

Shamrock Shake



It's getting near Saint Patrick's Day and that means that McDonald's will again be serving their famous Shamrock Shake. It's yummy but is it worth it? Let's find out.

I've been trying to eat a more healthy diet. I've figured out that I eat about 2,000 calories per day. So what happens if I head to McDonald's for a Big Mac, some fries, and a wonderful Shamrock Shake?

I looked up what the Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) recommends for our daily intake of carbohydrates, proteins, fats, and salt and this is what I found for a person who eats 2,000 calories a day.

Daily nutritional needs

Nutrient	Daily Value
Total fat	65 grams (g)
Saturated fat	20 g
Trans fat	less than 2 g
Cholesterol	300 milligrams (mg)
Sodium	2,400 mg
Potassium	3,500 mg
Total carbohydrate	300 g
Sugar	40g
Dietary fiber	25 g
Protein	50 g

I won't get just a Shamrock Shake. I'll probably go at lunchtime and get a Big Mac, some fries, and a shake. I wonder what that does to my daily nutrition count.

Mcdonald's - Shamrock Shake 473ml (16 oz)			
Servings: <input type="text" value="1"/> <input type="text" value="473 ml"/>			
Calories	550	Sodium	180 mg
Total Fat	13 g	Potassium	0 mg
Saturated	8 g	Total Carbs	96 g
Polyunsaturated	0 g	Dietary Fiber	0 g
Monounsaturated	0 g	Sugars	82 g
Trans	1 g	Protein	13 g
Cholesterol	50 mg		
Vitamin A	0%	Calcium	430%
Vitamin C	0%	Iron	1%

5. So what's left for breakfast and dinner?

	what's left for breakfast and dinner
calories	
total fats	
saturated fats	
trans fats	
cholesterol	
sodium	
total carbohydrates	
sugars	
dietary fiber	
protein	

6. Do some research and recommend what I should have for breakfast and dinner to complete my daily allotment.

(Hint: a slice of bread has 120 calories, 1g of total fat, 306 mg sodium, 23g of carbohydrate, 1g dietary fiber, 2g of sugar, and 3g of protein)

If you want to try and make a Shamrock Shake at home this is the recipe that I found at <http://gluttoner.com/ultimate-mcdonalds-shamrock-shake-guide>

2 cups vanilla ice cream

1 cup milk

1/4 cup half & half

1/2 teaspoon mint extract (spearmint, not peppermint)

8 drops green food coloring

Add all the ingredients and blend on high until well mixed. Drink with a straw. Enjoy!

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Source: <http://www.mayoclinic.com/health/food-and-nutrition/AN00284>
<http://www.choosemyplate.gov/>