

# FAST FOOD CARBOHYDRATE, FAT, & SODIUM CALCULATIONS



## equivalencies

4g of carbohydrates = 1 tsp

4g of fat = 1 tsp

2300 mg of sodium = 1 tsp

3 tsp = 1 TB

## sodium equivalents

0-.24 = ¼ tsp

.25-.49 = ½ tsp

.50-.74 = ¾ tsp

.75-1.0 = 1 tsp

Name Of Restaurant \_\_\_\_\_

Name Your Food \_\_\_\_\_

# Of Fat Grams \_\_\_\_\_ ÷ By 4 Grams = \_\_\_\_\_ tsp (round off) = \_\_\_\_\_ tbsp + \_\_\_\_\_ tsp

# Of Carb Grams \_\_\_\_\_ ÷ By 4 Grams = \_\_\_\_\_ tsp (round off) = \_\_\_\_\_ tbsp + \_\_\_\_\_ tsp

# Of Sodium Mg \_\_\_\_\_ ÷ 2300mg = \_\_\_\_\_ tsp (Hint: look at chart above)

Name Of Restaurant \_\_\_\_\_

Name Your Food \_\_\_\_\_

# Of Fat Grams \_\_\_\_\_ ÷ By 4 Grams = \_\_\_\_\_ tsp (round off) = \_\_\_\_\_ tbsp + \_\_\_\_\_ tsp

# Of Carb Grams \_\_\_\_\_ ÷ By 4 Grams = \_\_\_\_\_ tsp (round off) = \_\_\_\_\_ tbsp + \_\_\_\_\_ tsp

# Of Sodium Mg \_\_\_\_\_ ÷ 2300mg = \_\_\_\_\_ tsp (Hint: look at chart above)

Created by Chef Michael McGreal, CEC, CCE, CHE, FMP, CHA, MCFE, Department Chair Culinary Arts/  
Hospitality Management, Joliet Junior College