

A Trip To McDonalds

Did you know that McDonalds have a website that helps you calculate the nutritional value of your food. Here is the link:

www.mcdonalds.com/us/en-us/about-our-food/nutrition-calculator.html

So I go to McDonalds and I choose a Big Mac, large fries, a strawberry milkshake and an McFlurry dessert with candy bits. Fairly normal order, but how nutritional is it for me?

My second choice is a hamburger, small fries, diet coke and apple slices. Still a nice meal but what is the difference? If you put your foods in the calculator it will itemise each of these food products for you. Go on ,,,, have a go. You'll be surprised!

Here is my comparison with overall totals.

First Choice		Second Choice	
Saturated Fat	88g	Saturated Fat	19g
Carbohydrates	287g	Carbohydrates	64g
Protein	56g	Protein	15g
Sugar	160g (40 tsp)	Sugar	9g (2.25 tsp)
Calories	2180	Calories	485

Can you spot the difference? The first choice has 1695 more calories but has an astonishing 152g more sugar, that's almost 38 teaspoons more! That's a 6 day's supply of recommended sugar in one meal!

So hopefully you can now make better choices while still enjoying your special treats. Have fun!