melts	4 oz (114 g)	460	170	19	30	9	43	0	15	5	370	15	66	22	3	11	32	6	4	0	6	15

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Fruit & Maple Oatmeal †	9.2 oz (251 g)	290	40	4.5	7	1.5	9	0	5	2	160	7	57	19	5	19	32	5	2	130	10	10
Salads																						
Side Salad	3.1 oz (87 g)	20	0	0	0	0	0	0	0	0	10	0	4	1	1	6	2	1	45	25	2	4
Premium Bacon Ranch Salad (without chicken)	7.8 oz (223 g)	140	70	7	11	3.5	18	0	25	9	300	12	10	3	3	13	4	9	160	30	15	8
Premium Bacon Ranch Salad with Crispy Chicken	11.3 oz (319 g)	390	190	22	33	6	29	0	70	23	870	36	24	8	4	15	7	26	160	35	15	10
Premium Bacon Ranch Salad with Grilled Chicken	10.8 oz (305 g)	230	80	9	13	4	20	0	85	29	700	29	10	3	4	15	5	30	160	35	15	10
Snacks & Sides																						
Apple Slices†	1.2 oz (34 g)	15	0	0	0	0	0	0	0	0	0	0	4	1	0	0	3	0	0	160	2	0
Fruit 'n Yogurt Parfait	5.2 oz (149 g)	150	20	2	3	1	5	0	5	2	70	3	30	10	1	3	23	4	2	15	10	4
Snack Size Fruit & Walnuts	1 pkg (163 g)	210	70	8	13	1.5	7	0	5	2	60	2	31	10	2	9	25	4	0	170	8	2
Large French Fries	5.4 oz (154 g)	500	220	25	38	3.5	17	0	0	0	350	15	63	21	6	26	0	6	0	20	2	8
Medium French Fries	4.1 oz (117 g)	380	170	19	29	2.5	13	0	0	0	270	11	48	16	5	20	0	4	0	15	2	6
Small French Fries	2.5 oz (71 g)	230	100	11	18	1.5	8	0	0	0	160	7	29	10	3	12	0	3	0	8	2	4
Kids Fries	1.1 oz (31 g)	100	45	5	8	0.5	4	0	0	0	70	3	13	4	1	5	0	1	0	4	0	2
Beverages																						
1% Low Fat Milk	1 carton (236 ml)	100	20	2.5	4	1.5	8	0	10	3	125	5	12	4	0	0	12	8	10	4	30	0
Fat Free Choc Milk	1 (236 ml)	130	0	0	0	0	0	0	5	2	135	6	23	8	0	0	22	9	10	0	30	8
Minute Maid® 100% Apple Juice Box	6.8 fl oz (200 ml)	100	0	0	0	0	0	0	0	0	15	1	23	8	0	0	22	0	0	100	10	0
Dasani® Water	16.9 fl oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soda (Small)	16 fl oz cup	150	0	0	0	0	0	0	0	0	10	0	40	13	0	0	40	0	0	0	0	0
Diet Soda (Small)§	16 fl oz cup	0	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Iced Coffee--Regular (Small)§	16 fl oz cup	140	50	5	8	3.5	17	0	20	7	40	2	22	7	0	0	22	1	4	0	4	0
Latte (Large)§	20 fl oz cup	210	100	11	18	7	33	0	35	12	150	6	16	5	0	0	16	11	8	0	40	2
66																						

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Flavored Latte (Small)§	12 fl oz cup	230	60	7	10	4	20	0	20	7	140	6	35	12	0	0	35	7	4	0	25	0
Nonfat Latte (Small)§	12 fl oz cup	90	0	0	0	0	0	0	5	2	115	5	13	4	0	0	13	9	10	0	30	0
Hot Chocolate (Small)§	12 fl oz cup	300	110	12	18	7	35	0	25	8	135	6	41	14	0	0	35	8	6	0	25	4
Strawberry Banana Smoothie (12 fl oz cup)	12 fl oz cup (347 g)	210	5	0.5	1	0	0	0	5	1	35	1	49	16	2	10	44	2	2	70	8	6

Desserts/Shakes																						
Dipped Cone†	4.3 oz (121 g)	270	110	12	19	9	44	0	15	6	80	3	35	12	1	2	27	5	6	0	15	6
Vanilla Reduced Fat Ice Cream Cone	3.7 oz (105 g)	170	40	4.5	7	3	14	0	15	6	70	3	27	9	0	0	20	5	6	0	15	2
Hot Fudge Sundae	6.3 oz (179 g)	330	80	9	14	7	34	0	25	8	170	7	53	18	1	3	48	8	8	0	25	8
Baked Hot Apple Pie	2.7 oz (77 g)	250	110	13	19	7	35	0	0	0	170	7	32	11	4	15	13	2	4	25	2	6
McCafé Shake (12 fl oz cup)	12 fl oz	570	160	17	27	11	55	1	50	16	240	10	91	30	1	3	76	12	20	0	40	10
Chocolate Chip Cookie	1 (33 g)	160	70	8	12	3.5	19	0	10	3	90	4	21	7	1	3	15	2	2	0	2	8
Fruit 'n Yogurt Parfait	5.2 oz (149 g)	150	20	2	3	1	5	0	5	2	70	3	30	10	1	3	23	4	2	15	10	4
Low Fat Caramel Dip	0.7 oz (21 g)	70	5	0.5	1	0	0	0	5	1	35	2	15	5	0	0	9	0	0	0	2	0
Tangy Barbeque Sauce	1 pkg (28 g)	50	0	0	0	0	0	0	0	0	260	11	12	4	0	0	10	0	2	0	0	0
Honey	1 pkg (14 g)	50	0	0	0	0	0	0	0	0	0	0	12	4	0	0	11	0	0	0	0	0
Newman's Own® Ranch Dressing	2 fl oz (59 ml)	170	130	15	23	2.5	12	0	20	6	530	22	9	3	0	0	4	1	0	0	4	0
Sweet 'N Sour Sauce	1 pkg (28 g)	50	0	0	0	0	0	0	0	0	150	6	12	4	0	0	10	0	2	0	0	0
Honey Mustard Sauce	0.8 oz (22 g)	60	35	4	6	0.5	3	0	5	2	115	5	6	2	1	4	5	0	0	0	0	0
Chipotle Barbeque Sauce	1 oz (28 g)	50	0	0	0	0	0	0	0	0	190	8	11	4	0	0	10	0	4	0	2	2

