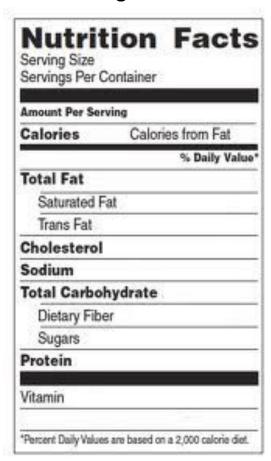
Name: Date:

Fast Food vs. Homemade

Fill out the nutrition labels by looking up the following fast foods online then looking up a recipe for the homemade version.

Big Mac



Homemade Hamburger



Chic-Fil-A Chicken Strips

Nutrition Facts Serving Size Servings Per Container Amount Per Serving Calories Calories from Fat % Daily Value* Total Fat Saturated Fat Trans Fat Cholesterol Sodium **Total Carbohydrate** Dietary Fiber Sugars Protein Vitamin *Percent Daily Values are based on a 2,000 calorie diet.

Pizza Hut Cheese Pizza

Amount Per Serv	ring
Calories	Calories from Fat
	% Daily Value*
Total Fat	
Saturated Fa	at
Trans Fat	(0)
Cholesterol	
Sodium	
Total Carboh	ydrate
Dietary Fibe	r
Sugars	
Protein	
in a	-

Homemade Chicken Cutlet

Serving Size Servings Per C	Container
Amount Per Ser	vina
Calories	Calories from Fat
	% Daily Value
Total Fat	
Saturated F	at
Trans Fat	9/40
Cholesterol	
Sodium	
Total Carbol	hydrate
Dietary Fibe	er
Sugars	50
Protein	
i.e.	3
Vitamin	

Homemade Pizza

Servings Per C	Container
Amount Per Ser	ving
Calories	Calories from Fat
	% Daily Value
Total Fat	
Saturated F	at
Trans Fat	300
Cholesterol	
Sodium	
Total Carbo	hydrate
Dietary Fibe	er
Sugars	370
Protein	
fan a	
Vitamin	