SCI/163 week 2

Create and analyze a 1 day diet (breakfast, lunch, dinner) utilizing fast food restaurants.  Attach the analysis as a separate document.

I chose Mac Donald’s..,.restaurant

Q-3

In general, what are the main nutrients (specific vitamins and minerals or macronutrients) that are typically high or low in fast food meals and what are the health implications of too much or too little of those nutrients.

