## Does McDonald's Sell Burgers?

Group Members!
Use the nutrition facts from McDonald's to determine the following: (Remember to include the units in your answers.)
<ol> <li>If you eat two Big Macs, how many total grams (g) of fat are you consuming?</li> </ol>
2) Which beef burger has the greatest amount of sodium, in milligrams?
3) If you eat a Premium Caesar Salad with grilled chicken and one package of Newman's Own Creamy Caesar Dressing, how many calories are you consuming? How many more calories are in the salad than in the dressing?
4) If you eat a regular hamburger, large French fries and a small diet coke, how many calories are you consuming?
5) Determine the number of calories, total fat, saturated fat, trans-fat, cholesterol, and sodium in your favorite meal from McDonald's. Remember to include the units, calories, grams (g) or milligrams (mg). Assume that you get at least 1 food item and a drink. Discuss why it is your favorite.
Favorite Meal:
Calories:
Total Fat:
Saturated Fat:
Trans Fat:

	) Which famous item on the menu when cooked contains a cancer-causing hemical?
	') Which products on the menu might be considered the healthiest?
\ V	Vhy?
p	in the following problems, use the cohort strategy to solve word roblems to find the solutions. Create a system of equations. Use the utrition information to check your work!
٥ ٨	b) If you consume 2 Egg McMuffins and 1 Sausage McMuffin, the amount of calories is 970. If you consume 1 Egg McMuffin and 3 Sausage AcMuffins, the amount of calories is 1,410. How many calories are in each of the breakfast sandwiches?
1	) Let x =
2	) Let y =
E	iquations:
S	iolution in sentence form:
( de n 1 2	The sum of the calories in the Premium Chicken Classic Sandwick crispy) and the Premium Chicken Classic Sandwich (grilled) is 950. The lifference between the two in calories is 110. How many calories are in ach of the chicken sandwiches? Why does the crispy sandwich have nore calories?    Let x =
<b>C</b>	quations:
5	Solution in sentence form:

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ra		ම	6		Total Carbohydrates (g)	(P)	
Nutrition Information	G	Saturated Fat (g)	frans Fat (g) Cholesterol (mg)	<u>_6</u>	Tattes	Dietary Fiber (g) Sugars (g)	
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	Calories Total Fat (c)	satur	Trans Fat (g) Cholesterol	Sodium (mg)	la or	Dietary Flo Sugars (g)	Protein (g)
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Hamburger	250		0.5 25	520	31	2 6	12
Cheeseburger Double Cheeseburger	300 12 440 23		0.5 40 1.5 80	760 1160	33 34	2 6 7	15 25
Quarter Pounder® +	410 19		1 65 1.5 90	730 1190	37 40	2 8 3 9	24 29
Quarter Pounder® with Cheese + Double Quarter Pounder® with Cheese ++	510 . 26 -740 . 49		1.5 90 2.5 155	1380	40	3 9	48
Big Mac®	540 29 460 24		1.5 75 1.5 70	1040 720	45 37	3 9	25 24
Big 'N Tasty® Big 'N Tasty with Cheese	510 28		1.5 85	960	38	3 8	27
Angus Deluxe 1/3 pound Angus patty, American chaese, tomato, fettuce, pickles, red onton, mayonsai	se mustard 750 39	9 17	2 135	1700	61	4 11	40
Angus Mushroom & Swiss	770 40	0 17	2 135	1170	59	4 8	44
113 pound Angus patty, Swiss cheese, sautéed mushrooms, mayonnaise Angus Bacon & Cheese	790 39	9 17	2 145	2070	63	4 13	45
1/3 pound Angus patty, American chaese, bacon, pickles, red onlon, ketchup, mustard	780 0		2 140	2010			
Mathing masses with the pla	aouro			766	Sec.		
Nothing messes with the ple	99Mg			٠,	, (i)		
of McDonald's: Angus Third H	Pounders*						
It's all beef. Angus beef. The taste is everything			Baltie (* 15		14		
Weight hetore cooking et least 5.33 oz						بالتي الم	
O piletonic Azang triesis						AND DESCRIPTION OF THE PARTY OF	
→ FRENCH FRIES							
Small French Fries Medium French Fries	230 1 380 1		0 0	160 270	29 48	3 00 5 20	3
Large French Fries	500 2		0 a:0	350	63	6 , 0 .	6
CHICKEN/FISH McChicken®	380 10	6 3	0 35	830	40	2 5	14
Premium Chicken Club Sandwich (crispy)	630 2	8 7	0 76	1360	60	4 13	35
Premium Chicken Club Sandwich (grilled)	630 1	В 6	0 95	= 1410	52	4 12	39
	580 2	3 4.5	0 65	1400	62	3 13	31
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The nutrition information on this leaflet is correct as of May 2009 and amends the nutrition information found on other printed materials in this restaurant including packaging. This information is specific to restaurants that use cooking oil with 0 grams of trans fat per labeled serving. This information 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 neer current U.S. 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 are certified as vegetarian.

