# Restaurant

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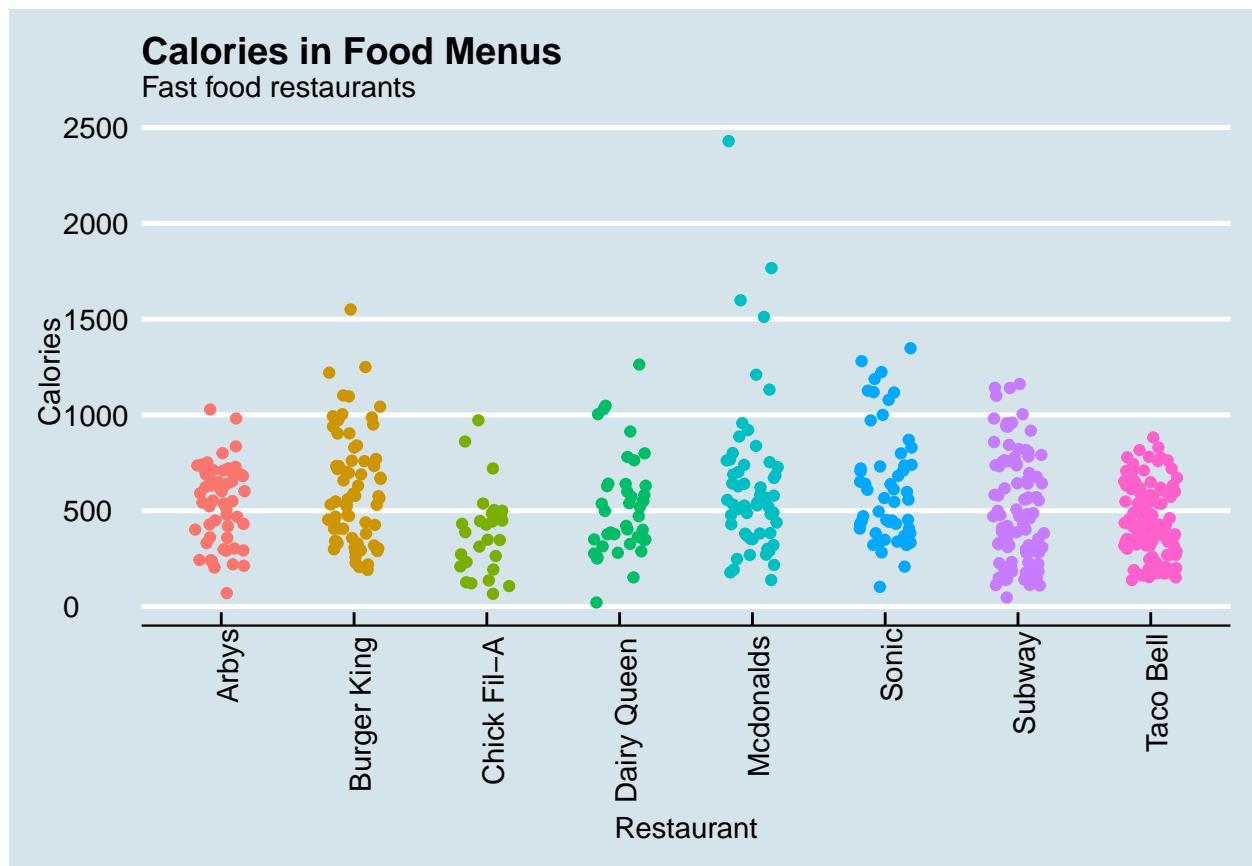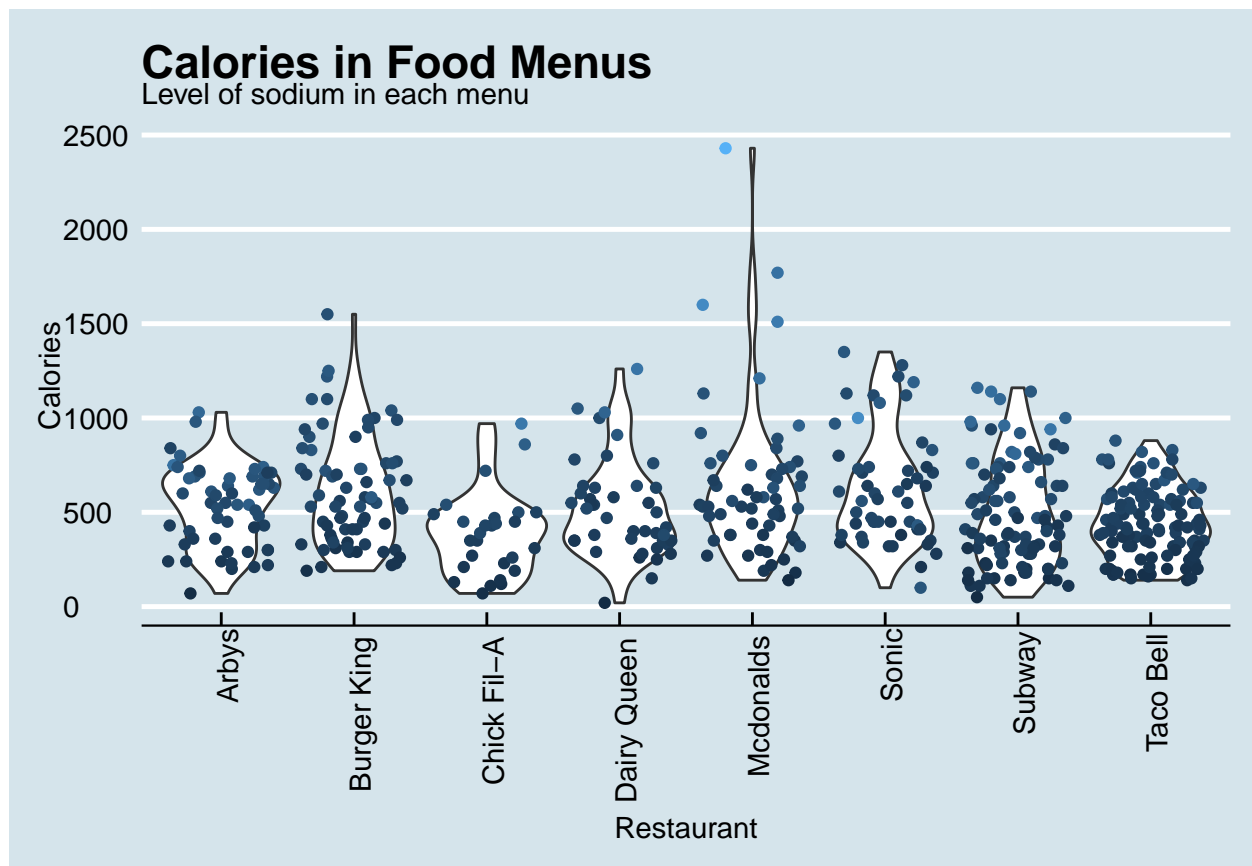
```
## # A tibble: 15 x 18
##       X1 restaurant item  calories cal_fat total_fat sat_fat trans_fat
##    <dbl> <chr>      <chr>    <dbl>   <dbl>     <dbl>   <dbl>     <dbl>
## 1      1 Mcdonalds  Arti~     380      60         7       2         0
## 2      2 Mcdonalds  Sing~     840     410        45      17       1.5
## 3      3 Mcdonalds  Doub~    1130     600        67      27         3
## 4      4 Mcdonalds  Gril~     750     280        31      10       0.5
## 5      5 Mcdonalds  Cris~     920     410        45      12       0.5
## 6      6 Mcdonalds  Big ~     540     250        28      10         1
## 7      7 Mcdonalds  Chee~     300     100        12       5       0.5
## 8      8 Mcdonalds  Clas~     510     210        24       4         0
## 9      9 Mcdonalds  Doub~     430     190        21      11         1
## 10    10 Mcdonalds  Doub~     770     400        45      21       2.5
## 11    11 Mcdonalds  File~     380     170        18       4         0
## 12    12 Mcdonalds  Garl~     620     300        34      13       1.5
## 13    13 Mcdonalds  Gril~     530     180        20       7         0
## 14    14 Mcdonalds  Cris~     700     300        34       9         0
## 15    15 Mcdonalds  Hamb~     250      70         8       3         0
## # ... with 10 more variables: cholesterol <dbl>, sodium <dbl>,
## #   total_carb <dbl>, fiber <dbl>, sugar <dbl>, protein <dbl>, vit_a <dbl>,
## #   vit_c <dbl>, calcium <dbl>, salad <chr>
```

**Calories in Food Menus**
Fast food restaurants

This chart is an overview of the fast food restaurants and associated menus with an indication of their level of calories.

**Calories in Food Menus**
Level of sodium in each menu

In addition to the level of calories per menu, this chart allows also to display the level of sodium.