

Fast Food Potatoes

Sonic Natural Cut Fries

Calories: 380
Fat: 18 grams
Sodium: 390 mg



McDonald's World Famous Fries

Calories: 340
Fat: 16 grams
Sodium: 190 mg



KFC Seasoned Potato Wedge

Calories: 290
Fat: 15 grams
Sodium: 810 mg



Hardee's Natural Cut French Fries

Calories: 490
Fat: 24 grams
Sodium: 970 mg



Chick-Fil-A Waffle Potato Fries

Calories: 400
Fat: 21 grams
Sodium: 180 mg



Wendy's Natural-Cut Fries

Calories: 420
Fat: 19 grams
Sodium: 420 mg



Dairy Queen Potato Skins

Calories: 270
Fat: 15 grams
Sodium: 1030 mg



Arby's Curly Fries

Calories: 550
Fat: 29 grams
Sodium: 1250 mg



Burger King French Fries

Calories: 410
Fat: 18 grams
Sodium: 570 mg



Five Guys Fries (Five Guys & Cajun Style)

Calories: 953
Fat: 41 grams
Sodium: 962 mg



Use the Fast Food Fries Chart to help you answer the following questions.

1. If you were watching your calorie intake, which 3 would be the best fast food potato options? Rank your choices from lowest to highest.

2. If you were watching your calorie intake, which 3 would be the worst fast food potato options?

3. If you were watching your fat gram intake, which 3 would be the best fast food potato options? Rank your choices from lowest to highest.

4. If you were watching your fat gram intake, which 3 would be the worst fast food potato options?

5. If you were watching your sodium intake, which 3 would be the best fast food potato options? Rank your choices from lowest to highest.

6. If you were watching your sodium intake, which 3 would be the worst fast food potato options?

7. Choose one of your selections from question #1 and one of your selections from question #2 and show the calorie savings between the two. Identify your selections and show your math.

8. Choose one of your selections from question #3 and one of your selections from question #4 and show the fat gram savings between the two. Identify your selections and show your math.

9. Choose one of your selections from question #5 and one of your selections from question #6 and show the sodium savings between the two. Identify your selections and show your math.

10. List 3 fast food fries you've ordered when eating fast food.

11. Suppose we wanted to prepare fries or skins at home, baking them instead of frying them. Use two of your answers from #10 to calculate the savings you would have in calories, fat and sodium, using the homemade nutrition information on the next page.

Mini Cheddar Potato Skins

Calories: 84
Fat: 2.4 grams
Sodium: 124 mg



Fast Food Potato Makeover comparison with #10 selection:

Choose...Mini Cheddar Potato Skins	Instead of...
Calories: 84	Calories:
Fat: 2.4 grams	Fat:
Sodium: 124 mg.	Sodium:
<i>Calorie Savings:</i>	<i>Fat Savings:</i> <i>Sodium Savings:</i>

Fast Food Potato Makeover comparison with another #10 selection:

Choose...Mini Cheddar Potato Skins	Instead of...
Calories: 84	Calories:
Fat: 2.4 grams	Fat:
Sodium: 124 mg.	Sodium:
<i>Calorie Savings:</i>	<i>Fat Savings:</i> <i>Sodium Savings:</i>

12. Would this comparison between fast food potatoes and homemade inspire you to prepare more homemade versions of your fast food favorites? Explain why or why not? Provide evidence from the comparison to support your response.

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