Note: Nutrient contributions from individual components may not equal the total due to federal rounding regulations. Percent Daily Values (DV) and RDIs are based on unrounded values.

This list has been generated by McDonalds.com and is effective 08-07-2012.

* Contains less than 2% of the Daily Value of these nutrients

† Available at participating McDonald's

+ Based on the weight before cooking 4 oz. (113.4g)

§ The values represent the sodium derived from ingredients plus water. Sodium content of the water is based on the value listed for municipal water in the USDA National Nutrient Database. The actual amount of sodium may be higher or lower depending upon the sodium content of the water where the beverage is dispensed.

** Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The nutrition information on this website is derived from testing conducted in accredited laboratories, published resources, or from information provided from McDonald's suppliers. The nutrition information is based on standard product formulations and serving sizes. All nutrition information is based on average values for ingredients from McDonald's suppliers throughout the U.S. and is rounded to meet current US FDA NLEA guidelines. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. None of our products is certified as vegetarian. This information is correct as of December 2010, unless stated otherwise.

SPLENDA® No Calorie Sweetener is the registered trademark of McNeil Nutritionals, LLC
 EQUAL® 0 Calorie Sweetener is a registered trademark of Merisant Company



Exercise and Calories Burned

Below you will find a chart containing calories burned during different types of exercise and activities. This is influenced by factors such as body weight, workout intensity, conditioning level and metabolism. Many activities are shown in the alphabetized list below, with calories expended per hour for four different weights: 130 lbs, 155 lbs, 180 lbs, 205 lbs. Keep in mind that these numbers are approximations and that individual differences do apply.

Exercise & Calories Burned per Hour	130 lbs	155 lbs	180 lbs	205 lbs
Aerobics, general	384	457	531	605
Archery	207	246	286	326
Backpacking, Hiking with pack	413	493	572	651
Badminton	266	317	368	419
Bagging grass, leaves	236	281	327	372
Basketball, game	354	422	490	558
Basketball, shooting baskets	266	317	368	419
Boating, power, speed boat	148	176	204	233
Bowling	177	211	245	279
Calisthenics, light, pushups, situps...	207	246	286	326
Calisthenics, fast, pushups, situps...	472	563	654	745
Canoeing	236	281	327	372
Carpentry, general	207	246	286	326
Circuit training, minimal rest	472	563	654	745
Cleaning, dusting	148	176	204	233
Climbing hills, carrying up to 9 lbs	413	493	572	651
Construction, exterior, remodeling	325	387	449	512
Crew, sculling, rowing, competition	708	844	981	1117
Cricket (batting, bowling)	295	352	409	465
Cross country snow skiing, slow	413	493	572	651
Cross country skiing, moderate	472	563	654	745
Cycling, <10mph, leisure bicycling	236	281	327	372
Cycling, >20mph, racing	944	1126	1308	1489
Dance - Ballet, twist, jazz, tap	266	317	368	419
Darts (wall or lawn)	148	176	204	233
Diving, springboard or platform	177	211	245	279
Downhill snow skiing, moderate	354	422	490	558
Fishing in stream, in waders	354	422	490	558
Fishing, general	177	211	245	279

Exercise & Calories Burned per Hour	130 lbs	155 lbs	180 lbs	205 lbs
Fishing, ice fishing	118	141	163	186
Football or baseball, playing catch	148	176	204	233
Football, competitive	531	633	735	838
Frisbee playing, general	177	211	245	279
Frisbee, ultimate frisbee	472	563	654	745
Gardening, general	236	281	327	372
Golf, general	266	317	368	419
Golf, miniature golf	177	211	245	279
Gymnastics	236	281	327	372
Hacky sack	236	281	327	372
Handball	708	844	981	1117
Health club exercise	325	387	449	512
Hiking, cross country	354	422	490	558
Hockey, ice or field	472	563	654	745
Horseback riding, trotting	384	457	531	605
Horseshoe pitching	177	211	245	279
Housework, moderate	207	246	286	326
Hunting, general	295	352	409	465
Ice skating, average speed	413	493	572	651
Jazzercise	354	422	490	558
Judo, karate, jujitsu, martial arts	590	704	817	931
Juggling	236	281	327	372
Jumping rope, moderate	590	704	817	931
Kayaking	295	352	409	465
Kick boxing	590	704	817	931
Marching band, playing instrument	236	281	327	372
Marching, rapidly, military	384	457	531	605
Mowing lawn, walk, power mower	325	387	449	512
Playing pool, billiards	148	176	204	233
Polo	472	563	654	745
Race walking	384	457	531	605
Racquetball, playing	413	493	572	651
Raking lawn	254	303	351	400
Riding motorcycle	148	176	204	233
Rock climbing	472	563	654	745
Roller blading, in-line skating	708	844	981	1117
Roller skating	413	493	572	651
Rowing machine, moderate	413	493	572	651
Running, 5 mph (12 minute mile)	472	563	654	745
Shoveling snow by hand	354	422	490	558
Sitting, light office work	89	106	123	140
Skateboarding	295	352	409	465