

## “Build a Better Bag” Worksheet

**Directions:**

**Build a Better Bag than the popular meal shown below. Use the attached sample menu from McDonald’s to fill in the blanks with your healthier choices. Try to stay within the recommended limits for one meal.**

**Limits for 1 Meal:      Calories– 600      Fat–20 g      Sodium–750 mg**

### McDonald’s Most Popular Meal

	<i>CALORIES</i>	<i>FAT (g)</i>	<i>SODIUM (mg)</i>
Big Mac®	540	29	1,040
Large Fries	570	30	330
Large Coca-Cola®	310	0	20
<b>TOTAL</b>	<b>1,420</b>	<b>59</b>	<b>1,390</b>

### My Better Bag has (list menu items):

	<i>CALORIES</i>	<i>FAT (g)</i>	<i>SODIUM (mg)</i>
<b>TOTAL</b>			

