



BRIGHAM AND  
WOMEN'S HOSPITAL



**Brigham and Women's Hospital  
Nutrition and Food Services  
Customer Guide**

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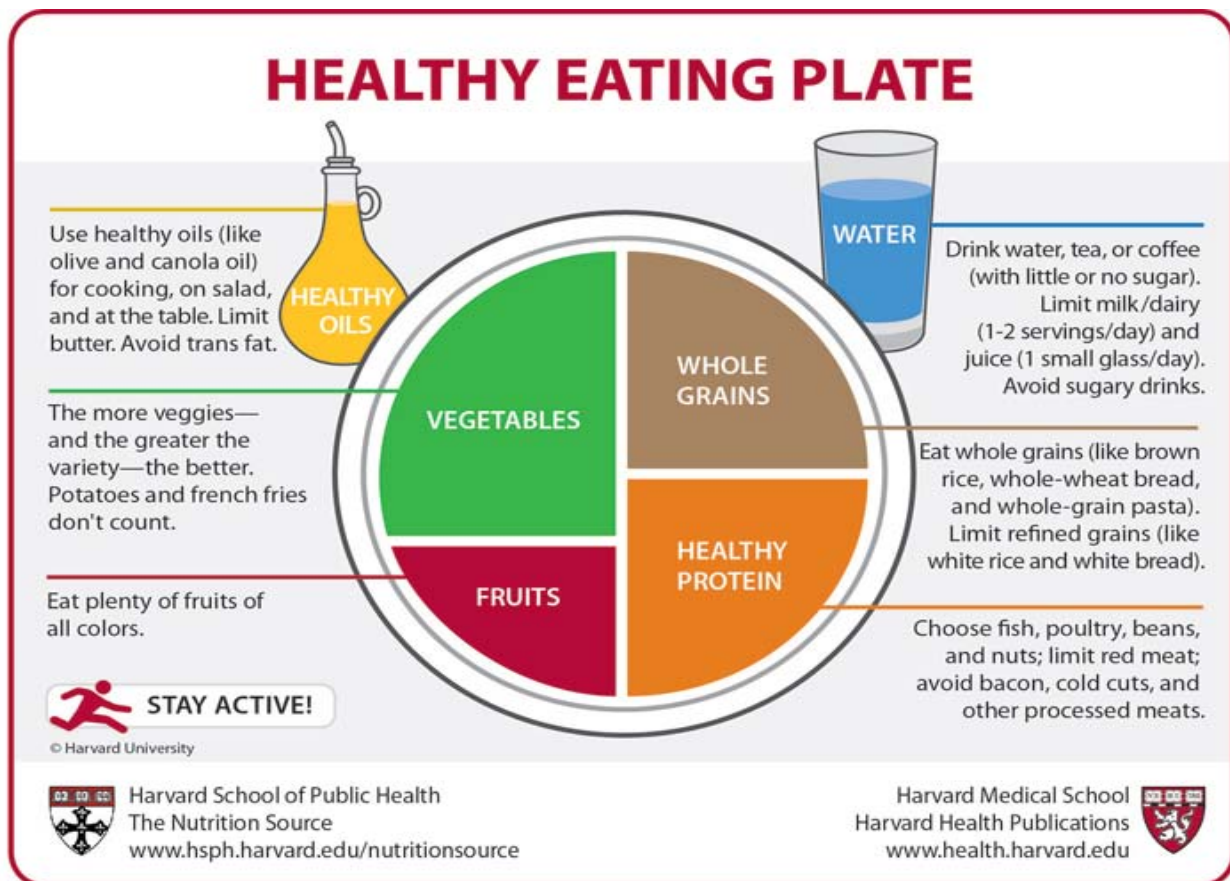
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## Your Health Your Choice Program

### Introduction

Our goal is to help you choose healthy foods at Brigham and Women's Hospital using evidence-based nutritional research. Our recommendations are guided by the recently published Harvard School of Public Health's Healthy Eating Plate. These guidelines support making food choices that promote health and prevent disease.



**How can you follow the Healthy Eating Plate? Here are some recommendations:**

**Fill half of your plate with vegetables and fruits.** The more color, and the more variety on this part of the plate, the better. Potatoes and French fries don't count as vegetables on the Healthy Eating Plate, because they are high in fast-digested starch (carbohydrate), which has the same roller-coaster effect on blood sugar and insulin as white bread and sweets. These surges, in the short term, can lead to hunger and overeating, and in the long term, can lead to weight gain, type 2 diabetes, and other health problems

**Save a quarter of your plate for whole grains—not just any grains:** Whole grains—whole wheat, brown rice, and foods made with them, such as whole wheat pasta—have a gentler effect on blood sugar and insulin than white bread, white rice, and other so-called “refined grains.” That’s why the Healthy Eating Plate says to choose whole grains—the less processed, the better—and limit refined grains.

**Put a healthy source of protein on one quarter of your plate:** Choose fish, chicken, beans or nuts, since these contain beneficial nutrients, such as the heart-healthy omega-3 fatty acids in fish, and the fiber in beans. An egg a day is okay for most people, too (people with diabetes should limit their egg intake to three yolks a week, but egg whites are fine). Limit red meat—beef, pork, and lamb—and avoid processed meats—bacon, cold cuts, hot dogs, and the like—since over time, regularly eating even small amounts of these foods raises the risk of heart disease, type 2 diabetes, and colon cancer.

**Use healthy plant oils.** The glass bottle near the Healthy Eating Plate is a reminder to use healthy vegetable oils, like olive, canola, soy, corn, sunflower, peanut, and others, in cooking, on salad, and at the table. Limit butter, and avoid unhealthy trans fats from partially hydrogenated oils.

**Drink water, coffee or tea.** On the Healthy Eating Plate, complete your meal with a glass of water, or if you like, a cup of tea or coffee (with little or no sugar). Limit milk and dairy products to one to two servings per day, since high intakes are associated with increased risk of prostate cancer and possibly ovarian cancer. Limit juice to a small glass per day, since it is as high in sugar as a sugary soda. Skip the sugary drinks, since they provide lots of calories and virtually no other nutrients. And over time, routinely drinking sugary drinks can lead to weight gain, increase the risk of type 2 diabetes, and possibly increase the risk of heart disease.

**Stay active.** The small red figure running across the Healthy Eating Plate’s placemat is a reminder that staying active is half of the secret to weight control. The other half is eating a healthy diet with modest portions that meet your calorie needs.

**Source:**

<http://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/index.html>

“Your Health Your Choice” Program was developed by the Brigham and Women’s Nutrition Department to help you easily choose foods recommended in the HSPH Healthy Eating Plate. Foods are labeled as Green, Yellow, or Red.

# Your Choice Your Health

A new Healthy Eating Program from the Department of Nutrition

Choose  
Frequently

## Green Foods and Beverages – Choose Frequently

- **Low** in saturated fats.
- **No** trans fats.
- **Low** in added sugars.
- **Good** sources of fiber.
- **Low to moderate** in sodium.
- **Lower** in calories.

