

McDONALD'S EXAMPLE SHEET

TOTAL SUGAR, SALT, AND FAT CALCULATOR

SALT – Add up the sodium from all of their food. This value is in milligrams. 1 teaspoon of salt has 2300 mg of sodium in it. Children should not have more than 1500 mg of sodium during an entire day. Approximate about how much of a teaspoon of salt is in their meal. For example, 1100 mg of sodium is approximately $\frac{1}{2}$ teaspoon of salt.

Cheeseburger – 750 mg
Small fry – 160 mg
Small Hi-C Orange Lavaburst – 5 mg of sodium

$$750 + 160 + 5 = 915 \text{ mg}$$

$$915/2300 = .4 \text{ or a little less than } \frac{1}{2} \text{ teaspoon}$$

SUGAR – Add up the sugar from all of their food. Divide the total sugar value by 4 because 4 grams of sugar are in each teaspoon. This answer shows the students how many teaspoons of sugar are in their meal. Children shouldn't have more than 30 grams of sugar or $7 \frac{1}{2}$ teaspoons a day.

Cheeseburger – 6 g
Small fry – 0 g
Small Hi-C Orange Lavaburst – 44 g

$$6 + 0 + 44 = 50 \text{ g of sugar}$$

$$50/4 = 12 \frac{1}{2} \text{ teaspoons of sugar}$$

FAT – Add up the total fat from all of their food. Divide the total fat value by 4 because 4 grams of fat are in each teaspoon. There are three teaspoons in a tablespoon. Calculate about how many tablespoons of fat are in their meal. Children should have less than 50 grams or $12 \frac{1}{2}$ teaspoons or 4 tablespoons of fat during an entire day.

Cheeseburger – 12 g
Small fry – 11 g
Small Hi-C Orange Lavaburst – 0 g

$$12 + 11 + 0 = 23 \text{ g of fat}$$

$$23/4 = 5 \frac{3}{4} \text{ teaspoons of fat or } 1 \frac{3}{4} \text{ tablespoons of fat}$$

ARBY'S EXAMPLE SHEET

TOTAL SUGAR, SALT, AND FAT CALCULATOR

SALT – Add up the sodium from all of their food. This value is in milligrams. 1 teaspoon of salt has 2300 mg of sodium in it. Children should not have more than 1500 mg of sodium during an entire day. Approximate about how much of a teaspoon of salt is in their meal. For example, 1100 mg of sodium is approximately $\frac{1}{2}$ teaspoon of salt.

Roast beef classic – 950 mg
Small curly fry – 900 mg
Sierra Mist small cup – 0 mg

$$950 + 900 = 1850 \text{ mg of sodium}$$

$$1850/2300 = .8 \text{ or about } \frac{3}{4} \text{ teaspoon of sodium}$$

SUGAR – Add up the sugar from all of their food. Divide the total sugar value by 4 because 4 grams of sugar are in each teaspoon. This answer shows the students how many teaspoons of sugar are in their meal. Children shouldn't have more than 30 grams of sugar or $7 \frac{1}{2}$ teaspoons a day.

Roast beef classic – 5 g
Small curly fry – 0 g
Sierra Mist small cup – 50 g

$$5 + 0 + 50 = 55 \text{ grams of sugar}$$

$$55/4 = 13 \frac{3}{4} \text{ teaspoons of sugar}$$

FAT – Add up the total fat from all of their food. Divide the total fat value by 4 because 4 grams of fat are in each teaspoon. There are three teaspoons in a tablespoon. Calculate about how many tablespoons of fat are in their meal. Children should have less than 50 grams or $12 \frac{1}{2}$ teaspoons or 4 tablespoons of fat during an entire day.

Roast beef classic – 12 g
Small curly fry – 22 g
Sierra Mist small cup – 0 g

$$12 + 22 + 0 = 34 \text{ grams of fat}$$

$$34/4 = 8 \frac{1}{2} \text{ teaspoons or } 8.5/3 = \text{about } 2 \frac{3}{4} \text{ tablespoons of fat}$$

WENDY'S EXAMPLE SHEET

TOTAL SUGAR, SALT, AND FAT CALCULATOR

SALT – Add up the sodium from all of their food. This value is in milligrams. 1 teaspoon of salt has 2300 mg of sodium in it. Children should not have more than 1500 mg of sodium during an entire day. Approximate about how much of a teaspoon of salt is in their meal. For example, 1100 mg of sodium is approximately ½ teaspoon of salt.

Sour cream and chive baked potato – 50 mg
Jr. hamburger – 620 mg
Lowfat milk – 125 mg

$$50 + 620 + 125 = 795 \text{ mg of sodium}$$

$$795/2300 = .35 \text{ or about } 1/3 \text{ teaspoon of salt}$$

SUGAR – Add up the sugar from all of their food. Divide the total sugar value by 4 because 4 grams of sugar are in each teaspoon. This answer shows the students how many teaspoons of sugar are in their meal. Children shouldn't have more than 30 grams of sugar or 7 ½ teaspoons a day.

