

# BROWN STREET

## Chipotle

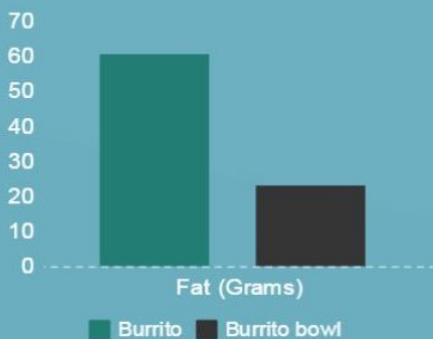
Burrito includes: tortilla, steak, white rice, black beans, tomato salsa, sour cream, cheese, guacamole, lettuce

Burrito bowl includes: chicken, brown rice, black beans, fajita vegetables, tomato salsa, corn salsa, cheese, lettuce

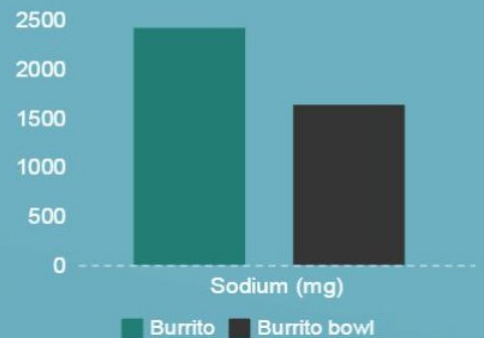
Calories: Burrito vs Burrito Bowl



Total Fat: Burrito vs Burrito Bowl



Sodium: Burrito vs Burrito Bowl



Sushi 1 includes: seaweed, white rice, shrimp, avocado, carrot, cucumber, cream cheese, spicy mayo, tempura crunch

## FUSIAN

Sushi 2 includes: Seaweed brown rice, salmon, asparagus, avocado, carrot, green onion, jalapeno, cucumber, sriracha, sweet soy, sesame seeds

Calories: Sushi 1 vs Sushi 2



Total Fat: Sushi 1 vs Sushi 2



Saturated Fat: Sushi 1 vs Sushi 2



## #9 Italian Night Club

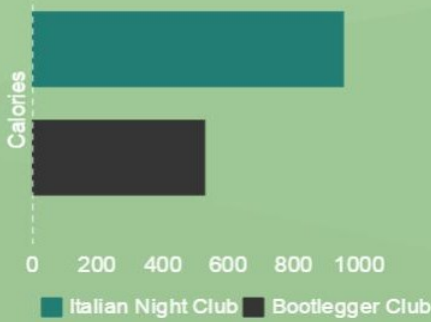
# Jimmy John's

## #14 Bootlegger Club (no mayonnaise, add mustard)

Calories: #9 vs #14

Total Fat: #9 vs #14

Sodium: #9 vs #14



## REGULAR CLASSIC SMASHBURGER

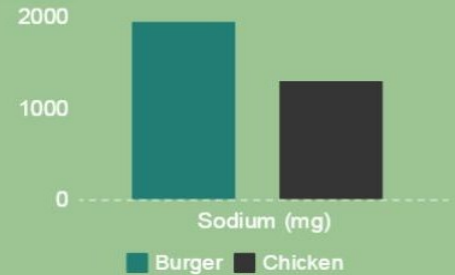
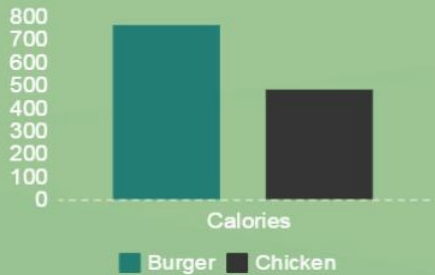
# Smashburger

## REGULAR CLASSIC SMASHCHICKEN (GRILLED)

Calories: Burger vs. Chicken

Fat: Burger vs. Chicken

Sodium: Burger vs. Chicken



You Pick 2: Cup of Mac and cheese and Half Italian Combo Sandwich with baguette

# Panera

You pick 2: Cup of Turkey Chili and Half Smoked Ham and Swiss Sandwich with apple

Calories: Mac&Cheese meal vs Chili Meal

Total Fat: Mac&Cheese vs Chili Meal

Sodium: Mac&Cheese meal vs Chili Meal



According to recommendations made by the CDC and USDA, adults should intake 30% or less of their calories from fat which would be 65g for a 2000 calorie diet. The Dietary guidelines for Americans 2010 recommends that everyone should consume fewer than 2,300mg of sodium per day.

## Sources

[www.cdc.gov/salt](http://www.cdc.gov/salt), [health.gov/dietaryguidelines/dga2000/document/choose.htm](http://health.gov/dietaryguidelines/dga2000/document/choose.htm), [chipotle.com](http://chipotle.com), [fusian.com](http://fusian.com), [jimmyjohns.com](http://jimmyjohns.com), [smashburger.com](http://smashburger.com), [panerabread.com](http://panerabread.com)