

Fast Food Meals

Class #1

Shawn is on the junior high basketball team and they have a tournament this weekend. The coach told him that on the way home they will stop at Dairy Queen to feed everyone. To minimize costs and for convenience they can pick from the 5 buck lunch options. Help him choose which would be the healthiest options.



#1 Chili Cheese Dog

Chili Cheese Dog

Calories	390
Fat (g)	25
Sodium (mg)	990
Carbohydrates (g)	25
Dietary Fiber (g)	1
Total Sugars (g)	4
Proteins (g)	16
Vitamin A - % DV	8
Vitamin C - % DV	0
Calcium - %DV	20
Iron - %DV	15

Regular Fries

Calories	300
Proteins (g)	4
Fat (g)	13
Carbohydrates (g)	43
Sodium (mg)	630

Large Iced Tea

Calories	0
Proteins (g)	0
Fat (g)	0
Carbohydrates (g)	0
Sodium (mg)	10



#2 3-Piece Chicken Strip with gravy

3 Piece Chicken Strips

Calories	350
Fat (g)	20
Sodium (mg)	690
Carbohydrates (g)	22
Dietary Fiber (g)	10
Total Sugars (g)	0
Proteins (g)	22
Vitamin A - % DV	0
Vitamin C - % DV	0
Calcium - %DV	0
Iron - %DV	8

Regular Fries

Calories	300
Proteins (g)	4
Fat (g)	13
Carbohydrates (g)	43
Sodium (mg)	630

Large Sweet Tea

Calories	220
Proteins (g)	1
Fat (g)	0
Carbohydrates (g)	54
Sodium (mg)	10

Peppered gravy

Calories	90
Fat (g)	6
Sodium (mg)	480
Carbohydrates (g)	8



#3

Bacon

Cheeseburger

Bacon Cheeseburger

Calories	480
Fat (g)	29
Sodium (mg)	1030
Carbohydrates (g)	34
Dietary Fiber (g)	1
Total Sugars (g)	8
Proteins (g)	25
Vitamin A - % DV	10
Vitamin C - % DV	0
Calcium - %DV	20
Iron - %DV	15

Regular Fries

Calories	300
Proteins (g)	4
Fat (g)	13
Carbohydrates (g)	43
Sodium (mg)	630

Large Diet Coke

Calories	0
Proteins (g)	0
Fat (g)	0
Carbohydrates (g)	0
Sodium (mg)	80



#4

Crispy Chicken Wraps

Crispy Chicken Wraps

Calories	1090
Fat (g)	63
Sodium (mg)	2330
Carbohydrates (g)	92
Dietary Fiber (g)	17
Total Sugars (g)	4
Proteins (g)	40
Vitamin A - % DV	16
Vitamin C - % DV	10
Calcium - %DV	50
Iron - %DV	40

Regular Fries

Calories	300
Proteins (g)	4
Fat (g)	13
Carbohydrates (g)	43
Sodium (mg)	630

Large Diet Coke

Calories	0
Proteins (g)	0
Fat (g)	0
Carbohydrates (g)	0
Sodium (mg)	80