

Fat and Calories in the Fast Lane

- _____ 1. You're hungry, but got up late. You drive through Hardees. Which is the lowest calorie option?
 - a. Sausage & Egg Biscuit
 - b. Ham, Egg & Cheese Biscuit
 - c. Tortilla Scrambler
 - d. One Cinnamon Roll

- _____ 2. You take McDonald's orders for the gang at work. Below are the items you picked up. Rank the food items in order from the most fat & calories to the least.
 - a. Filet-O-Fish
 - b. Large fries
 - c. Big Mac
 - d. Hamburger

- _____ 3. You are busy running with the kids so hit Panera Breads for dinner. Below are the items you are considering ordering. Rank the items in order from the most to the least calories.
 - a. Asiago Roast Beef on Asiago Cheese
 - b. Asian Sesame Chicken Salad w/ Asian Vinaigrette Dressing
 - c. Garden Vegetable Soup (8 oz.) with 2 oz. slice nine grain bread

- _____ 4. Jared says that subway is the low fat place to go. Which 6" sandwich below is over 6 grams of fat.
 - a. Roast beef
 - b. Roasted chicken breast
 - c. Tuna with light mayonnaise



Answers to Fat and Calories in the Fast Lane

1. Least in Calories: C

Tortilla Scrambler has 310 calories and 19 grams of fat.

Ham, Egg & Cheese Biscuit has 560 calories and 35 grams of fat.

One Cinnamon roll has 590 calories and 20 grams of fat.

Sausage & Egg Biscuit has 610 calories and 44 grams of fat.

2. Most to least: C, A, B, D

Big Mac has 600 calories and 33 grams of fat.

Filet-O-Fish has 410 calories and 20 grams of fat.

Large fries (6 oz.) has 350 calories and 17 grams of fat.

Hamburger has 280 calories and 10 grams of fat.

3. Most to least: A, B, C

Asiago Roast Beef on Asiago Cheese has 730 calories & 35 grams of fat.

Asian Sesame Chicken Salad w/ Asian Vinaigrette Dressing has 370 calories & 19 grams of fat.

Garden Vegetable Soup (8 oz.) with 2 oz. slice of nine grain bread has 240 calories & 3 grams of fat.

4. C is over 6 grams of fat

Tuna with light mayonnaise has 460 calories and 23 grams of fat.

Roasted chicken breast has 330 calories and 5 grams of fat.

Roast beef has 290 calories and 5 grams of fat.

*No extra oil or mayo was added to any of the sandwiches.

How Much Fat and Calories Do We Need each day?

For a Moderately Active Male (16-25 years old), 2800 calorie diet and less than 90 grams of fat.

For a Moderately Active Woman (12-50 years old), 2000 calorie diet and less than 65 grams of fat.

For a Sedentary Woman (31-50 years old), a 1800 calorie diet and less than 58 grams of fat.



