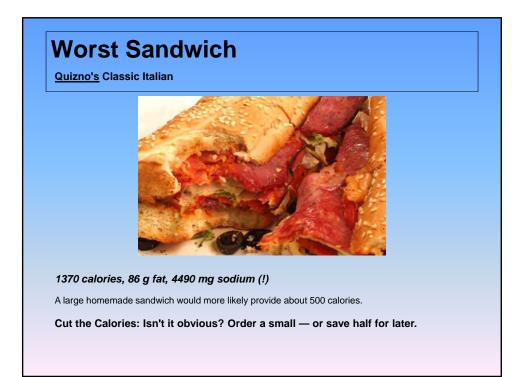


Dairy Queen	Calories	Fat (in grams)	
Chocolate Milkshake (medium)	770	20	
Choc Chip Cookie Dough Blizzard	960	36	
Banana Split	510	12	
Bacon Double Cheeseburger	610	36	
Cheeseburger	340	17	
Hamburger	290	12	
Chicken Strip Basket with Gravy	1000	50	
Recommended per day:	1800	65 grams	

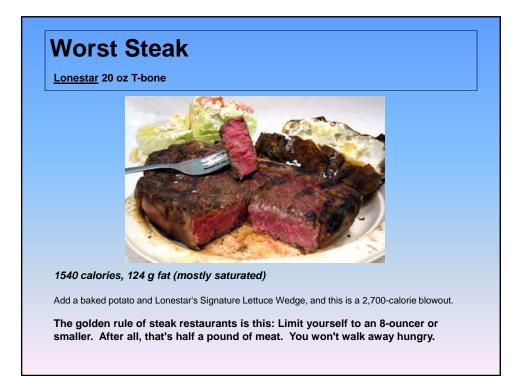
i'm lovin' it	McDon	ald's	Meal	
Order Item		Calories	Fat	Sodium
Quarter Pound with Cheese	der®	510	25	1150
Large French	Fries	570	30	330
Large Coca-C	ola®	310	0	20
Total		1390	55	1500
Recommended p	per day:	1800	65 gm	2400 mg

