

**Some Fast-Food Fat Facts**

|                        | <b>Amount</b> | <b>Average Fat Grams</b> | <b>Average Calories</b> | <b>Percent of Fat Calories</b> |
|------------------------|---------------|--------------------------|-------------------------|--------------------------------|
| Croissant sandwich     | 1             | 46                       | 600                     | 69                             |
| Cheeseburger           | 1             | 40                       | 700                     | 51                             |
| Chicken tenders        | 6 pieces      | 18                       | 375                     | 43                             |
| French fries           | Large         | 25                       | 550                     | 41                             |
| Chocolate shake        | Medium        | 7                        | 320                     | 19                             |
| Pizza                  | 1 slice       | 20                       | 350                     | 51                             |
| Fried chicken breast   | 1             | 28                       | 470                     | 54                             |
| Fried chicken sandwich | 1             | 35                       | 600                     | 52                             |