Choose  
Occasionally

## Yellow Foods and Beverages – Choose Occasionally

May contain:

- **Low to moderate** saturated fat and contains no trans fats.
- **Moderate** amount of added sugars and may contain artificial sweeteners.
- **Moderate** amount of fiber.
- **Moderate** amount of sodium.
- **Moderate** amount of calories.

Choose  
Rarely

## Red Foods and Beverages – Choose Rarely

May contain:

- **More** saturated fat and may contain trans fats.
- **Higher** amount of added sugars.
- **Less** fiber.
- **Higher** amount of sodium and calories.

Categories: The foods offered have been assigned green, yellow, and red based on the following criteria and categories

Entrees: Sandwiches, hot and cold entrees, packaged entrée salads

Sides: Side dishes, soups, snacks, desserts

Beverages: Soda, milk, juices, other hot and cold drinks

Criteria:

Green Foods are lower in saturated fat and sodium and contain healthy carbohydrates and healthy fats. They are limited in unhealthy fats (trans and saturated), along with refined carbohydrates and added sugars.

Entrees		Items	Beverages (per container)
Calories	≤ 500	≤ 200	≤ 110
Saturated fat (g)	≤ 5	≤ 2	< 2
Trans fat (g)	0	0	0
Carbohydrates:			
Sugars (g)	< 5	< 3	≤ 5
Total carbohydrate: fiber	≤5:1	≤5:1	no artificial sweeteners
Sodium (mg)	< 500	< 200	< 150

Yellow Foods may be moderate in saturated fat and/or sodium and can contain more unhealthy fats and refined carbohydrates than the green foods.

Entrees		Items	Beverages (per container)
Calories	≤ 650	≤ 250	≤150
Saturated fat (g)	≤ 6	≤ 3	< 2
Trans fat (g)	0	0	0
Carbohydrates:			
Sugars (g)	≤ 8	≤ 5	6-12
Total carbohydrate: fiber	≤10:1	≤ 10:1	may contain artificial sweeteners
Sodium (mg)	≤ 650	≤ 250	≤ 200

Red Foods are generally high in saturated fats and sodium, may contain trans fats, and may have more refined carbohydrates and sugars.

Entrees		Items	Beverages (per container)
Calories	> 650	> 250	>150
Saturated fat (g)	> 6	> 3	> 2
Trans fat (g)		may contain some	
Carbohydrates:			
Sugars (g)	> 8	> 5	> 12
Total carbohydrate: fiber	>10:1	> 10:1	
Sodium (mg)	> 650	> 250	>200

Where to find the information?

The BWH cafeteria offers a variety of foods that can meet your healthy food plan. The foods and beverages are labeled with green, yellow, or red tags at each food station. The detailed nutrition information for all foods and beverages are listed in this guide.

**Brief review and general tips to get and stay healthy:**

- 1) Eat more foods that are plant-based – such as fruits, vegetables, whole grains, beans, legumes, and nuts. Eat a greater variety of vegetables and fruits and those with plenty of colors.
- 2) Choose lean protein such as fish, poultry, beans, and nuts . Fish should be eaten a at least 2 times per week for heart health. Limit red meat, avoid bacon, cold cuts and other processed meats
- 3) Eat unsaturated, healthy fats (olive, canola, safflower oil) in place of saturated (fatty meats, whole milk dairy products, butter) and trans fats (products with partially hydrogenated vegetable oil)
- 4) Replace refined carbohydrates (white bread, white rice, most breakfast cereals, etc) with whole grains (whole grain bread, brown rice, oatmeal, bulgur, quinoa)
- 5) If you choose to drink, do so in moderation  
For women – up to 1 drink per day  
For men – up to 2 drinks per day

1 drink = 5 oz wine , 12 oz beer or 1 1/2 oz spirits

- 6) Limit your salt intake to < 2000 mg/day (preferably 1500 mg). Limiting foods especially high in sodium can help you reduce your daily intake:
  - canned soups, vegetables, sauces, and gravy mixes
  - convenience and frozen foods, such as pizza, boxed pasta and rice mixes
  - processed meats and cheese, kosher meats
  - salted snacks, crackers, chips and pretzels
  - salted nuts
  - salt, soy sauce, salad dressings, ketchup, barbecue sauce, steak sauce
  - seasoned salt, meat tenderizers, cocktail sauce, pickles, relishes, olives
  - Fast foods, take out foods, and many foods in restaurants
- 7) Stay within your calorie needs. The amount of calories you need depends upon your

age, sex, body size, and daily activity.

As a guideline: most women and older adults – 1600 -2000 calories  
 most active women and most men – 2000-2400 calories

Adults who are trying to lose weight may need less calories.

Pregnant and breastfeeding women have higher requirements.

8) Stay active. A goal of 150 minutes per week of moderate physical activity is recommended.

See the tables below to view the nutritional information on food and beverages available in the BWH Cafeteria.

**Beverages (per container)**

	Calories	Sat Fat (g)	Sodium (mg)	Carb (g)	Sugar (g)	Fiber (g)	Carb:Fiber
<b>Water</b>							NA
Aquafina Water	0	0	0	0	0	0	
Fiji Water	0	0	0	0	0	0	
Polar Seltzer Water	0	0	0	0	0	0	
O Water	0	0	0	0	0	0	
O Water (8oz)	0	0	0	0	0	0	
PS Sparkling (20 oz)	0	0	0	0	0	0	
Zico Water (14 oz)	60	0	160	13	12	0	
G2 low calorie – all flavors (20 oz)	45	0	12	12	12.5	0	
SoBe Life Water (20 oz)	100	0	7	7	24	0	
<b>Tea / Coffee</b>							
Tea Herbal/Regular	0	0	0	0	0	0	
Starbucks Frappuccino – Vanilla (9.5 oz)	200	2	100	37	31	0	
Starbucks Frappuccino - Mocha (9.5 oz)	180	2	95	33	31	0	
Starbucks Frappuccino - Coffee (9.5 oz)	200	2	100	37	32	0	
<b>Milk</b>							
Hood FF Milk (8oz)	80	0	125	13	12	0	
Hood 1% milk (8oz)	110	1.5	125	13	12	0	
Lactaid FF Milk (8oz)	80	0	125	13	12	0	
Silk Soy Chocolate (8oz)	150	0.5	100	25	21	2	
Silk Soy Vanilla (8oz)	130	0.5	120	19	16	1	
Hood Whole Milk (8oz)	150	5	125	12	12	0	
Hood FF Chocolate Milk (8oz)	130	0	240	24	22	0	
Hershey's Lowfat Chocolate Milk (12 oz)	270	2.5	210	47	44	2	
Hershey's Strawberry Milk (12 oz)	340	4	320	56	50	0	
Hood Coffee Lowfat Milk (12 oz)	160	1.5	120	27	25	0	
Hershey's Milkshake (12 oz)	330	4.5	320	56	51	3	
***8 oz. milk contains 12 grams of natural sugar. Remaining sugars are "added sugars".							



