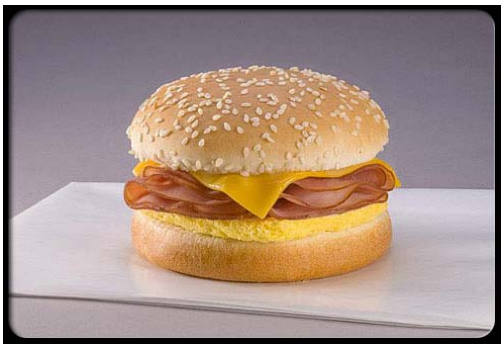
Fast Food Meals

For a human nutrition class, Joaquin and Elisa where given an assignment to design an educational program to assist incoming college freshman in making healthy food choices. Since both students participated in 4-H, they decided incorporate what they learned in consumer education and food & nutrition projects. They selected 4 breakfast options from fast food restaurants close to the university campus. As part of the educational program, Joaquin and Elisa plan to talk about each option, compare the nutritional value of each, and discuss the importance of maintaining a healthy lifestyle.

If you attended Joaquin's and Elisa' program, how would you rank the meal options based on the best choice for a healthy fast food breakfast?

#1		**Arby's Egg & Cheese Sourdough** Calories: 392 Total Fat: 12 g Saturated Fat: 3 g Trans Fat: 0 g Sodium: 1,058 mg Protein: 17 g **Price:** $2.19
#2		**Burger King Ham Omelet Sandwich** Calories: 330 Total Fat: 14 g Saturated Fat: 5 g Trans Fat: 0 g Sodium: 1,130 mg Protein: 15 g **Price** $2.09
#3		**Jack in the Box® Egg White & Turkey Sandwich** Calories: 248 Total Fat: 6 g Saturated Fat: 3 g Trans Fat: 0 g Sodium: 833 mg Protein: 18 g **Price:** $2.15
#4		**Chick-Fil-A Chicken Breakfast Burrito** Calories: 410 Total Fat: 16 g Saturated Fat: 7 g Trans Fat: 0 g Sodium: 940 mg Protein: 23 g **Price:** $2.29