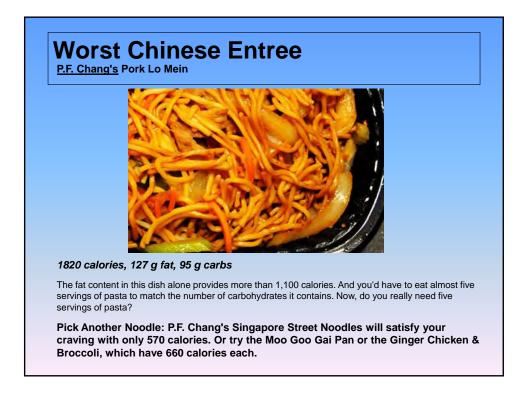


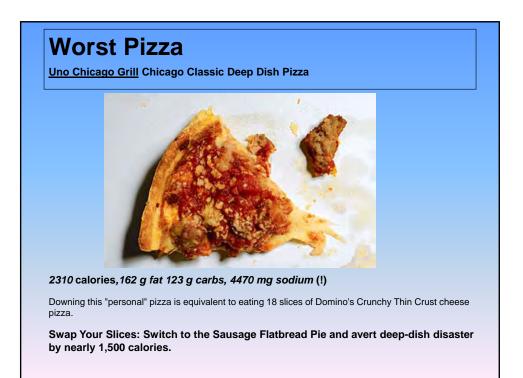


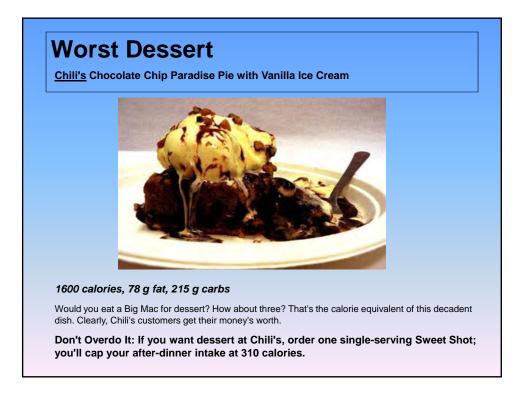






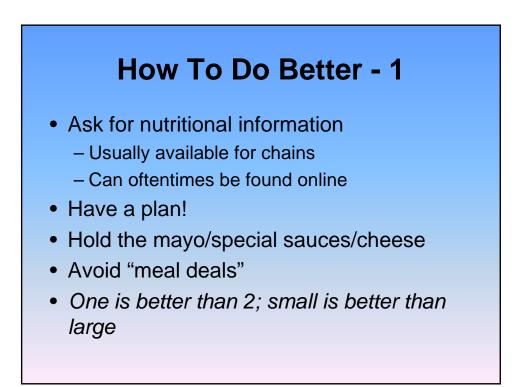


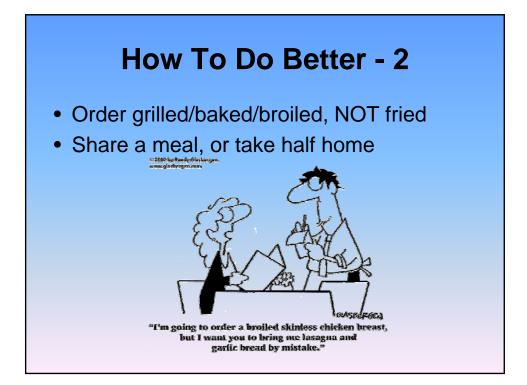


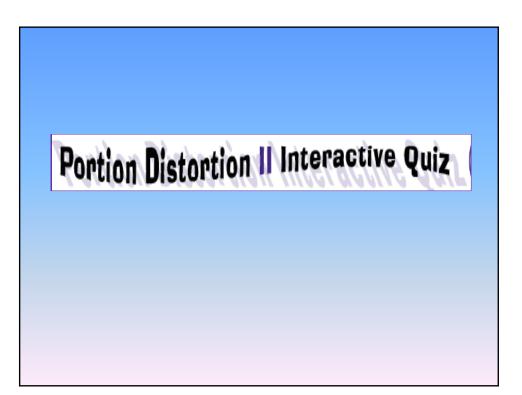


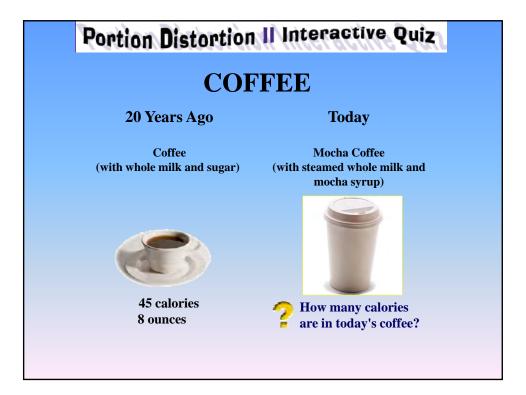
So What's Going on Here?

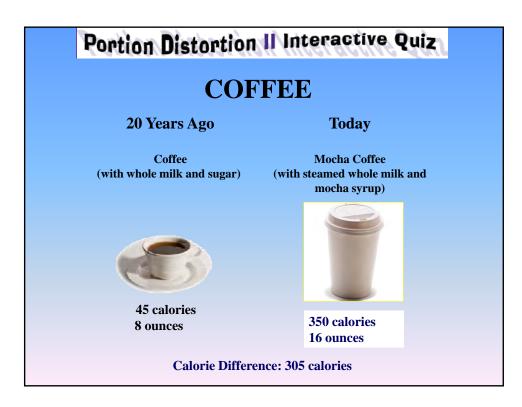
- Consumers want to feel like they are getting a "good deal" (more food = good deal)
- Eating out is considered a "treat," and therefore an excuse to splurge (even if we eat out a lot!)
- Portion sizes have increased dramatically over the years (bigger portions = more calories = expanding waistlines)

