

# Certified Healthy Oklahoma

## Creating a Culture of Health Together

### Nutrition Services



Understanding your body's nutritional requirements is important for a healthy future. Food and drink choices will either keep your body moving and your mind growing or slow them down and make you sick. Fast food and high sugared drinks when regularly consumed cheat the body of nutrition it needs to become strong and support you to reach your full potential. Alternatively, when you make healthy food choices you build a better you and show your friends there are better choices they can make, too.

#### Think About It...

Did you know that one fast food meal can give you almost all the calories your body needs in one day? Because fast food portions have increased by 600% in the past 50 years, you are most likely eating too many calories in one meal! Boys need 1,800 calories per day. Girls need 1,600 calories per day. One issue that most fast food companies present is that most of their meals are 1,200 calories.

Check out the Fast Food Calorie Quiz below to see how calorie smart you are with these menu items.

### Fast Food Calorie Quiz

#### How many calories are in a...

- 1. McDonald's Big Mac?**
  - a) 360
  - b) 460
  - c) 560
  - d) 660
- 2. Burger King Original Whopper with cheese?**
  - a) 600
  - b) 700
  - c) 800
  - d) 900
- 3. Taco Bell Burrito Supreme with steak?**
  - a) 350
  - b) 450
  - c) 550
  - d) 650
- 4. Wendy's 5-piece chicken nuggets with honey mustard sauce?**
  - a) 150
  - b) 250
  - c) 350
  - d) 450
- 5. McDonald's baked apple pie desert?**
  - a) 320
  - b) 420
  - c) 520
  - d) 620
- 6. Slice of Pizza Hut 14" thick crust pepperoni pizza?**
  - a) 250
  - b) 350
  - c) 450
  - d) 550

Answers: 1.C; 2.C; 3.B; 4.A; 5.A; 6.C

Look for lesson 5 on February 10th



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