**Foods and Nutrition**

**McDonald’s Meal Analysis**

**Directions:**

1. Go to the McDonald’s website, select ‘About Our Food’ and then select ‘Nutrition Calculator’.

2. Choose the items you would order for typical meal at McDonald’s. When choosing them click the (+) next to each item.

3. When you have finished selecting items click on the ‘my meal’ icon in the red bar. Once you are to this page you will see each item you selected. Choose the drop down arrow by each item you selected and customize it, for example if you selected French fries you will need to select the size that you would typically order and if you would use ketchup. If you chose a cheeseburger and you order it without ketchup, then change it here.

4. Then, for each item record in your INB:

Calories

Calories from fat

Total Fat

 Saturated Fat

 Cholesterol

Protein

Total Carbohydrates

 Fiber

 Sugar

Vitamins and Minerals and amounts

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