

NUTRITIONAL COMPARISON CHART

Category: Fast Food Favorites Date: _____

ESTABLISHMENT	MENU ITEM	CALORIES	TOTAL FAT (G)	PROTEIN (G)	SODIUM (MG)
Burger Chain A	Classic Cheeseburger	540	28	25	950
Chicken Shop B	Fried Chicken Sandwich	680	35	28	1420
Mexican Grill C	Steak Burrito (Standard)	920	32	50	1980
Sub Shop D	6" Turkey Sub	280	4	18	760
Pizza Parlor E	Pepperoni Slice (Large)	310	13	12	720

Notes / Observations:
Daily Target:

Template for educational comparison purposes only. Values are based on standard industry averages.