

Session 6 – Fast food Guide

Not so Healthy				Healthier		
Store	Food	Fat	Sugar	Food	Fat	Sugar
Pizza shop	Deep pan Pepperoni (3 Slices)	30.3g	3g	Thin crust chicken supreme (3 slices)	16g	4.5g
	Total	30.3g	3g	Total	16g	4.5g
Chip shop	Kids sausage and chips	35g	1g	Chicken nuggets and chips	20g	1g
	Chocolate chip muffin	28g	30g	Ice pole	0g	10g
	Total	63g	31g	Total	20g	11g
Fast food restaurant	Cheese burger and chips	20g	6g	Nuggets and chips	16g	1g
	Large fries	23g	1g	Medium fries	16g	1g
	Medium banana milkshake	7g	71g	Water	0g	0g
	Ketchup (3)	0g	15g	Ketchup (1)	0g	5g
	Total	50g	93g	Total	32g	7g
Drinks	Large fizzy drink	0g	58g	Large diet fizzy drink	0g	0g
	Large milkshake	0g	79g	Small milkshake	0g	33g
	Orange juice	0g	25g	Water	0g	0g
	Small juice drink	0g	25g	Small juice drink - no added sugar	0g	2g