<b>Juices</b>							
	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
V8 Juice (12 oz)	70	0	630	15	12	3	
Tropicana (14 oz)	190	0	0	45	39	0	
Tropicana Or-Str-Ban (14 oz)	210	0	20	50	46	0	
Tropicana Tangerine (14 oz)	190	0	0	44	38	0	
Tropicana Grapefruit (14 oz)	170	0	0	39	30	0	
Ocean Spray Orange (8 oz)	110	0	15	27	22	0	
OS Apple (8 oz)	110	0	10	27	25	0	
OS Cran Grape (8 oz)	120	0	80	31	29	0	
OS Cran (8 oz)	120	0	35	30	27	0	
OS Ruby Red (8 oz)	110	0	65	28	28	0	
OS Straw Kiwi (8 oz)	120	0	40	30	25	0	
Poland Spring Mango Peach (20 oz)	120	0	15	30	30	0	
PS Pomegranate (20 oz)	120	0	15	30	30	0	
<b>Soda</b>							
Diet Pepsi (20 oz)	0	0	0	0	0	0	
Diet Pepsi with lime (20 oz)	0	0	0	0	0	0	
Diet Wild Cherry Pepsi (20 oz)	0	0	0	0	0	0	
Diet Mountain Dew (20 oz)	0	0	0	0	0	0	
Diet Orange Crush (20 oz)	0	0	10	10	0	0	
Ginger Ale (20 oz)	200	0	23	23	55	0	
Pepsi (20 oz)	250	0	69	69	69	0	
Wild Cherry Pepsi (20 oz)	260	0	70	70	70	0	
Mountain Dew (20 oz)	290	0	77	77	77	0	
Crush Strawberry (20 oz)	290	0	45	31	30	0	
Crush Grape (20 oz)	320	0	86	86	83	0	
Sierra Mist (20 oz)	240	0	62	62	62	0	
Crush Orange (20 oz)	320	0	87	87	83	0	
Hawaiian Punch (20 oz)	220	0	42	42	41	0	
Root Beer (20 oz)	260	0	72	72	71	0	
<b>Other</b>							
SoBe Apple Cherry	0	0	25	0	0	0	
Sobe strawberry dragonfruit (per 8.5 oz) 2.5 serve/bottle	0	0	25	6	0	0	
Sobe mango melon (per 8.5 oz) 2.5 serve/bottle	0	0	25	6	0	0	
Sobe strawberry kiwi lemonade (per 8.5 oz) 2.5 serve/bottle	0	0	25	6	0	0	
Sobe acai fruit punch (per 8.5 oz) 2.5 serve/bottle	0	0	25	6	0	0	
Sobe black and blueberry (per 8.5 oz) 2.5 serve/bottle	0	0	25	6	0	0	
Diet Snapple	0	0	5	0	0	0	
Diet hot chocolate (1 packet)	60	1	170	10	7	0	
Hydrive Berry (15.5 oz)	30	0	120	6	6	0	
Hydrive Orange (15.5 oz)	30	0	120	6	6	0	
SoBe Energy Citrus	270	0	35	67	66	0	
SoBe Green Tea (20 oz)	240	0	30	6	61	0	
SoBe Mango Melon (20 oz)	280	0	15	30	71	0	
SoBe Orange Carrot (20 oz)	220	0	30	57	56	0	
SoBe Power Fruit (20 oz)	260	0	60	68	66	0	
Odwalla Pumpkin Protein (12 oz)	240	1	170	33	25	0	
Odwalla Pink Poetry (12 oz)	210	0	25	48	39	2	
Odwalla Strawberry Protein (12 oz)	290	0.5	260	52	39	1	
Odwalla Super protein (12 oz)	180	0	10	40	42	0	

	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
Snapple (16 oz)	180	0	10	40	42	0	
Nantucket Nectar Lemonade (8oz)	110	0	20	28	28	0	
Nantucket Nectar Red Plum (8oz)	110	0	55	65	28	0	
Odwalla Vanilla al mondo Protein (12 oz)	290	1	100	37	29	5	
Odwalla Vanilla Protein (12 oz)	290	1	200	36	34	0	
Odwalla Berries gomega (12 oz)	240	0	20	50	35	5	
Odwalla Mo'beta (12 oz)	170	0	15	40	33	2	
Odwalla Carrot Juice (12 oz)	100	0	240	22	19	1	
Odwalla Mango protein (12 oz)	260	0	310	42	40	1	
Odwalla Orange Juice (12 oz)	160	0	20	37	35	0	
Odwalla Chocolate Protein (12 oz)	320	1	360	40	37	3	
Odwalla Superfood Original (12 oz)	190	0	15	44	37	2	
Odwalla Strawberry Banana (12 oz)	190	0	5	45	38	2	
Odwalla Original Super Protein (12 oz)	290	0.5	260	52	38	1	
Odwalla Tropical Energy (12 oz)	240	0	30	59	44	0	
Odwalla Protein Monster Strawberry (12 oz)	240	1	135	28	27	0	
Odwalla Pomegranate Limeade (12 oz)	180	0	15	44	38	0	
Odwalla Blueberry B Superfood (12 oz)	210	0	15	50	34	1	
Odwalla Red Rhapsody Superfoods (12 oz)	160	0	15	39	31	1	
Odwalla Mango Tango (12 oz)	220	1	15	50	44	2	
Odwalla Strawberry C (12 oz)	240	0	135	56	43	1	
Odwalla Citrus C (12 oz)	230	0	20	50	40	2	
Sobe agave lemonade (per 20 oz bottle)	100	0	20	41	24	0	
Sobe pomegranate cherry (per 20 oz bottle)	100	0	20	42	24	0	
Sobe strawberry kiwi (per 20 oz bottle)	100	0	20	42	25	0	
Sobe blackberry grape (per 20 oz bottle)	90	0	20	40	23	0	
Nantucket Nectars peach orange (per 17.5 oz)	290	0	65	70	32	1	
Nantucket Nectars pressed apple (per 17.5 oz)	260	0	15	64	61	0	
Nantucket Nectars big cranberry (per 17.5 oz)	280	0	55	71	70	0	
Nantucket Nectars half and half (per 17.5 oz)	190	0	55	47	46	0	
Nantucket Nectars orange mango (17.5 oz)	260	0	55	66	65	0	
Nantucket Nectars pomegranate pear(17.5 oz)	250	0	60	62	28	0	
Lipton Lemon (16 oz)	140	0	0	36	35	0	
Lipton Peach (16 oz)	150	0	0	39	39	0	
Lipton Honey (16 oz)	130	0	0	32	32	0	
Lipton Raspberry (16 oz)	150	0	0	39	39	0	
Lipton Sweetened (16 oz)	140	0	0	36	36	0	
Hot Chocolate (1 packet)	120	2	160	23	16	0	
Golden Egg Nog (4 oz)	180	5	95	22	21	0	
Coco Zona (14.5 oz)	70	0	220	18	16	0	

