

# Fast Food Nutritional Facts

## Cheeseburger

Nutrition Facts	
<b>Serving Size</b>	<b>4 oz</b>
<b>Calories</b>	<b>300</b>
<b>Total Fat</b>	<b>12g</b>
Sat. Fat	<b>6g</b>
<i>Trans Fat</i>	<b>0.5g</b>
<b>Sodium</b>	<b>680mg</b>
<b>Total Carbohydrates</b>	<b>33g</b>
Dietary Fiber	<b>2g</b>
Sugars	<b>7g</b>
<b>Protein</b>	<b>15g</b>
Vitamin A 6%	Vitamin C 2%
Vitamin E 0%	Calcium 20%
Iron 15%	Thiamin 0%
Niacin 0%	Folate 0%
Vitamin B <sub>12</sub> 0%	Zinc 0%
Magnesium 0%	

## Medium Fries

Nutrition Facts	
<b>Serving Size</b>	<b>4.1 oz</b>
<b>Calories</b>	<b>380</b>
<b>Total Fat</b>	<b>19g</b>
Sat. Fat	<b>2.5g</b>
<i>Trans Fat</i>	<b>0g</b>
<b>Sodium</b>	<b>270mg</b>
<b>Total Carbohydrates</b>	<b>48g</b>
Dietary Fiber	<b>5g</b>
Sugars	<b>0g</b>
<b>Protein</b>	<b>4g</b>
Vitamin A 0%	Vitamin C 15%
Vitamin E 0%	Calcium 2%
Iron 6%	Thiamin 0%
Niacin 0%	Folate 0%
Vitamin B <sub>12</sub> 0%	Zinc 0%
Magnesium 0%	

## Small Soda

Nutrition Facts	
<b>Serving Size</b>	<b>16 fl oz</b>
<b>Calories</b>	<b>110</b>
<b>Total Fat</b>	<b>0g</b>
Sat. Fat	<b>0g</b>
<i>Trans Fat</i>	<b>0g</b>
<b>Sodium</b>	<b>30mg</b>
<b>Total Carbohydrates</b>	<b>37g</b>
Dietary Fiber	<b>0g</b>
Sugars	<b>38g</b>
<b>Protein</b>	<b>0g</b>
Vitamin A 0%	Vitamin C 0%
Vitamin E 0%	Calcium 0%
Iron 0%	Thiamin 0%
Niacin 0%	Folate 0%
Vitamin B <sub>12</sub> 0%	Zinc 0%
Magnesium 0%	

## Grilled Chicken Sandwich

Nutrition Facts	
<b>Serving Size</b>	<b>7 oz</b>
<b>Calories</b>	<b>350</b>
<b>Total Fat</b>	<b>9g</b>
Sat. Fat	<b>2g</b>
<i>Trans Fat</i>	<b>0g</b>
<b>Sodium</b>	<b>820mg</b>
<b>Total Carbohydrates</b>	<b>42g</b>
Dietary Fiber	<b>3g</b>
Sugars	<b>8g</b>
<b>Protein</b>	<b>28g</b>
Vitamin A 4%	Vitamin C 8%
Vitamin E 0%	Calcium 15%
Iron 20%	Thiamin 0%
Niacin 0%	Folate 0%
Vitamin B <sub>12</sub> 0%	Zinc 0%
Magnesium 0%	

## Sliced Apples

Nutrition Facts	
<b>Serving Size</b>	<b>1.2 oz</b>
<b>Calories</b>	<b>15</b>
<b>Total Fat</b>	<b>0g</b>
Sat. Fat	<b>0g</b>
<i>Trans Fat</i>	<b>0g</b>
<b>Sodium</b>	<b>0mg</b>
<b>Total Carbohydrates</b>	<b>4g</b>
Dietary Fiber	<b>3g</b>
Sugars	<b>20g</b>
<b>Protein</b>	<b>3g</b>
Vitamin A 9%	Vitamin C 16%
Vitamin E 0%	Calcium 2%
Iron 0%	Thiamin 0%
Niacin 0%	Folate 0%
Vitamin B <sub>12</sub> 0%	Zinc 0%
Magnesium 0%	

## Water

Nutrition Facts	
<b>Serving Size</b>	<b>16.9 fl oz</b>
<b>Calories</b>	<b>0</b>
<b>Total Fat</b>	<b>0g</b>
Sat. Fat	<b>0g</b>
<i>Trans Fat</i>	<b>0g</b>
<b>Sodium</b>	<b>0mg</b>
<b>Total Carbohydrates</b>	<b>0g</b>
Dietary Fiber	<b>0g</b>
Sugars	<b>0g</b>
<b>Protein</b>	<b>0g</b>
Vitamin A 0%	Vitamin C 0%
Vitamin E 0%	Calcium 0%
Iron 0%	Thiamin 0%
Niacin 0%	Folate 0%
Vitamin B <sub>12</sub> 0%	Zinc 0%
Magnesium 0%	