

WHAT'S IN FAST FOOD?

1. Scroll down the page to the box labeled "Range Constraints" and click on "Suggested Guidelines." Follow the directions to determine each of the following:

- a) Your estimated daily calorie requirement: _____
- b) Your recommended intake of carbohydrate: _____
- c) The recommended dietary guideline for cholesterol: _____
- d) Your recommended fat intake: _____
- e) The recommended daily intake of fiber: _____
- f) The recommended guideline for sodium: _____

2. Enter the information from question 1 in the appropriate section of the on-line form. Of the fast foods you enjoy, which fall within your recommended range? Identify the number of calories, grams of fat, and milligrams of cholesterol for several of those foods.

3. Experts recommend that no more than one-third of your daily calories come from fat. Do any of the fast foods that you regularly eat fit this description? If so, which?

4. Based on what you learned, what changes should you make in your current fast-food eating habits?
