

OUT TO LUNCH

NAME OF RESTAURANT:

NAME OF FOOD	TOTAL CALORIES	FATS	PROTEIN	CARBO-HYDRATES	SUGAR	SODIUM
TOTALS						

DIRECTIONS:

1. THINK OF YOUR FAVORITE FAST FOOD MEAL.
2. LIST OUT ALL OF THE FOODS YOU WOULD TYPICALLY EAT AT THAT RESTAURANT.
3. GO TO WWW.FATCALORIES.COM
4. LOOK UP THE NUTRITIONAL VALUES FOR YOUR MEAL.
5. HOW MANY HOURS WOULD HAVE TO SPEND RUNNING TO BURN OFF THE TOTAL NUMBER OF CALORIES YOU CONSUMED DURING YOUR FAST FOOD LUNCH?

100 POUND PERSON	125 POUND PERSON	150 POUND PERSON	175 POUND PERSON
440 CAL/HOUR	550 CAL/HOUR	660 CAL/HOUR	770 CAL/HOUR

