

Adding Up the Saturated and Trans Fat

How much saturated fat and trans fat do the most common foods at your favorite fast-food restaurant contain? This activity will help you find out.

Directions

1. Look at the foods you chose for your favorite fast-food meal. Find those foods on the following lists. If one of your foods isn't on the lists, find one that seems like it.
2. Find the % Daily Value (% DV) for saturated fat and the grams of trans fat contained in the foods. Circle these for each of the foods you chose. Notice the items that have 0 grams of trans fat but still contain small amounts of partially hydrogenated oils (marked with an *).
3. Add up the % DV for saturated fat that you circled. Write the number in the answer box.
4. Decide whether the total is greater than, equal to, or less than 34%. Circle the correct choice in the answer box on the last page of the worksheet.
5. Add up all of the grams of trans fat that you circled. Record that number in the answer box.
6. Count up and record the number of foods that contain partially hydrogenated oils.

TABLE 5.2 Percent Daily Values of Saturated Fat and Grams of Trans Fat for Fast Food

Burgers	% DV saturated fat	Grams of trans fat
Burger King Whopper	50	1.5
Jack-in-the-Box Ultimate Cheeseburger	95	3
McDonald's Big Mac	45	1
Wendy's Old-Fashioned Burger (1/4 lb, 113 g)	32	1
McDonald's Quarter Pounder with cheese	55	1.5
Burger King Double Whopper	86	3
Burger King Whopper Junior	20	.5
Wendy's Double Stack with cheese	73	1.5
McDonald's plain hamburger	16	.5
Burger King Veggie Burger	11	0

(continued)

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

TABLE 5.2 (continued)

Fish	% DV saturated fat	Grams of trans fat
Long John Silver's Ciabatta Jack fish sandwich	45	0
McDonald's Filet-O-Fish	18	0
Burger King Premium Alaskan Fish Sandwich	30	0
Pizza, tacos, chili	% DV saturated fat	Grams of trans fat
Wendy's rich and meaty chili (small)	9	0
14" Pizza Hut Thin 'N Crispy, supreme (2 slices)	64	0*
14" Pizza Hut standard, cheese (2 slices)	64	0
Jack-in-the-Box taco	15	0
Taco Bell bean burrito	18	0
Taco Bell smothered beef burrito	59	1
Taco Bell Fiesta Taco Salad, Beef	45	1
Taco Bell Chicken Soft Taco	11	0
Other fast-food items	% DV saturated fat	Grams of trans fat
Popeye's Cajun Fries, large	73	3.5
Popeye's onion rings, medium	77	2.5
Jack-in-the-Box vanilla ice cream shake, regular	123	1.5
Kentucky Fried Chicken biscuit	27	0*
Burger King TenderCrisp chicken Caesar salad with dressing	32	0
Burger King TenderGrill chicken garden salad with dressing	20	0
McDonald's grilled chicken Southwest salad with dressing	11	0
McDonald's Crispy Chicken Southwest salad with dressing	20	0
Long John Silver's coleslaw	14	0
Wendy's Caesar side salad	11	0

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TABLE 5.2 (continued)

Sandwiches	% DV saturated fat	Grams of trans fat
Arby's Roast Beef, classic size	23	1
Arby's Roast Beef with cheese, classic size	27	1
Arby's Philly sub	36	0.5
Arby's ground turkey club	36	0
6" Subway meatball sub	32	0.5
6" Subway oven-roasted chicken sub	7	0
Panera Smokehouse Turkey Panini	55	1.5
Panera Thai Chicken Flatbread Sandwich	18	0
Desserts	% DV saturated fat	Grams of trans fat
Burger King Hershey's Sundae pie	32	0*
McDonald's chocolate chip cookie, 1 cookie	16	0
McDonald's hot fudge sundae	32	0*
McDonald's Fruit 'N Yogurt Parfait	5	0
McDonald's Apple Slices	0	0
Dairy Queen banana split	45	0.5
Dairy Queen medium cookie dough Blizzard	109	1
Dairy Queen Oreo CheeseQuake Blizzard	77	1
Dairy Queen ice cream sandwich	14	0
Wendy's apple slices	0	0
Drinks	% DV saturated fat	Grams of trans fat
McCafe Vanilla Milkshake (12 oz, 355 ml)	45	1
1% milk (8 oz, 240 ml)	8	0
Nonfat milk (8 oz, 240 ml)	0	0
Water	0	0

