

Nutritional Analysis: A Day-Trip and the Choices You Make

On Saturday you're going to Halifax for the day to go shopping (and maybe stop at the casino). You've planned to leave bright and early at 6:00 AM and head home at around 6:00 PM. You've set aside some spending money for merchandise, but you've also budgeted for eating three meals.

Meal 1 (6:05 AM): McDonald's is right there before you hit the highway - too tempting to resist! You decide to buy an orange juice, one hash brown, and a bacon and egg bagel.

McDonald's Nutrition Calculator

CATEGORIES

- Beverages
- Breakfast
- Condiments
- Create your own McFlurry®
- Desserts/Snacks
- Lunch/Dinner - Chicken
- McNuggets® / Sauces
- Lunch/Dinner - Salads
- Lunch/Dinner - Sandwiches
- Lunch/Dinner - Sides

ITEMS

- 9 oz Apple Juice
- 9 oz Orange Juice
- Hash Browns
- Bacon & Egg Bagel

ON YOUR TRAY

Item	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV							
YOUR TRAY TOTAL	461	810	36	55	9	0.4	47	225	1530	64	95	32	5	20	29	24	20	150	15	25	
9oz Orange Juice - (Small)	234	110	0	0	0	0	0	0	2	0	26	9	0	0	23	0	0	140	0	0	
Orange Juice	✓	110	0	0	0	0	0	0	2	0	26	9	0	0	23	0	0	140	0	0	
Hash Browns	①	55	160	10	15	1.5	0	8	0	360	15	16	5	2	8	0	1	0	0	0	2
Hashbrowns	✓	160	10	15	1.5	0	8	0	360	15	16	5	2	8	0	1	0	0	0	0	2
Bacon & Egg Bagel	①	172	530	26	40	8	0.3	42	225	1170	49	52	17	3	12	6	23	20	8	15	25
Bagel	✓	260	3	5	0.4	0	2	0	520	22	49	16	3	12	5	10	0	0	4	20	
Breakfast Sauce	✓	45	4.5	7	0.5	0	3	3	45	2	0	0	0	0	0	0.1	0	0	0	0	0
Processed Cheese Slice	✓	50	4	6	2.5	0.2	14	15	240	10	1	0	0	0	0	3	6	0	8	0	
Bacon Slice	✓	70	5	8	2	0	10	15	250	10	1	0	0	0	1	4	0	8	0	0	
Folded Eggs	✓	70	5	8	1.5	0	8	195	85	4	1	0	0	0	0	6	8	0	2	4	
Trans Fat Free Liquid Margarine	✓	35	4	6	0.3	0	2	0	40	2	0	0	0	0	0	0	8	0	0	0	

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REFUEL WITH A QUICK SNACK

SUMMARY VIEW

Our product disclaimer

Meal 2 (11:45 PM): After a couple hours of shopping at the MicMac Mall, A&W is looking pretty good...besides, it's not like you eat fast food all the time. You only have A&W once in a while and you deserve a treat. You decide to go big: A Cheddar Bacon Uncle burger, medium fries, a medium root beer, and a small coleslaw. Coleslaw is nutritious, right? Sure it is. That'll cancel out some of the junk food. Good call.

A&W Nutrition Calculator

Item	Serving Size (g)	Calories	Sugar (g)	Carbohydrates (g)	Protein (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Fibre (g)	Sodium (mg)	Calcium (%)	Iron (%)	Vitamin A (%)	Vitamin C (%)
Cheddar Bacon Uncle Burger™	301	710	9	39	37	46	17	1	105	1	1490	25	25	10	8
Fries - Regular	135	410	0	60	8	17	1	.1	0	5	730	2	15	0	8
Coleslaw - Individual	113	130	8	11	2	9	1.5	.2	15	2	360	6	0	10	80
A&W Root Beer® - Regular	591	320	85	85	0	0	0	0	0	0	70	0	0	0	0
TOTAL	1140	1570	102	195	47	72	19.5	1.3	120	8	2650				

Meal 3 (5:20 PM): It's supptime - better find a Subway! You think you'll feel better after a healthy meal than you did after lunch. You decide to get a foot-long Chicken and Bacon Ranch sub. Thank goodness Subway is there providing nutritious alternatives. You say no to the meal deal...you spot a Dairy Queen and a medium Cookie Dough Blizzard is calling your name once you start thinking 'dessert.'



Chicken & Bacon Ranch

Tender-grilled chicken breast strips, melted Monterey Cheddar cheese, crispy bacon, lettuce, tomato, onions, green bell peppers, served toasted on freshly baked bread with cool ranch dressing.

Nutrition Facts	Amt./Serving	%DV*	Amt./Serving	%DV*
	Total Fat 28g		43%	Total Carb 47g 16%
Sat. Fat 10g		50%	Fiber 5g 22%	
Trans Fat 0.5g			Sugars 8g	
Cholest. 95mg		32%	Protein 35g	
Sodium 1080mg		45%		
Vit. A: 15% • Vit. C: 25% • Calcium: 50% • Iron: 20%				

Serving Size: 6"
Calories 570
Fat Cal. 250

*Percent Daily Values (DV) are based on a 2,000 calorie diet.



Here is a complete nutritional label for the items you have selected. You may change a menu item selection from the pull down menu or modify item ingredients.

Cookie Dough Blizzard - Medium



Nutrition Facts

Serving Size (446g)	
Amount Per Serving	
Calories 1020	Calories from Fat 360
% Daily Value*	
Total Fat 40g	62%
Saturated Fat 24g	120%
Trans Fat 1g	
Cholesterol 75mg	25%
Sodium 580mg	24%
Total Carbohydrate 148g	49%
Dietary Fiber 2g	8%
Sugars 108g	
Protein 17g	0%
Vitamin A 25%	Vitamin C 0%
Calcium 45%	Iron 20%

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

	Calories 2,000	2,500
Total Fat	Less Than 65g	80g
Saturated Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2400mg	2400mg
Total Carbohydrate	300mg	375mg
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

It's been a long day but you've had fun. You even managed to come in under your food budget because of your meal choices. Some of the others made different food choices than you because they were concerned about what Ms. Charlton, Ms. Ryan, and Mr. Gallant were saying about nutrition in class, but you still think that you did fairly well!

Questions:

- Without analysing the nutritional labels, what is your opinion about the food choices you made today? Explain.
- Fill in the table provided.
- In class, we calculated the number of calories you should be ingesting each day in order to maintain your current body weight. What was yours? What was your total caloric intake for your day in Halifax? By how much were you under or over?
- (a) For EACH of the items within your meals, calculate the percentage of calories that came from fat. Which items were over the recommended value?
(b) Considering the items that exceeded the recommended percent of calories from fat, how did the saturated and trans fats compare to unsaturated fat?
- (a) For the production of certain hormones and proper construction of cell membranes, it is recommended that people above the age of 4 consume a maximum of 300 mg of cholesterol per day. What was your total cholesterol intake for the day? How much were your under or over?
(b) If you continued making such dietary choices on a regular basis throughout your life, what type of health issues are at risk of developing?
- For proper blood volume and cell functions, it is recommended that people ages 9 to 50 consume 1500 mg of sodium per day. What was your total sodium intake for the day? How much were your under or over?
- For proper bone and tooth development, blood clotting, and muscle and nerve function, it is recommended that youth ages 9 to 18 consume 1300 mg of calcium per day. What was your total calcium intake for the day? How much were your under or over?