<b>Snacks</b>	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
<b>Chips</b>							
Sun Chips - French Onion	210	1.5	230	28	4	4	7:1
Sun Chips - Garden Salsa	210	1.5	210	29	3	4	7:1
Deep River Kettle Cooked Potato Chips - Mesquite	150	2	230	15	0	1	15:1
Deep River Kettle Cooked Potato Chips - Zesty Jalapeño	150	2	160	16	0	1	16:1
Deep River Kettle Cooked Potato Chips - Lightly Salted, Reduced Fat	190	1.5	160	22	0	2	11:1

	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
Deep River Kettle Cooked Potato Chips – Original Salted	150	2	105	16	0	1	16:1
Deep River Kettle Cooked Potato Chips – Sweet Maui Onion	150	2	240	15	1	1	15:1
Deep River Kettle Cooked Potato Chips – Sea Salt & Vinegar	150	2	240	15	0	1	15:1
Deep River Kettle Cooked Potato Chips – Rosemary & Olive Oil	150	2	160	16	1	1	16:1
Deep River Tortilla Chips - Guacamole	210	1	290	27	1	3	9:1
Deep River Baked Fries – Jalapeño & Cheddar	100	0	180	15	2	1	15:1
Deep River Baked Fries – Mesquite BBQ	100	0	220	16	2	1	16:1
Popcorners Popped Corn Chips - Butter	140	0	310	23	1	<1	23:1
Popcorners Popped Corn Chips – Cheesy Jalapeño	150	0.5	135	22	1	<1	22:1
Popcorners Popped Corn Chips - Kettle	140	0	110	23	3	<1	23:1
Popcorners Popped Corn Chips – Sea Salt	140	0	190	24	0	0	24:1
Popcorners Popped Corn Chips – White Cheddar	140	0.5	135	21	1	<1	21:1
Unique “Splits” Pretzels	110	0	300	22	1	1	22:1
Unique “Splits” Pretzels - Jalapeño	110	0	300	22	1	1	22:1
Unique “Splits” Pretzels – Multi-Grain	115	0	300	22	0	1	22:1
Ruffles	240	1.5	210	23	1	2	12:1
Cheez-its	190	1.5	350	28	0	<1	28:1
Baked Lays - original	130	0	150	26	2	2	13:1
Doritos - nacho cheese	260	2.5	360	30	2	2	15:1
Doritos - Cool Ranch	260	2	320	31	2	3	10:1
Doritos - Spicy Sweet Chili	250	2	480	31	1	2	16:1
Fritos	320	3	320	32	<1	3	11:1
Lays Classic	240	1.5	250	23	1	2	12:1
Lays Sour Cream and Onion	240	1.5	240	23	1	2	12:1
Lays Salt & Vinegar	230	1.5	340	23	1	2	12:1
Lays BBQ	230	1.5	230	23	3	2	12:1
Sabra hummus and pretzels chips	370	3	810	37	2	4	9:1
Sun Chips - Harvest Cheddar	210	1.5	310	29	3	4	7:1
<b>Cookies</b>							
Rice Krispie Treats - original	150	1	170	28	13	0	28:1
Fig Newtons (1 package)	200	1	220	40	23	2	20:1
Kashi Go Lean Crunch Peanut Butter Bar	200	3.5	180	32	17	5	6:1
Oreos (1 package)	270	3	270	41	23	2	21:1
Rice Krispie Treats - chocolate	170	4	125	26	14	<1	14:1
Nutter Butters (1 package)	250	2.5	200	37	16	2	19:1
Snack Wells crème sandwich	210	1.5	170	38	18	1	31:1
Snack Wells Chocolate sandwich	210	2	310	37	19	1	37:1
Nutri Grain – Strawberry (1 bar)	120	0.5	125	24	11	3	8:1
Nutri Grain - Apple Cinnamon (1 bar)	120	0.5	110	24	12	3	8:1
PopTarts Strawberry (1 package)	410	3	330	75	33	1	75:1
PopTarts Blueberry (1 package)	410	3	330	75	33	1	75:1
PopTarts Brown Sugar Cinnamon (1 package)	420	4.5	350	68	30	1	68:1
Sweet Sam's Chocolate Chunk Brownie	270	8	135	34	24	4	9:1
Sweet Sam's Marble pound cake	450	14	420	54	30	<1	54:1

	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
Sweet Sam's Double Chocolate Cake	510	15	470	61	39	3	20:1
Kozyshack Tapioca (1 container)	200	3	210	35	26	0	35:1
<b>Ice Cream (1 bar or container)</b>							
Fruitful Bars – Fruit	70-130	0-4	5-25	13-26	10-20	<1	13-26:1
Fruitful Bars - Yogurt (chocolate)	160	0	65	33	15	0	33:1
Reese's peanut butter bars	300	11	100	31	25	1	31:1
Watermelon/Lemon Italian Ice	250	0	0	53	53	0	53:!
Sundae (Dulce de Leche)	270	9	140	35	30	0	35:1
Sundae (Cookies & Cream)	250	8	90	31	25	0	31:1
Sundaes (Strawberry)	290	7	125	42	41	0	42:!
Dove Bars with Almonds	250	9	100	21	18	1	21:1
Dove Bars Dark Chocolate	250	10	30	24	19	2	12:1
Hershey Ice cream Sandwich	300	8	210	43	29	<1	43:1
Hershey Incredible Cone	300	10	120	37	28	1	37:1
Hershey Chocolate Éclair	220	5	140	30	22	0	30:1
Hershey Strawberry Éclair	240	5	100	32	25	0	25:1
Hershey Ice Cream Bar	300	14	65	26	15	0	26:1
<b>Bars</b>							
Odwalla Strawberry pomegranate	200	0	95	42	18	3	14:1
Odwalla Chocolate chip Trail Mix	200	2	90	28	15	2	14:1
Odwalla Superprotein	210	1	150	30	17	4	8:1
Odwalla Choco-walla	210	1.5	75	39	16	5	8:1
Odwalla Berries GoOmega	210	0.5	210	36	16	5	7:1
Odwalla Banana Nut	220	0.5	105	39	17	5	8:1
Odwalla Chocolate chip peanut	230	1.5	170	33	14	4	8:1
Odwalla Chocolate Peanut Butter	200	2.5	160	26	17	2	13:1
Odwalla Dark Chocolate Chip Fiber	220	1.5	100	36	11	8	5:1
Odwalla Dark Chocolate Chip Walnuts	220	1.5	100	36	11	8	5:1
Odwalla White Choc. Macadamia	210	2	130	27	13	2	14:1
Odwalla Superfoods	200	2	85	39	18	3	13:1
Odwalla Sweet & Salty Almond	220	1	65	22	8	6	4:1
<b>Happy &amp; Healthy Snacks</b>	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
Got Nuts?	180	2	45	8	1	2	4:1
Calypso Cashews	170	2	75	7	2	1	7:1
Power Pistachios	215	3	210	10	3	3	3.3:1
Eat Your Veggies	180	0.5	105	29	7	3	9.6:1
Rocky Mountain Munch	120	1.5	20	22	14	1	22:1
Strawberry Soft Twisters	120	0	45	29	14	0	NA
Green Apple Soft Twisters	120	0	50	29	14	0	NA
Watermelon Soft Twisters	120	0	45	29	14	0	NA
Hit The Road Jack	140	2	10	19	16	1	19:1
Reggae Rice Crackers	120	0	200	26	1	2	13:1
Buzzworthy Banana Blend	140	2.5	40	18	11	2	9:1
You've Got Trail	150	3	15	17	13	2	8.5:1
Debbie Loves Fruit	110	1.5	20	23	16	1	23:1
Chocolate Peanuts	230	7	25	20	18	1	20:1
Rockin Raisins	180	5	20	28	24	1	28:1