(continued)

TABLE 5.2 (continued)

Chicken	% DV saturated fat	Grams of trans fat
Kentucky Fried Chicken Original Recipe Bites (6)	7	0
McDonald's McNuggets (6)	14	0
Kentucky Fried Chicken Crispy Strips (3)	11	0
Burger King Chicken Strips (5)	21	0.5
McDonald's Grilled Chicken Classic Sandwich	9	0
Combination dishes	% DV saturated fat	Grams of trans fat
Panda Express beef with broccoli	2	0
Panda Express vegetable fried rice	16	0
Panda Express orange chicken	18	0
Pizza Hut spaghetti with meat sauce	35	0.5
Pizza Hut chicken alfredo (1/2 pan)	32	0.5
Au Bon Pain Broccoli Cheddar Soup	50	0.5
Kentucky Fried Chicken macaroni and cheese	7	0*

*Item contains partially hydrogenated oils.

Data from J.A. Pennington and J.S. Douglas, 2004, *Bowes and Church's food values of portions commonly used*, 18th ed. (Philadelphia: Lippincott, Williams, and Wilkins). Nutrition information on fast foods obtained from restaurant company websites. Retrieved July 10, 2014: Arby's, <http://cds.arbys.com/pdfs/nutrition/nutrition-info.pdf>; Au Bon Pain, http://aubonpain.com/sites/default/files/menu_nutrition.pdf; Burger King, www.bk.com/cms/en/us/cms_out/digital_assets/files/pages/Nutrition%20JULY%202014.pdf; Dairy Queen, www.dairyqueen.com/Documents/2013NutritionFoodTreatUS_Revised.pdf; Jack-in-the-Box, http://assets.jackinthebox.com/pdf_attachment_settings/106/value/Nutritional_Facts.pdf; KFC, www.kfc.com/nutrition/pdf/kfc_nutrition.pdf, www.kfc.com/nutrition/pdf/kfc_ingredients.pdf; Long John Silver's, www.ljsilvers.com/images/pdfs/LJS_Nutrition_Information_July%202014.pdf; McDonald's, <http://nutrition.mcdonalds.com/getnutrition/nutritionfacts.pdf>, <http://nutrition.mcdonalds.com/getnutrition/ingredientslist.pdf>; Panda Express, http://s3.amazonaws.com/PandaExpressWebsite/files/pdf/Nutrition_2030118.pdf; Panera Bread, www.panerabread.com/content/dam/panerabread/documents/nutrition/Panera-Nutrition.pdf; Pizza Hut, <https://order.pizzahut.com/nutrition-information>; Popeye's, <http://popeyes.com/menu/nutrition>; Subway, www.subway.com/nutrition/nutritionlist.aspx; Taco Bell, <http://www.tacobell.com/nutrition/information>; Wendy's, www.wendys.com/redesign/wendys/pdf/en_US_nutrition.pdf

Answer Box (Example)

1. What is the total % Daily Value (DV) for saturated fat? **90%**
2. Into which of the following categories does your answer to question 1 belong? (Circle one.)
 - **Greater than 34%**
 - Equal to 34%
 - Less than 34%
3. How many grams of trans fat does your meal contain? **1.5**
4. How many foods in your meal contain partially hydrogenated oils? **1**

Calculation of % DV for saturated fat is based on a person needing 2,000 calories per day. There is currently no % DV for trans fat; it is important to regularly avoid foods that contain trans fat.

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