Sour cream and chive baked potato – 4 g
Jr. hamburger – 5 g
Lowfat milk – 11 g

$$4 + 5 + 11 = 20 \text{ g of sugar}$$

$$20/4 = 5 \text{ teaspoons of sugar}$$

FAT – Add up the total fat from all of their food. Divide the total fat value by 4 because 4 grams of fat are in each teaspoon. There are three teaspoons in a tablespoon. Calculate about how many tablespoons of fat are in their meal. Children should have less than 50 grams or 12 ½ teaspoons or 4 tablespoons of fat during an entire day.

Sour cream and chive baked potato – 3.5 g
Jr. hamburger – 10 g
Lowfat milk – 2.5 g

$$3.5 + 10 + 2.5 = 26 \text{ g of fat}$$

$$26/4 = 6 \frac{1}{2} \text{ teaspoons of fat or about } 2 \text{ tablespoons of fat}$$

LITTLE CAESAR'S EXAMPLE SHEET

TOTAL SUGAR, SALT, AND FAT CALCULATOR

SALT – Add up the sodium from all of their food. This value is in milligrams. 1 teaspoon of salt has 2300 mg of sodium in it. Children should not have more than 1500 mg of sodium during an entire day. Approximate about how much of a teaspoon of salt is in their meal. For example, 1100 mg of sodium is approximately $\frac{1}{2}$ teaspoon of salt.

2 pieces of Pepperoni pizza - $2 \times 560 = 1120$ mg
1 breadstick – 150 mg
12 oz. Mug's Root Beer – 65 mg

$1120 + 150 + 65 = 1335$ mg of sodium

$1335/2300 = .6$ or about $\frac{1}{2}$ teaspoon of salt

SUGAR – Add up the sugar from all of their food. Divide the total sugar value by 4 because 4 grams of sugar are in each teaspoon. This answer shows the students how many teaspoons of sugar are in their meal. Children shouldn't have more than 30 grams of sugar or $7 \frac{1}{2}$ teaspoons a day.

2 pieces of Pepperoni pizza – $2 \times 3 = 6$ g
1 bread stick – 1 g
12 oz. Mug's Root Beer – 43 g

$6 + 1 + 43 = 50$ g of sugar

$50/4 = 12 \frac{1}{2}$ teaspoons of sugar

FAT – Add up the total fat from all of their food. Divide the total fat value by 4 because 4 grams of fat are in each teaspoon. There are three teaspoons in a tablespoon. Calculate about how many tablespoons of fat are in their meal. Children should have less than 50 grams or $12 \frac{1}{2}$ teaspoons or 4 tablespoons of fat during an entire day.

2 pieces of Pepperoni pizza – $2 \times 11 = 22$ g
1 bread stick – 3 g
12 oz. Mug's Root Beer – 0 g

$22 + 3 + 0 = 25$ grams of fat

$25/4 = 6 \frac{1}{4}$ teaspoons of fat or $6.25/3 =$ about 2 tablespoons of fat

SUBWAY EXAMPLE SHEET

TOTAL SUGAR, SALT AND FAT CALCULATOR

SALT – Add up the sodium from all of their food. This value is in milligrams. 1 teaspoon of salt has 2300 mg of sodium in it. Children should not have more than 1500 mg of sodium during an entire day. Approximate about how much of a teaspoon of salt is in their meal. For example, 1100 mg of sodium is approximately ½ teaspoon of salt.

6" Black Forest Ham – 830 mg
Sweet Onion Sauce – 85 mg
Harvest Cheddar Sunchips – 240 mg
Lowfat milk – 180 mg

$830 + 85 + 240 + 180 = 1335$ mg of sodium
 $1335/2300 = .6$ or about ½ teaspoon of sodium

SUGAR – Add up the sugar from all of their food. Divide the total sugar value by 4 because 4 grams of sugar are in each teaspoon. This answer shows the students how many teaspoons of sugar are in their meal. Children shouldn't have more than 30 grams of sugar or 7 ½ teaspoons a day.

6" Black Forest Ham – 8 g
Sweet Onion Sauce – 8 g
Harvest Cheddar Sunchips – 3 g
Lowfat milk – 17 g

$8 + 8 + 3 + 17 = 36$ grams of sugar
 $36/4 = 9$ teaspoons of sugar

FAT – Add up the total fat from all of their food. Divide the total fat value by 4 because 4 grams of fat are in each teaspoon. There are three teaspoons in a tablespoon. Calculate about how many tablespoons of fat are in their meal. Children should have less than 50 grams or 12 ½ teaspoons or 4 tablespoons of fat during an entire day.

6" Black Forest Ham – 4.5 g
Sweet Onion Sauce – 0 g
Harvest Cheddar Sunchips – 9 g
Lowfat milk – 3.5 g

$4.5 + 0 + 9 + 3.5 = 17$ grams of fat

$17/4 = 4 \frac{1}{4}$ teaspoons of fat or about 1 ½ tablespoons of fat