

Part B:

Using a different restaurants, select those items that will put your caloric, fat, cholesterol and carbohydrate totals within a healthy range. ***Make sure your total does not exceed the following recommendations!***

Boys		Girls	
Calories:	800	Calories	600
Fat	30	Fat	20
Cholesterol	100	Cholesterol	100
Carbs	100	Carbs	100

**** You do not have to pick something from each category**

Restaurant: _____

Food Items	Calories	Fat	Chol.	Carbs

Total _____

1. In part B, is the food you choose to stay within your healthy levels enough to satisfy you for a meal?
2. What area did you find the hardest to stay in range?
3. Were you surprised by the nutritional facts in any particular food/restaurant? If so, why?