	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
Yummy Gummy in My Tummy	120	0	20	29	20	0	NA
Sour Wiggle Giggle	150	0	35	34	22	0	NA

<b>Breakfast Cereals</b>	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
Cheerios - 1.3 oz	137	0.6	210	26.9	2	3.7	7:1
Apple jacks - 1.5 oz cup	152	0	192	37.5	18.2	4	9:1
Cinnamon Toast Crunch - 2 oz	235	0.6	404	45.1	19.4	2.5	18:1
Corn Flakes – 1.5 oz	148	0	307	36.6	3	1	37:1
Corn Pops - 1.5 oz cup	162	0	162	38.5	13.2	4	10:1
Raisin Bran Crunch - 2.8 oz cup	278	0	308	66.5	29.8	6	11:1
Fiber One Raisin Bran Clusters - 2.5 oz	223	0	273	60.7	17.2	14.2	4:1
Frosted Flakes -2.1 oz	218	0	288	53.6	22.8	1	54:1
Frosted mini wheats - 2.5 oz	240	0	0	57.9	15	7	8:1
Fruit Loops- 1.5 oz	162	0.5	192	36.4	18.2	4	9:1
Kellogg's Low Fat Granola with Raisins - 2.25 oz	243	1.0	152	51.6	18.2	5.1	10:1
Honey Nut Cheerios - 1.8 oz	193	0.5	290	40.7	16.7	3.6	11:1
Nature Valley Fruit Granola - 3.9 oz	416	1	474	88	36.4	5.3	17:1
Quaker Instant Oatmeal baked apple – 1.9 oz	199	0.5	319	41.9	19	4	11:1
Quaker Instant Oatmeal golden brown sugar - 1.9 oz	199	0.5	289	41.9	18	3	14:1
Rice Chex - 1.4 oz	149	0	356	33.5	3.2	1	34:1
Cocoa Krispies - 2.3 oz cup	251	1.5	281	57.2	25.1	0	57:1
Rice Krispies – 1.3 oz	140	0	360	31.5	3	0	32:1
Special K – 1.25 oz cup	138	0	256	25.6	4.9	0	26:1
Smart Start -2.7 oz cup	292	0	433	65.5	21.2	4	16:1
Special K Red berries - 2.5 oz	250	0	429	60.9	22	6	10:1
Total - 1.5 oz	136	0.26	279	32	7	4	8:1
Total Raisin Bran - 2.6 oz	226	0.29	323	56	23.1	7.2	8:1
Special K fruit and yogurt – 2.7 oz	282	1.01	353	65.5	23.2	7.1	8:1
Kashi Go Lean Crunch – 2.3 oz	241	0	125	45.1	15	10	5:1

<b>Hot Entrees</b>	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
Chicken Cacciatore	213	2	407	17	4	2	
Sweet and Tangy Salmon	239	1.6	197	5	4.6	0.1	
Meatloaf	287	6	273	10	2.6	1+	
Chicken, Baked, Stuffed	456	6	628	22	1	1	
Cranberry Pork Roast	290	6	72	3	3	0	
Potato Crumb Scrod	202	3	557	10	0	0	
Chicken Piccata	404	4	599	11	0.3	0.6	
Pan Roasted Mediterranean Style Haddock	161	0.5	518	3	0.2	1	
Lemon Chicken	240	0.6	111	18	7	1	
American Chop Suey	469	5	529	53	9	2.3	
Baked Macaroni and Cheese	655	24	1040	44	9	2	
Baked Penne w/Eggplant, Ricotta, and Feta Cheese	333	6.3	379	42	4	5	
BBQ Ribs	552	13.5	1144	33	29	0	
BBQ Chicken	651	0	538	12	10	0	
Broccoli and Tomato Quiche	402	9	355	26	2		
Penne with Zucchini and Ricotta	487	7	789	54	5	4	

	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
Chicken Parmesan	260	4.5	804	15	4	3.5	
Chicken with Waffle Fries	517	3.5	2413	55	2	4	
6 Cheese Lasagna	306	3	879	48	11	3	
Chicken Pot Pie	705	18	1161	64	7	2	
Crabcumb Scrod	331	14	767	29	5	3	
Chili	309	6	1027	18	6.4	3.3	
BBQ Beef Tips	363	6	688	27	22	0.7	
Zesty Orange Chicken	661	0	236	3.5	2.5	0	
Hoisin BBQ Ribs	434	13.5	429	4	2	0	
Vegetable Lasagna	493	9	1425	47	9	4	
Roasted Tomato & Artichoke Tart	828	22	1196	86	8	18	
Wing Bar (Serving 6 wings)	330-396	4 - 6	1134-1920	6-48	0.6 - 36	0	
Hot wing (per wing)	55	1	264	1	0.1	0	
Teriyaki wing (per wing)	59	1	320	2	1	0	
Sweet Chili wing (per wing)	65	1	189	3.6	2.2	0	
Wing Ding (per wing)	66	0.67	225	8	6	0	
Rotisserie Chicken	395	3	764	0	0	0	
General Tso Chicken	131	0.1	736	33	28	0.2	
Crab Cake	280	6	820	30	4	2	

