

Use the following chart to analyze the fat and calorie content in some products found at fast food establishments. This chart is only representative since different establishments will use a variety of fat sources for their cooking processes.

FOOD ITEM	CALORIES PER SERVING	FAT CONTENT (grams)	FAT CONTENT (estimated in tsp & Tbsp)
Burger King Whopper w/ Cheese	780	47	9 ½ tsp or 3 Tbsp + ½ tsp
McDonald's Big Mac	590	34	7 tsp or 2 Tbsp + 1 tsp
McDonald's Filet-O-Fish	470	26	5 tsp or 1 Tbsp + 2 tsp
KFC Extra Crispy Breast w/ Skin	470	28	5 ½ tsp or 1 Tbsp + 2 ½ tsp
Taco Bell Nachos Bell Grande	760	39	8 tsp or 2 Tbsp + 2 tsp
Pizza Hut Personal Pan Pepperoni Pizza	628	28	5 ½ tsp or 1 Tbsp + 2 ½ tsp
McDonald's Small French Fries	210	10	2 tsp
McDonald's Baked Apple Pie	230	8	1 ½ tsp
Taco Bell Taco	210	12	2 ½ tsp
Burger King Medium Onion Rings	320	16	3 tsp or 1 Tbsp
In & Out Burger Vanilla Shake	680	37	7 ½ tsp or 2 Tbsp + 1 ½ tsp