

Name: _____



Fast Food Facts

Restaurant: _____

FOOD	Total Calories	Total Fat (grams)	Sodium (milligrams)	Fiber (grams)	Sugar (grams)	Protein
TOTAL						

Name: _____

Fast Food Facts



Restaurant: _____

Healthier Happier Meal

Food	Total Calories	Total Fat (grams)	Sodium (milligrams)	Fiber (grams)	Sugar (grams)	Protein
TOTAL	(750-950 tot cal)	(<20 grams)	(<700 mgs)	(8-12 grams)	(minimally)	(13-17 grams)