<b>Sides</b>	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
Baby Carrots	41	0	105	10	5.5	3.5	3:1
Broccoli Spears	30	0	26	6	1.6	3.3	2:1
Citrus Broccoli	116	0.7	25	14	2	7	2:1
French Cut Green Beans	35	0	3	7	2	2.4	3:1
Green Beans	44	0	3	9	2.5	3	3:1
Peas and Onions	81	0.1	70	16	0	4	4:1
Japanese Mix	32	0	11	5	2	2	2.5:1
Garden Vegetable Blend	25	0	20	5	1	2	2.5:1
Italian Vegetable Blend	30	0	35	5	1	2	2.5:1
Kyoto Vegetable Blend	70	0	15	8	2	3	2.6:1
New Brunswick Vegetable Blend	30	0	20	5	2	2	2.5:1
Pacific Rim Vegetable Blend	30	0	15	5	2	1	5:1
Winter Mix Vegetable Blend	21	0	18	4	1.3	2.4	1.6:1
Zucchini, Italian Style	78	0.7	85	9	4	2	4.5:1
Butternut Squash	125	0	137	33	5	5	6:1
Corn on the Cob	214	0.3	11	51	8	6	9:1
Couscous with Lentils	210	0.6	77	35	1	6.6	
Egg Noodles	221	0.7	12	41	1	2	
Garden Vegetables	63	0	29	13	4.5	2	7:1
Mexicorn	124	2.6	4	21	3	2.3	9:1
Peas	85	0.1	3	18	7	6	3:1
Asian Slaw	106	0	572	27	21	2	9:1
Baked Beans Andouille	277	3	851	43	16	7	
Beef Gravy	34	0.01	338	7	0.5	0.2	
Mashed Potato	215	0.7	494	44	2	4	
Rice Pilaf	241	0.3	822	46	1	1	46:1
Coleslaw	119	1	149	12	9	2	
Confetti Rice	252	1	12	50	1	1.5	
Creamy Adoba Rice	242	3.5	516	42	1.5	2	

	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
Onion Straws	480	5	480	48	5	5	
Oriental Stir Fry Rice	286	0.2	976	59	4	5	
Biscuit	180	3	620	28	3	1.0	28:1
Corn Bread	508	3.8	1351	84	25	8	11:1
Chicken Gravy – 3 fl oz	92	1.8	395	7	0.5	0.2	35:1
Pasta, Bow Ties	337	0.25	5	68	2.4	3	23:1
White Rice	79	0.1	159	16	0	0.1	> 10:1
Tomato Sauce – 3 fl oz	48	0.1	383	8	5	2	
Tomato Basil Rice	189	0	786	43	2	0	43:1
Roasted Vegetable Pilaf	225	0.7	751	39	1	1	39:1
Red Bliss Mashed Potatoes	183	3.5	217	28.5	5	2.5	11:1
Penne Pasta	187	0.4	1	32	0.6	2	16:1

<b>Grill</b>	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
Goat Cheese and Spinach Turkey Burger on a Whole Wheat Bulkie	450	5	536	32	3	5.5	6:1
Mesquite Chicken on Whole Wheat Wrap	639	5.7	583	45	3	5	
Buffalo Chicken Wrap	682	7.2	1662	59	5.5	6	
Chicken Caesar Salad	961	18	2629	46	5	5	9:1
Chicken Greek Salad	711	10.5	1107	24	3	2.7	
Chicken Tenders	337	2	1982	34	2	2	
Crispy Orange Chicken Wrap	610	8	765	45	27	0	
Crispy Fried Onion Burger	853	16	1111	70	13	5	
French Fries	149	1	427	24	0	1	
Fish and Chips	380	1.7	894	45	0	1	45:1
Fish Sandwich on Roll	357	1	780	54	4	4	
Grilled Sausage, Pepper & Onion Sub	968	17	2197	86	3	6	14:1
Hot Pastrami on a Bulkie Roll	393	1	1921	48	3	2	24:1
Clam Roll on a Hot Dog Bun	368	0.5	1096	65	6	2	14:1
Grilled Bacon, Tomato, & Provolone Sandwich	306	2	800	48	3	2.5	19:1
Spicy Pastrami Melt	353	4	1186	25	3	3	
Wing Dings	351	2	2062	35	2	2	
Onion Straws	480	5	480	48	5	5	
Pulled Pork Wrap	731	13	807	57	15	5	
Turkey and Dill on Sourdough	423	5	1063	47	2	2	
Santa Fe Chicken on Whole Wheat Wrap	522	5	843	57	1.5	5.5	10:1

<b>Cold Pre-made Salads</b>	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
Beet and Spinach with Gorgonzola Vinaigrette	285	2.3	459	23.5		9	3:1
Garden Salad with Flaked Tuna	210	1.7	418	16	0	6.3	3:1
Antipasto	460	12	1777	18	6.5	6	
Blackened Chicken Caesar	393	3	1140	24	10	7	3.5:1
Chef	382	11	1149	16	8	5	3:1
Buffalo Chicken Caesar	401	5.5	1184	17	8.7	4.6	4:1

	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
Chicken, Artichoke, Red Pepper	235	< 1	1103	17	4.5	9	
Chinese Chicken Pasta	717	5	801	77	6	6	
Chicken Tomato Tortellini	852	8	1619	98	5	8.3	12:1
Fresh Tomato Mozzarella	497	14.9	861	27	14	7.7	4:1
Maria's Chicken, Broccoli, Pesto	834	10	1457	81	11	6	13.5:1
New West Chicken Salad	795	7.7	517	50	33	6	8:1
Orecchiette Mozzarella Tomato	692	16	1505	45	10	5	9:1
Orzo w/Grilled Eggplant & Feta	418	4	987	67	9	10	6:1
Spicy Oriental Noodle	780	5	670	101	7.5	7	14:1
Spinach, Pear, and Gorgonzola	862	17	1202	89	62	11	

<b>Deli</b>	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
<b>Deli Items</b>							
<b>Mediterranean Vegetable Wrap</b>	531	4	339	63	7	12	5:1
Carrots Shredded 1 oz	12	0.01	20	2.7	1.3	0.8	
Chicken Salad, 3.5 oz	180	0.79	313	0.4	0.2	0.2	
Egg Salad, 3.5 oz	171	3.25	188	1.0	1.0	0	
Hummus, Sabra, Tub, 1 oz	56	0.25	38	6.1	1.0	1.5	
Lettuce, Green Leaf, 1 oz	4	0.01	8	0.8	0.2	0.4	
Lettuce, Romaine, Shredded, 1 oz	5	0.01	2	0.9	0.3	0.6	
Meat, Turkey Breast, 1 oz	30	0	106	0	0	0	
Onion, Red, Sliced, 1 oz	15	0.01	1	3.6	1.5	0.5	
Salad, Tabouli, 1 oz	35	0.25	51	4.0	0.5	0.5	
Sprouts, Alfalfa, 1 oz	7	0.02	2	0.6	0.1	0.5	
Tomatoes, Sliced, 1 oz	5	0.01	1	1.1	0.7	0.3	
Vinegar, Red Wine, 1 oz	0	0	0	0	0	0	
<b>Chicken Elegant on Whole Wheat Wrap</b>	400	2	643	42	3	7	6:1
<b>Grilled Vegetable Whole Wheat Wrap with Avocado Bistro Spread</b>	335	3	293	43	2.50	7	6:1
Tuna Salad, made w/ Kraft Light 3.5 oz	184	2.05	482	0	0	0	
Vegetables, Grilled, 1 serv.	186	1.11	339	14.4	5.8	6.1	
Mayonnaise, Kraft Light 1 oz	85	0.94	189	0	0	0	
Meat, Roast beef, 1 oz	35	0.51	96	0	0	0	
Olive Oil, Pomace, 1 oz	243	4.05	0	0	0	0	
Caribbean Chicken Salad Whole Wheat Wrap	607	5.5	487	47	8	5	9:1
Chicken Salad BLT Rollup	686	6	1258	41	3	6	7:1
Chicken Caesar Rollup	941	12	2715	63	3	7	9:1
Cranberry Pecan Chicken Sandwich on Whole Wheat Bread	591	3.6	641	43	8	5	9:1
Fresh Mozzarella, Artichoke, Pepper Rollup	447	9	918	47	3	6.5	7:1
Greek Salad Pocket	681	15.6	1903	33	3	9	4:1
Honey Bee Wrap	790	13	1434	68	27	6	11:1
Italian Antipasto Wrap	1170+	32.5	5157+	20+	6	2.5	
Italian Sub	718	14	2376	61	2	4	15:1
Mediterranean Chicken Wrap	820	13	2078	46	2	4	15:1
Roast Beef and Boursin Sandwich on Whole Wheat bread	406	9.5	829	35	3	4	9:1



