

Graph of the Week

April _____, 2017

Analyze the graphs below and write a reflection on what you think the graphs are communicating to you. To guide you with your response, start with some observations.

- What is the topic of the graph?
- What does the x-axis represent? What does the y-axis represent?
- What are some observations that you can make based on the graph?
- What do you foresee happening about 5 years from now?

Questions to ask when reading graphs:

- Is there an upward or downward trend?
- Are there any sudden spikes in the graph?
- What is being compared in the graph?
- What prediction can I make for the future?
- What inferences can I make about the graph?

In-N-Out Burger® Nutritional Facts

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	% Daily Value*	Saturated Fat	% Daily Value*	Trans Fat (g)	Cholesterol (mg)	% Daily Value*	Sodium (mg)	% Daily Value*	Carbohydrates (g)	% Daily Value*	Dietary Fiber (g)	% Daily Value*	Sugars (g)	Protein (g)	% Vitamin A	% Vitamin C	% Calcium	% Iron
Hamburger w/Onion	243	390	170	19	30	5	27	0	40	13	650	27	39	13	3	11	10	16	10	15	4	20
with mustard & ketchup instead of spread	243	310	90	10	15	4	20	0	35	12	730	30	41	14	3	11	10	16	15	20	4	20
Protein® Style (Bun replaced with Lettuce)	275	240	150	17	26	4	22	0	40	13	370	15	11	4	3	11	7	13	15	20	4	15
Cheeseburger w/Onion	268	480	240	27	41	10	51	0.5	60	20	1000	42	39	13	3	11	10	22	15	15	20	20
with mustard & ketchup instead of spread	268	400	160	18	27	9	44	0.5	60	20	1080	45	41	14	3	11	10	22	20	20	20	20
Protein® Style (Bun replaced with Lettuce)	300	330	220	25	38	9	47	0	60	20	720	30	11	4	3	11	7	18	20	20	20	15
Double-Double w/Onion	330	670	370	41	63	18	90	1	120	40	1440	60	39	13	3	11	10	37	20	15	35	30
with mustard & ketchup instead of spread	330	590	290	32	49	17	83	1	115	39	1520	63	41	14	3	11	10	37	25	20	35	30
Protein® Style (Bun replaced with Lettuce)	362	520	350	39	60	17	86	1	120	40	1160	48	11	4	3	11	7	33	25	20	35	25
French Fries	125	400	160	18	27	5	25	0	0	245	10	54	18	2	8	0	7	0	0	0	2	10
Chocolate Shake	15oz	690	320	36	55	24	122	1	95	31	350	14	83	28	0	62	9	15	0	30	4	4
Vanilla Shake	15oz	680	330	37	57	25	126	1	90	30	390	16	78	26	0	57	9	15	0	30	0	0
Strawberry Shake	15oz	690	300	33	51	22	110	0.5	85	29	280	11	91	30	0	75	9	15	0	30	0	0
Coca-Cola Classic	16oz	198	0	0	0	0	0	0	0	12	0	54	18	0	0	0	54	0	0	0	0	0
Diet Coke	16oz	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0	0
Seven Up	16oz	200	0	0	0	0	0	0	0	60	2	54	18	0	0	0	54	0	0	0	0	0
Dr Pepper	16oz	180	0	0	0	0	0	0	0	60	2	52	18	0	0	0	52	0	0	0	0	0
Root Beer	16oz	222	0	0	0	0	0	0	0	48	2	60	20	0	0	0	60	0	0	0	0	0
Lemonade	16oz	180	0	0	0	0	0	0	0	20	0	40	13	0	0	0	38	0	0	8	0	0
Minute Maid Light Lemonade	16oz	8	0	0	0	0	0	0	0	7	0	1	0	0	0	0	0	0	14	1	0	0
Iced Tea	16oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee	10oz	5	0	0	0	0	0	0	0	3	0	1	0	0	0	0	0	0	0	0	0	0
Milk	10oz	180	50	6	9	4	19	0	30	9	190	8	18	6	0	0	18	12	15	6	45	0

*Percent Daily Values are based on a 2000 calorie diet including less than 65g total fat; less than 20g saturated fat; less than 300mg cholesterol; less than 2400mg sodium; 300g carbohydrate and 25g dietary fiber. Your daily values may be higher or lower depending on your calorie needs. There are 9 calories per gram of fat, 4 calories per gram of carbohydrate, and 4 calories per gram of protein.



McDonald's USA Nutrition Facts for Popular Menu Items

We provide a nutrition analysis of our menu items to help you balance your McDonald's meal with other foods you eat. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation in your diet.

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Sandwiches																						
Hamburger	3.5 oz (100 g)	250	80	9	13	3.5	16	0.5	25	9	520	22	31	10	2	6	8	12	0	2	10	15
Cheeseburger	4 oz (114 g)	300	110	12	19	6	28	0.5	40	13	750	31	33	11	2	7	6	15	6	2	20	15
Double Cheeseburger	5.8 oz (165 g)	440	210	23	35	11	54	1.5	80	26	1150	48	34	11	2	8	7	25	10	2	25	20
McDouble	5.3 oz (151 g)	390	170	19	29	6	42	1	65	22	920	38	33	11	2	7	7	22	6	2	20	20
Quarter Pounder® with Cheese+	7 oz (198 g)	510	230	26	40	12	81	1.5	90	31	1190	50	40	13	3	11	9	29	10	4	30	25
Double Quarter Pounder® with Cheese++	9.8 oz (279 g)	740	380	42	65	19	95	2.5	155	52	1380	57	40	13	3	11	9	48	10	4	30	35
Big Mac®	7.5 oz (214 g)	540	280	29	45	10	50	1.5	75	25	1040	43	45	15	3	13	9	25	8	2	25	25