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Alundrick or Incknown at the			9		<b>Q</b>		10 march 15 miles	(0)		
<b>Nutrition Information</b>		<u></u>	Saturated Fat (g)	<u> </u>	Cholesterol (mg)	୍ଦିଆ	Total Carbohydrates (g)	Dietary Fiber (g)		
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	Calories	Total Fat (g)	ji,	Trans Fat (g)	bole	Sodium (mg)	Carbo	eta	Sugars (g)	Protein (g)
→ BREAKFAST	O	F	υ	. ⊢ 		S	⊭ O	۵	S	Δ.
Egg McMuffin®	-300	12	5 · ·	0	260	820	30	2	3	18
Sausage McMuffin®	370	22	8	0	45	850	29	2	2	14
Sausage McMuffin with Egg	450	27	10	0	285	920	30	2	2	21
Bacon, Egg & Cheese Biscuit (Regular Size Biscuit) Sausage Biscuit with Egg (Regular Size Biscuit)	420	23	12	0	235	1160	37-	2	3	15
Sausage Biscuit (Regular Size Biscuit)	510	33	14	0	250	1170	36	2	2	18
Southern Style Chicken Biscuit (Regular Size Biscuit)	430 410	27 20	12 8	0	30 30	1080	34 41	2	2	- 11
Bacon, Egg & Cheese McGriddles &	420	18	8	0	240	1110	48	2	- 3 15	17 16
Sausage, Egg & Cheese McGriddles®	560	32	12	0	265	1360	48	·2	15	20
Sausage McGriddles®	420	22	8	0	35	1030	44	2	16	11
McSkillet™.Burnito with Sausage	610	36	14	0.5	410	1390	44	3	4	27
McSkillet™ Burrito with Steak (at participating restaurants)	570	30	12	1	430	1470	44	3	4	32
Big Breakfast & (Regular Size Biscuit) Deluxe Breakfast (Regular Size Biscuit) w/o syrup & margarine	740	48	17	0	555	1560	51	3	3	28
Hotcakes and Sausage w/o syrup & margarine	1090	56	19	0	575	2150	111	6	17	36
Hash Browns	520 150	24 9	7 1.5	0	50 0	930	61	3 2	14	15
Hotcake Syrup	180	0	0	0	- 0	310 20	15 45	0	0 32	0
Whipped Margarine (1 pat)	40	4.5	1.5	0	0	55	- 0	0	0	0
✓ DESSERIS										
Apple Dippers (1 pkg)	35	0	0	0	0	0	8	0	6	0
Low Fat Caramel Dip (1 pkg)	70	0.5	Ö	Ö	5	35	16	.0	9	0
Fruit 'n Yogurt Parfait without Granola	130	2	í	0	5	55	25	0	19	4
Fruit 'n Yogurt Parfait	160	2	- 21	0	- 5	85	31	. 1	21 .	4
Vanilla Reduced Fat Ice Cream Cone	150	3.5	2	. 0	16	60	24	0	18 -	4
Strawberry Sundae	280	6	4		25	95	49	1	45	6
Caramel Sundae Hot Fudge Sundae	340	8	5	0	30	160	-60		44	
McFlury® with M&M'S® Candies (12 fl. oz. cup)	330	10	7 12		25	180	54		48	8
McFlurry with OREO® Cookies (12 fl. oz. cup)	620 550	20 17	9	1	55 50	190 250	96	1	85	14
Chocolate Triple Thick® Shake (16 fl. oz. cup)	580	14	8	1	-60	250	88 102	1	73 84	13 13
