

MEMORANDUM

TO: QUAN 6610 STUDENTS

FM: JIM GRAYSON

RE: BREAKFAST

I enjoy eating at McDonald's, but lately my wife has been "reminding" me that a person my age has to watch his diet. She has recommended that my breakfast should not have more than 500 calories, 20 g total fat, 800 mg sodium or 100 g carbohydrates. Additionally, she has said that it should have at least 2 g of dietary fiber. Now this is getting to be quite an issue between us, and I'd like to get your help!

Unfortunately there are not that many breakfast items I like. I'll eat Egg McMuffins, English Muffins, Sausage Biscuits, Scrambled Eggs, Biscuits, Hotcakes (plain) or the Breakfast Burrito. Since I don't like spending money, my primary objective when I enter a restaurant is to get the most for my money. And naturally I don't like to order something and then not eat it all – that is just throwing money away.

Can you help? I need to know what I can eat that will meet both my desires and my wife's recommendations!

(McDonald's has developed a handy dandy nutrition chart [which is probably the root of all my troubles in the first place] that provides information on their menu items. Some of the information is provided below.)

Menu item	Serving size (g)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)
Egg McMuffin	136	290	110	12	45	235	790	27	1
English Muffin	55	140	20	2	0	0	210	25	1
Sausage Biscuit	127	470	280	31	9	35	1080	35	1
Scrambled Eggs (2)	102	160	100	11	3.5	425	170	1	0
Biscuit	84	290	130	15	3	0	780	34	1
Hotcakes (plain)	156	340	80	9	2	2.5	540	58	2
Breakfast Burrito	117	320	180	20	7	195	600	23	2