Think about your favorite fat-food meal.
Write down each item including size (Super Size Me?)
Calculate your recommended daily caloric intake.
Research the nutritional value (grams and % Daily Value) of your meal including things like:
Calories,
Total fat,
Saturated fat,
Trans fat,
Cholesterol,
Sodium,
Sugar,
Carbohydrates,
Protein,
Fiber,
Vitamin A, C, & D
Calcium, and
Iron.