



# Fast Food Information



## Burger King

Menu Items	Calories	Fat	Sodium	Protein	Sugar
Fries	410	18	570	4	0
Burger	220	10	440	9	5
Milkshake	760	21	430	14	112
Iced Tea	160	0	0	0	49
Total Calories:	1550	49	1440	27	166
Average:	388	12	576	11	66

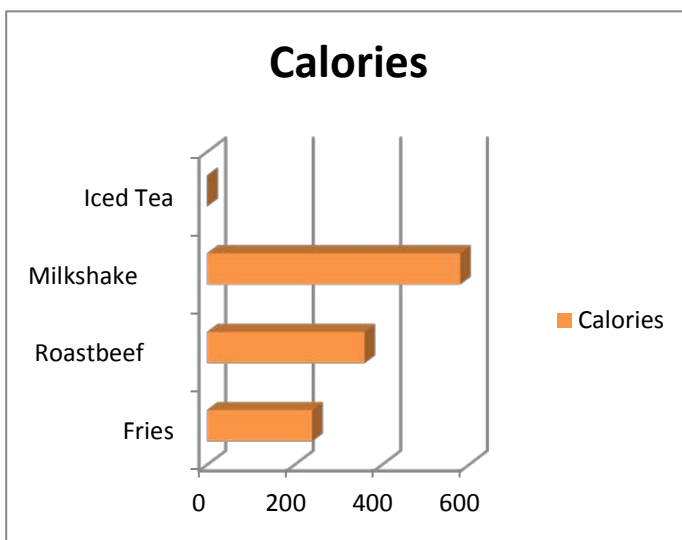
## Arby's

Menu Items	Calories	Fat	Sodium	Protein	Sugar
Fries	240	13	540	3	0
Roastbeef	360	14	970	23	6
Milkshake	580	15	440	14	80
Iced Tea	0	0	0	0	0
Total Calories:	1180	42	1950	40	86
Average	295	11	488	10	22

## McDonalds

Menu Items	Calories	Fat	Sodium	Protein	Sugar
Fries	230	11	160	3	0
Burger	250	9	480	12	6
Milkshake	530	15	160	11	63
Iced Tea	0	0	0	0	0
Total Calories:	1010	35	800	26	69
Average	253	9	200	7	17

By: Justin Bieber



Based on this chart of an Arby's meals you can see which items have the most calories. The Iced Tea has the least calories, and the Milkshake has the most. I have concluded that it is healthier to have Iced Tea instead of a Milkshake. Also, their French Fries are healthier than the Roastbeef sandwiches because they have less calories and fat.

