

Big Mac sheds its lettuce ... not its calories

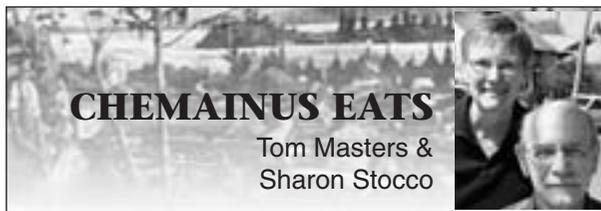
In the world of fast food, there is perhaps nothing more emblematic than a Big Mac from McDonald's. This year the world's largest restaurant chain marks the 40th anniversary of the introduction of the double-decker burger.

Often maligned, reviled and defended, it is consumed by the billions.

What, exactly, is a Big Mac? In the spirit of true journalistic enquiry, Sharon and I decided to find out. We opted to rely not only on our own taste and judgment, but on hard data unearthed with the help of those ubiquitous tools of research today, the laptop computer and the internet. This was, of course, supplemented by research of a more practical and hands-on nature: going to McDonald's and eating Big Macs.

To McDonald's credit, they make no secret of just what it is they offer to their world-wide customer base. The information provided through www.mcdonalds.ca and www.mcdonalds.com is informative, interesting and comprehensive.

A Big Mac provides approximately 540 calories even without fries or a drink. This represents roughly 20% of the daily caloric requirement for an average man in our society, 25% for a woman. Interestingly, the greatest single contributor here is the over-size bun, 210 cal; followed by the two beef patties, 160; special sauce, 100; and cheese slice, 50. The remaining ingredients: lettuce, onion, pickle



and seasoning, taken together contribute only 8.

On first picking up the Big Mac, it will shed about half its chopped lettuce, but that represents only about 1.5 calories. The taste is inoffensively bland, despite the special sauce with its thirty-three ingredients.

Sharon doesn't mind this, but I find the several

thin layers: three slices of bun, two patties, lettuce, cheese, sauce, onion and pickle, makes for a kind of homogenized effect: soggy, if you know what I mean. With a total 3.2 oz of beef, the Big Mac hardly qualifies as a hamburger compared to, say, the Quarter Pounder (420 cal) or the Big Xtra (500 cal) with their 4 oz patty.

For Sharon, fries are the thing. Crisp, hot, nice potato flavour. A medium portion adds 360 cal to the total. A medium Coke adds another 220 for a grand total of 1,110 calories, about half or more of your daily nutritional requirement. (Adjust here for sex, age, height and activity level.)

Sharon is not a soft drink sort of person and insists on coffee. Black, it has virtually no food value whatever and McDonald's does not even bother to list it among the menu items on their web site. Sharon believes the coffee has improved in recent years.

With the soft drink, this meal provides about half the carbs, a quarter of the protein, three-quarters of the fats and half your sodium (salt) for the day. There are also useful, though not excessive, amounts of fibre, vitamins A and C, plus calcium and iron.

A Big Mac, with or without the 'meal' option, should get you through the middle of the day. And really, what more can you ask?



The world's largest restaurant chain is virtually everywhere; this one is in Ladysmith.

*McDonald's
Everywhere
Planet Earth*



Four-year old Katia Bannister holds a coho fry from the Chemainus River. Katia participated in Honour Our River Day on Sept. 14.

Penelakut Tribe & Chief and Council

We graciously, lift our hands up to you in the traditional custom to say HY'ch'ka Siem, (Thank-you Honoured ones).

Our endeavours on behalf of our community can only be successful with everyone pulling together to help make Positive changes. And by your donation to our Silent Auction, you are a helper.

We've postponed our fundraiser luncheon & silent auction to December 8th, 2007, it will still be held at the Chemainus Legion Hall at 12 noon until 4 pm.

Please come out and support our Fundraiser function. RSVP: please call our office to let the Receptionist know if you are planning to attend our Luncheon & Silent auction.

In closing, thank you again for the much appreciated support that you have shown to Penelakut Tribe.

Although there are stumbling blocks in the way, we are all working towards the betterment of our community.

In any community, we must get stronger to stand strong for those who are weaker.

Best regards,

Dorina Elliott, Penelakut Tribe Administrator
On behalf of Chief and Council