



Burger Data Worksheet

Name: _____

1. Determine the median number of calories for the burgers.
2. The energy (calorie) intake suggested by the Food and Nutrition Board of the National Research Council for women 25 to 50 years of age who are 5 feet 4 inches tall and weigh 138 pounds is 2,200 calories. For men that age who are 5 feet 10 inches tall and 174 pounds, it's 2,900 calories. How many of burgers of median caloric content can you eat in a day and not exceed the suggested calorie consumption for a typical adult male or female between the ages of 25 and 50?
3. What is the median number of grams of fat for the burgers?
4. nutrition.com recommends 65 grams of fat for adults and children 4 or more years of age. How many burgers with the median amount of fat could be eaten in a day and limit fat to 65 grams?
5. What is the median amount of sodium for the given burgers?
6. nutrition.com recommends 2400 mg of sodium per day for ages 4 and over. How many burgers with the median level of sodium could be eaten in a day and not exceed 2400 mg?

7. After considering only 3 nutritional aspects of fast food burgers in relation to nutritional recommendations, what are your recommendations for friends and family regarding their consumption?

8. After looking over the nutritional data, are there any burgers you would definitely not recommend? On what basis did you make your judgment(s)?