Big Math and Fries

NAME_____

The Zone Diet specifies that a person should eat foods in the ratio of 40 percent carbohydrates, 30 percent protein, and 30 percent fat. Can a person eat just McDonald's food on the Zone Diet?

1. Complete the data table on the next page. Look through the McDonald's menu and create a menu for one full day. Choose all the items you would need to eat to consume about 2,000 calories. Divide the items into meals. The meals could be breakfast, lunch, and dinner, but it is not mandatory. Fill in the Nutrition Facts in your table. Then, calculate the remaining values under Calculated Values using the conversions below:

Fat:	1 gram = 9 calories
Carbohydrates:	1 gram = 4 calories
Protein:	1 gram = 4 calories

2. Were you able to keep the percent of calories from fat under 30% of the total calories?

3. Did you manage to stay within the limits of the Zone Diet? If not, how close did you come to achieving the 40-30-30 ratio?

4. What mathematical strategies did you use in creating your menu? What part of the Zone Diet was most difficult to keep?

	MENU ITEM	NUTRITION FACTS				CALCULATED VALUES					
						FAT		CARBOHYDRATES		PROTEIN	
		CALORIES	FAT (G)	CARBO-HYDRATES (G)	PROTEIN (G)	CAL	% CAL	CAL	% CAL	CAL	% CAL
MEAL 1											
MEAL 2											
MEAL 3											
TOTAL											