

Fast Food Fat Content

Do you know how much fat is in your fast food?

Next time you can't be bothered to cook and fancy grabbing a fast food alternative, consider how much of your RDA (recommended daily allowance) of fat is in that meal.

The RDA of fat for an adult is between 65-70g.

KFC

	Fat content
Tub of Coleslaw	22.4g
Popcorn Chicken	17.8g
Fries	19.4g



Burger King

	Fat Content
Double Whopper with Cheese	57g
Bacon Double Cheeseburger	27g
XL Bacon Double Cheeseburger	51g
Smoked Bacon and Cheddar	41g
Angus burger	



Subway

	Fat Content
Veggie Patty sub	414g
Steak and Cheese sub	336g
Subway Melt (filled with turkey, ham, bacon and cheese)	351g

