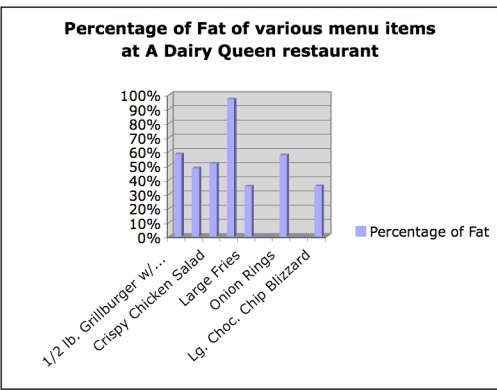
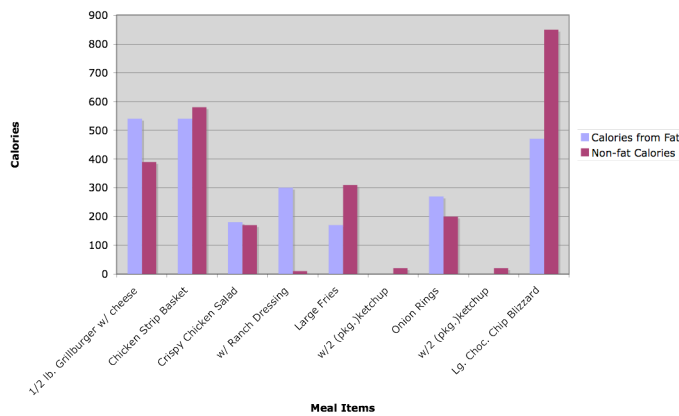


Introduction Statement

Enter your introduction statement here.
Describe the purpose of this project.

Dairy Queen					
High Fat Meal					
	Food Items	Calories	Calories from Fat	Non-fat Calories	Percentage of Fat
1	1/2 lb. Grillburger w/ cheese	930	540	390	58%
2	Chicken Strip Basket	1120	540	580	48%
3	Crispy Chicken Salad	350	180	170	51%
	w/ Ranch Dressing	310	300	10	97%
4	Large Fries	480	170	310	35%
	w/2 (pkg.)ketchup	20	0	20	0%
5	Onion Rings	470	270	200	57%
	w/2 (pkg.)ketchup	20	0	20	0%
6	Lg. Choc. Chip Blizzard	1320	470	850	36%
	High Fat Meal Total	5020	2470	2550	49%

Comparison of fat and non-fat calories in a High Fat Meal at a DQ restaurant

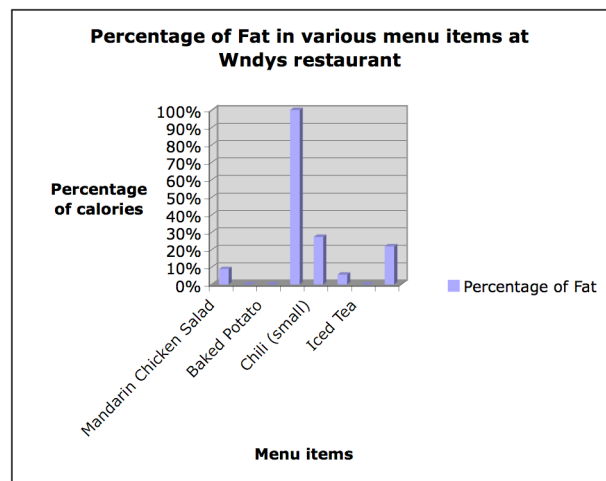
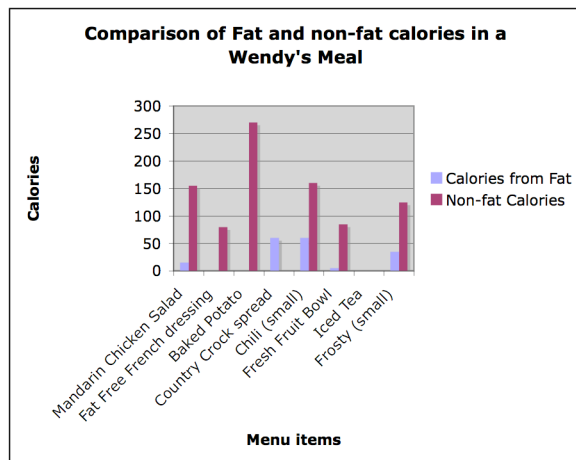


Calories and Fat Calories by menu item

Percentage of fat per menu item

Enter a descriptive sentence explaining the data and charts/

Fast Food Nutrition Information					
Wendy's					
Low Fat Meal					
	Food Items	Calories	Calories from Fat	Non-fat Calories	Percentage of Fat
1	Mandarin Chicken	170	15	155	9%
	Fat Free French dressing	80	0	80	0%
2	Baked Potato	270	0	270	0%
	Country Crock spread	60	60	0	100%
3	Chili (small)	220	60	160	27%
4	Fresh Fruit Bowl	90	5	85	6%
5	Iced Tea	0	0	0	0%
6	Frosty (small)	160	35	125	22%
Wendy's Low Fat Meal Total		1050	175	875	17%

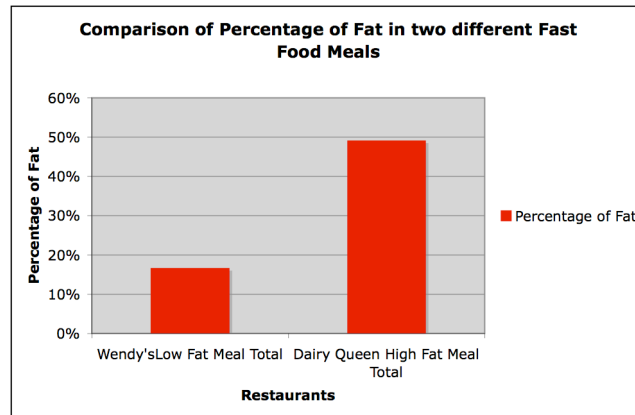


Calories and Fat Calories by menu item

Percentage of fat per menu item

Enter a descriptive sentence explaining the data and charts/

Enter a descriptive sentence explaining the final comparison chart.



Write your conclusion paragraph here. Follow the quote sandwich worksheet.

Example

it is possible to purchase a healthy fast food meal, if the consumer makes good decisions. In the article Healthy Fast Food: Healthy restaurant eating, by Gina Kemp and Robert Segal this issue is examined. They state, "many restaurants, fast-food and sit-down, are adding healthier menu options". This quote supports my position. This shows that with proper choices it is possible to choose fast-food meals that are not only enjoyable, but are also healthy and low in fat.

Bibliography

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"Wendys Nutrition Information Wendys On-line. Internet 08 Apr. 2005 <http://www.wendys.com/>