

Calorie Awareness

300 calories

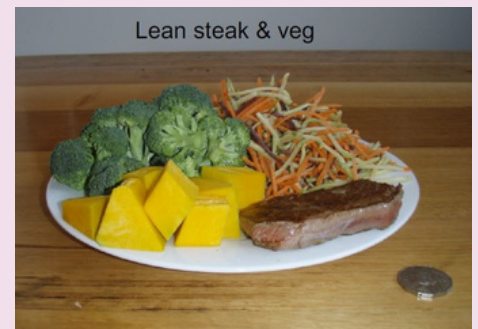
1 x McDonald's Cheese Burger

OR

1 x McDonald's Egg McMuffin

OR

2 x McDonald's Hash Browns



500 calories

1 x McDonald's Hamburger + 1x Small Fries

OR

1 x McDonald's Cheese Burger + 1 x Vanilla Cone

OR

1 x McDonald's Large Fries



700 calories

1 McChicken Burger + 1 x Medium Fries

OR

1 x McDonald's Double Quarter Pounder

OR

1 x McDonald's Cheese Burger + 6 piece Nuggets



900 calories

1 x McDonald's Big Mac + Medium Fries

OR

1 x McDonald's Double Cheese Burger + 1 x Large Fries

OR

1 x McDonald's Cheeseburger + 1 x Small Fries + 1 x Vanilla Cone



Dot Points:

- The caloric method that has determined the value of proteins/fats/carbohydrates/fibre is based off nearly 150 year old science.
- This information has been used to create food labels for over 100 years and results in under estimating or over estimating calories per serve by 25%.
- The texture of food, how we cook it and how well we chew the food all determines how many calories we obtain from the food eaten.
- Cooking increases energy in food by increasing amount of digestible material, but cooking meat particularly increases vitamins and minerals absorbed.
- The best food choices are those that don't require food labels.
- Worrying about the perfect macro nutrient ratio to loose weight is more psychologically damaging than helpful in the long tem. Remember, you want to be able to "live life!"