	Calories	Sat Fat (g)	Sodium (mg)	Carb (g)	Sugar (g)	Fiber (g)	Carb:Fiber
Smoked Dijon Parmesan Wrap	515	3	1408	41	8	4	10:1
Smoked Turkey and Pepper Jack Club on Whole Wheat	596	10	1472	41	3	8.5	4.5:1
Tarragon Tuna Club on Spinach Wrap	596	7	1421	43	4	4	11:1
Turkey and havarti on Whole Wheat Wrap	442	7.5	922	39	1	5	8:1
Cheese, American, Yellow, Sliced, 1 oz	104	4.48	448	1.5	1.5	0	
Cheese, Provolone, 1 oz	101	5.06	116	1	0	0	
Cheese, Swiss, 1 oz	111	6.07	51	1	0	0	
Greek Salad Pocket, 1 serv.	377	10.51	1519	30.6	3.4	9.4	
Horseradish Mayo, 1 oz	43	2.45	30	1.1	1.1	0.1	
Meat, Bacon, 1 oz	153	3.89	655	0.5	0	0	
Meat, Bologna, 1 oz	86	2.53	380	2	1.5	0	
Meat, Capicola, 1 oz	50	0.88	425	0	0	0	
Meat, Ham, 1 oz	35	0.51	268	1	1	0	
Meat, Honey Ham, 1 oz	35	0.25	223	1.5	2	0	
Meat, Mortadella, 1 oz	81	2.28	294	1	0	0	
Meat, Pepperoni, Carando, 1 oz	132	4.05	537	1	1	0	
Meat, Salami, Genoa, 1 oz	71	1.52	405	1	0	0	
Meat, Turkey, Smoked, Sknls, 1 oz	25	0	273	0.5	0	0	
Mustard, Dijon, 1 oz	43	0	482	0	0	0	
Mustard, Honey, 1 oz	113	0	28	11.3	11.3	0	
Mustard, Whole Grain, 1 oz	43	0	397	0	0	0	
Mustard, Yellow, Classic, 1 oz	0	0	312	0	0	0	
Pepper, Cherry, Hot, Relish, 1 oz	0	0	5289	0	0	0	
Pickles, Dill, Slices, Crinkle Cut, 1 oz	0	0	213	0.5	0	0	
Roasted Grape Tomatoes, 1 serv.	241	3.74	295	0.4	0	0.2	
Roasted Olives, 1 serv.	272	4.11	505	2.6	0.1	1.5	
<b>Deli Breads</b>							
Wrap, Whole Wheat, 1 serv.	230	1.5	160	36	0	4	9:1
Wrap, Spinach, 1 serv.	230	1.5	170	36	0	2	18:1
Wrap, Tomato, 1 serv.	230	1.5	230	36	1	2	18:1
Wrap, White Flour, 1 serv.	230	1.5	170	36	0	2	18:1

<b>Soups</b>								
Soup Criteria	Calories	Sat Fat (g)	Trans Fat (mg)	Sodium (g)	Carb (g)	Sugar (g)	Fiber (g)	Carb:Fiber
<b>Green</b>	<b>&lt; 200</b>	<b>&lt; 1</b>	<b>0</b>	<b>&lt; 400</b>		<b>&lt; 3</b>		
<b>Yellow</b>	<b>&lt; 300</b>	<b>&lt; 2</b>	<b>0</b>	<b>&lt; 550</b>		<b>≤ 5</b>		
<b>Red</b>	<b>&gt; 300</b>	<b>&gt; 2</b>	<b>≥ 1</b>	<b>&gt; 550</b>		<b>&gt; 5</b>		
Mushroom Barley	115	0.3		78	21	1	4	
Tomato Basil	84	0.5		149	13	6	4.5	
Vegetarian Vegetable	73	0.5		485	13	4	2	
Bavarian Lentil and Bean	165	0.2		570	29	1.5	10	
Bean and Bacon	35	0.2		874	5	2	1	
Beef Minestrone	112	0.1		881	21	3	5	
Beef and Green Lentil	253	2.1		626	30	2	11	
Beef Noodle	90	1.7		6646	4.4	1	0.6	
Broccoli Cheese	158	3		651	17	3.6	0.2	
Chicken Ditalini	114	1		818	12	3.2	1.6	
Chicken Florentine	76	1		890	6	< 1	< 1	
Chicken Gumbo	64	0.5		840	8	3	1	
Chicken Noodle	133	1		865	13	2	1	

	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
Chicken Orzo	88	0.9		768	5	2	0.7
Chicken Vegetable	87	0.75		780	8	4	2
Clam Chowder	293	13		705	17	1	2
Corn Chowder	222	6.5		690	27	3.3	2.6
Corn and Bacon Chowder	208	6		785	23	2	2.5
Crab and Spinach	101	3		667	10	1.5	1
Cream of Broccoli	358	15		1051	12	2	0.5
Cream of Mushroom	443	24		918	11	0.8	0.5
Creamy Chicken Gumbo	499	20.5		950	19	6	1
Fish Chowder	198	2		812	21	3	2.7
Hot and Sour	153	1		1026	19	2.2	2.8
Italian Wedding	95	0.8		989	8	2	1.5
Olla Podrida	137	1.7		1120	11	1.5	2.5
Potato Leek	96	1.8		792	15	0.4	2
Russian Potato and Mushroom	106	2		545	15	2.5	1.5
Sausage Creole	119	0.1		1239	18	5.4	4.6
Seafood Chowder	312	9.7		515	21	1	2.4
Split Pea with Ham	122	0.7		729	17.4	3.2	5.8
Turkey Noodle	88	0.6		689	6	1.5	1
Western Beef	144	2.2		1068	12	3.5	2.2

