

# 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 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 fry 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:***

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

***Fast Food Potato Makeover comparison with another #10 selection:***

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

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.