

CWSF 2006 - Saguenay, Québec



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Making Fast Food Healthy

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Abstract: This experiment explored how healthy side dishes were from a popular fast food restaurant. The five side dishes tested were: fries, chicken Caesar salad, garden salad, chilli, and baked potato. These side dishes were tested to find starch, sugar, protein, and lipid content. Which side dish was the healthiest was considered and reported.