Strawberry Triple Thick Shake (16 fl. oz. cup)	560	13	- 8	1	50	170	97	0	84	13
Vanilla Triple Thick Shake (16 fl. oz. cup)	550		8	: 1	50	190	96	0	72	13
Baked Hot Apple Pie	250		127	0	- 0	170	32	4	13	2
<b>→</b> BEVERAGES					90.00					
1% Low Fat Milk Jug (8 fl. oz.)	100	2.5	1.5	0	10	125	12	0	12	8
1% Low Fat Chocolate Milk Jug (8 fl. oz.)	170	. 3	1.5	0	5	150	26	1	25	9
Orange Juice, Small (12 fl. oz. cup)	140		0	0	0	5	33	0	29	2
Minute Maid® Apple Juice Box (6.75 fl. oz.)	-100	0	0		0	15	23	· •	21	0
Coca Cola Classic (small, 16 fl. oz. cup) Diet Coke® (small, 16 fl. oz. cup)	150	0	0 -		0	10	40		40	0
Sprite® (smail, 16 fl. oz. cup)	150		0		0	20	0		0	0
Hi-C® Orange Lavaburst (small, 16 ff. oz. cup)	150 160	0	<u>0</u>	0	0 + 0		39 44	0	_ 39 _ 44	0
POWERade® Mountain Blast (small, 16 fl. oz. cup)	100	0	-0 0	0	+ 0 0	- 5 - 85	27	0		0
▼ McCale® COFFEE	100									
ced Mocha with Nonfat Milk (16 fl. oz. cup)	270	8	4.5	0	10	140	43	^	35	7
Mocha with Nonfat Milk (16 fl. oz. cup)	280	6	3.5	0	10		50	0	42	8
ced Nonfat Vanilla Latte (16 fl. oz. cúp)	150		0.0		δ	70	33	0	33	5
Nonfat Vanilla Latte (16 fl. oz. cup)	220		ŏ	ŏ	5	115	46	_	46	9
Nonfat Vanila Cappuccino (16 fl. oz. cup)	190		0.		5	90	42	0 -	42	6
ced Coffee (21 fl. oz. cup)	200	8	5	0	30	60	30	0	30	2
Hot Chocolate with Nonfat Milk (16 fl. oz. cup)	310	6	3.5	0	10	190	65	0	47	11

Calories Calorías	
Protein Proteínas	
Fat Grasa	
Carbs arbohldratos	
Sodium	

(Gal) 10%	190
20%	10g
fiim 18%	12g
4%	11g
(e) 17%	400mg

Nutrition label for McDonald's Chicken McNuggets<sup>3</sup> (4-piece)

Our Nutrition Chart, which will appear right on the packaging of our most popular food items, provides information about five key nutrients: calories, protein, fat, carbohydrates (carbs) and sodium. The left-hand column shows the percentage of each nutrient a menu item contributes toward recommended amounts for a 2,000-calorie daily diet.

The dotted line represents one-third of the recommended amounts, and the right-hand column shows the amount of each nutrient in the menu item. For additional nutrition information, visit www.mcdonalds.com or call 1-800-244-6227.



## Revised May 2009

- + Based on the weight before cooking 4 oz. (113.4 g), ++ Based on the weight before cooking 8 oz. (226.8 g).