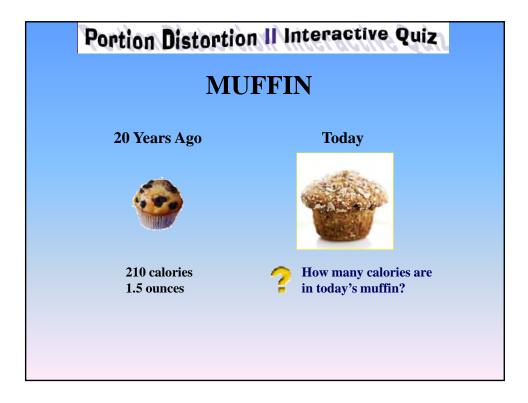


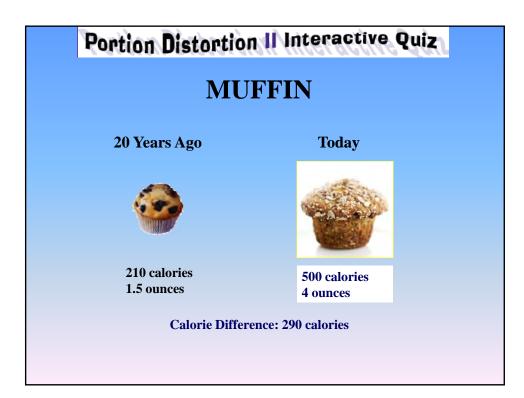


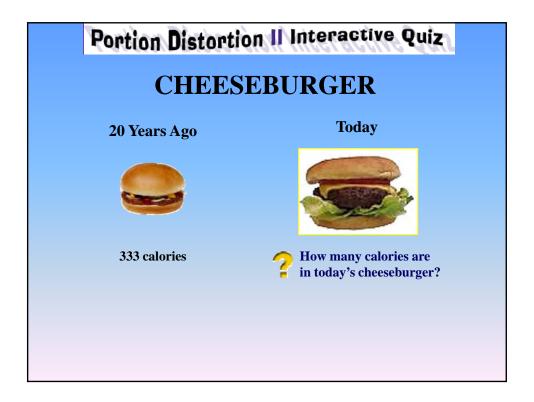


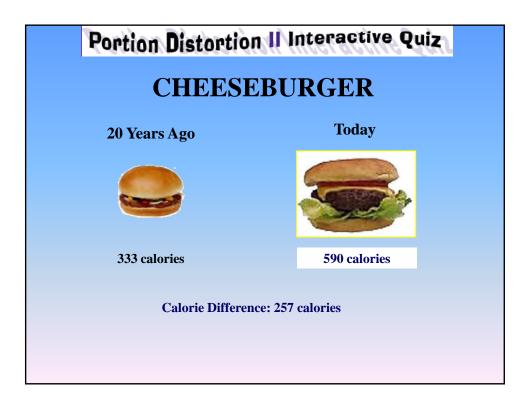


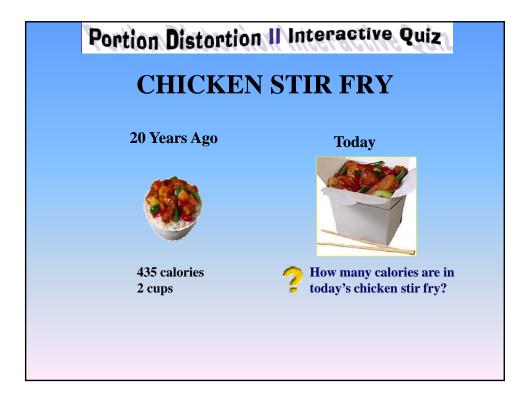


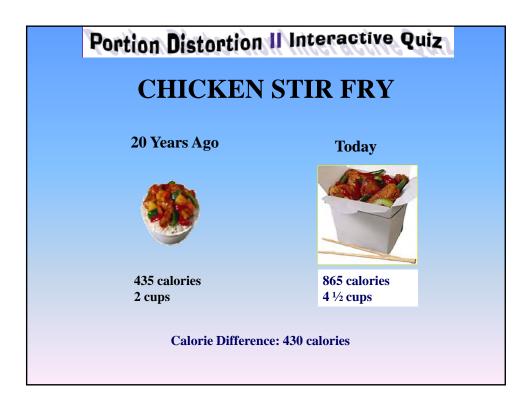


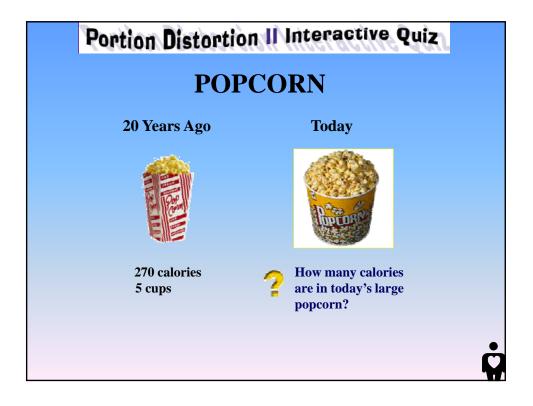


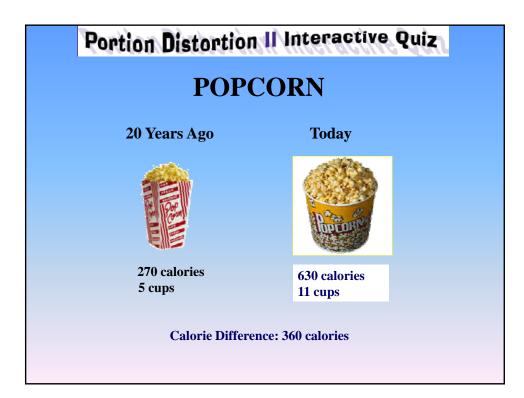












Can I burn it off?

Approximate calories hour for a 154-pound	d person
Walking (3.5 mph)	280
Walking (4.5 mph)	460
Bicycling (<10 mph)	290
Bicycling (>10 mph)	590
Golf (walking, carrying clubs)	330
Light gardening/yard work	330
Dancing	330
Weight lifting (general light workout)	220
Swimming (slow freestyle laps)	510



