Name_____ Date _____ Period_____

http://nutrition.mcdonalds.com/getnutrition/nutritionfacts.pdf

http://www.mcdonalds.com/us/en/meal_builder.html

**Use the Nutrition label above to complete the information for Items 1-4.**

**To answer the following, follow the example provided.**

Example:

**Nutrition Facts**
Serving Size 1 cup (252g)
Servings Per Container about 2

Amount Per Serving

**Calories** 220      Calories from Fat 30

Remember that an important recommendation, especially for Americans, is to keep the percent of calories from fat less than or equal to 30%. To find the percent of calories from fat:

1) $\dfrac{\text{calories from fat}}{\text{total calories}}$   $\dfrac{30}{220} = 0.1363636$

1) Divide the calories from fat by the total number of calories.

2) 0.1363636 x 100 = 13.63636
   0.1363636 = 13.63636%

2) Multiply by 100 to change the decimal into a percent.

3) 13.63636% = 14%

3) Round to the nearest whole percent

Item 1_____     Item 2_____     Item 3_____     Item 4_____

_____   _____   _____   _____

Cal. from fat_____     Cal. from fat_____     Cal. from fat_____     Cal. from fat_____
Calories_____     Calories_____     Calories_____     Calories_____
%              _____     %         _____     %              _____     %         _____

1.  What is a function of a lipid?

2.  Remember that an important recommendation, especially for Americans, is to keep the percent of calories from fat less than or equal to 30%. Which meal would be above the recommendation?

3.  What is the function of a carbohydrate?

4.  Which meal has the most Carbohydrates?

5.  Why is it important to moderate in our diet the calories from fat and carbohydrates we consume?

6.  Based on all these information, are calories from fat and carbohydrates ALWAYS bad to your body? Make sure you defend your position.