<b>Desserts</b>	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
Yogurt Parfait with Strawberries	324	1.4	292	63.7	39.8	4.3	
Pudding, Butterscotch	144	1.95	295	27	21.7	0	
Pudding, Chocolate	144	1.95	285	26	20.7	0	
Pudding, Vanilla	144	1.95	295	27	21.7	0	
Apple Cranberry Crisp	186	1.11	34	37.8	27	3.7	

<b>Salad Bar</b>	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Sugars (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
<b>Raw Veggies</b>							
Iceberg lettuce -- 1 leaf	2	0.0	0.0	0.4	0.5	0.3	1:1
Broccoli – ½ cup chopped	12	0.0	0.0	2	1	1.3	2:1
Carrots – ½ cup shredded	25	0.0	20	3.0	1	0.7	4:1
Cucumbers – ½ cup slices	7	0.0	0.0	1.4	1	0.4	4:1
Cherry tomatoes – ½ cup	33	0.0	0.0	7	0	0.0	7:1
Green peppers – ½ cup chopped	14	0.0	0.0	3	1	1	4:1
Onion – ½ cup chopped	30	0.0	0.0	7	5	1.4	6:1
Mesclun Mix – 3 oz	12	0	3	3	0	0	3:1
Baby spinach – 1 cup	10	0.0	0.0	1	0	1.0	1:1
Beets – 3 oz	27	0	183	6	3	0	6:1
Marinated Mushrooms - 3 oz	39	0	435	6	3	0	6:1

<b>Proteins</b>	<b>Calories</b>	<b>Sat Fat (g)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Carb:Fiber</b>
Plain tofu – 3 oz	81	0	6	3	0	0	
Hard Boiled Egg (sliced) – 1 large	135	3	102	3	3	0	
Garbanzo beans – 1 oz	26	0	85	4	0	2	
Hummus – 1 oz	56	0	38	6	1	2	
Chicken – 1 oz	34	0	216	0	0	0	
Tuna – 1 oz	161	1.8	446	0	0	0	
<b>Cheese</b>							
Feta	75	4.2	424	1.2	0	0	
Cheddar	114	6	176	0.4	0.5	0	
<b>Breads</b>							
White pita – 1 pita (~ 6.5 in.)	165	0	322	33	1	1	33:1
Whole grain pita – 1 pita (~ 6.5 in.)	170	0	340	35	1	5	7:1
<b>Premade Salads</b>							
Three-bean salad – 3 oz	54	0	198	12	6	3	4:1
Oriental Noodle – 3 oz	93	0	234	12	0	0	12:1
Tabouli - 3 oz	82	0	388	12	2	3	4:1
Penne Primavera Salad – 3.5 oz	180	2	1200	18	2	2	9:1
Costa Red Royal potato salad – ¼ cup	177	1	450	24	8	2	12:1
Roasted corn Bruschetta -- 3 oz	180	1	356	20	4	3	7:1
Olive Antipasto salad – 2 oz	295	1	345	7	2	2	4:1
Caribbean Black Bean Salad – 3 oz	550	1	452	42	1	0	42:1
Basil Pesto Twist Salad – 2/3 cup	60	3	450	59	3	3	20:1
Mediterranean Tomato Salad – 3.5 oz	60	0	510	5	2	1	5:1
Olive Salad – 3 oz	75	0	729	3	0	3	1:1

<b>Salad Bar- Dressings &amp; Toppings</b>	<b>Calories</b>	<b>Sat Fat (g)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Sugar (g)</b>	<b>Fiber (g)</b>	<b>Carb:Fiber</b>
<b>Salad Bar Dressings - 2 Tbsp</b>							NA
Olive Oil (1 tbsp)	120	2	0	0	0	0	
Balsamic Vinegar	28	0	8	6	4	0	
Red Wine Vinegar	6	0	2	0	0	0	
White Vinegar	0	0	10	0	0	0	
Cindy's Kitchen Vidalia Onion & Cilantro LITE	90	1.0	150	4	3	0	
Cindy's Kitchen Raspberry Vinaigrette Fat-Free	35	0	105	9	6	0	
Cindy's Kitchen French LITE	60	0	120	7	4	0	
Cindy's Kitchen Vidalia Onion & Cilantro LITE	90	1.0	150	4	3	0	
Saratoga Dressing: Ranch	80	1.5	210	2	1	0	
Cindy's Kitchen Parmesan Peppercorn	140	1.5	270	2	2	0	
Saratoga Dressing: Russian	80	1.0	270	6	3	0	
Saratoga Dressing: Low-Fat Zinfandel Vinaigrette	35	0	520	6	5	0	
Saratoga Dressing: Dijon Honey Mustard	120	1.0	110	10	6	0	
Saratoga Dressing: Blue Cheese	150	3.5	200	0	0	0	
Cindy's Kitchen Roasted Garlic Caesar	170	1.0	110	3	1	0	
<b>* Dressing Criteria:</b>							
Green	<120	<1	<100	<7	<3	<3	
Yellow	<150	<1.5	<150	<10	<5	<5	
Red	>150	>1.5	>150	>10	>5	>5	

<b>Salad Bar – Toppings (2 tbsp)</b>							
	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Carb:Fiber</i>
Walnuts, chopped	95	1.0	0	4	0	2	
Almonds, sliced	78	0.5	0	6	1	3	
Sunflower Seeds (hulled, unsalted)	93	1.0	0	8	1	3.5	
Grapenuts	50	0	60	24	4	2.5	
Croutons (6 croutons)	30	0	80	5	0	0	
Bacon Bits	50	2	480	0	0	0	
Raisins	65	0	5	16	15	1.5	
Cranberries	45	0	0	25	20	1	
Chow Mein Noodles (3.5 oz)	527	4	440	58	0	4	

<b>Yogurts (6 oz. container)</b>	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Sugars* (g)</i>	<i>Fiber (g)</i>	<i>Carb: Fiber</i>
Chobani (plain) -6 oz	100	0	80	7	7	0	7:0
Chobani (vanilla) -6 oz	120	0	75	13	13	0	13:0
Dannon Light (strawberry banana) -6 oz	80	0	75	15	11	0	15:0
Yoplait Light (cherry) -6 oz	100	0	85	19	14	0	19:0
Yoplait Light (raspberry) -6 oz	100	0	85	19	14	0	19:0
Yoplait Light (blueberry) -6 oz	100	0	85	19	14	0	19:0
Chobani (blueberry) -6 oz	140	0	65	20	20	0	20:0
Chobani (peach) -6 oz	140	0	65	20	19	0	20:0
Chobani (pomegranate) -6 oz	140	0	75	21	19	0	21:0
Chobani (cherry) -6 oz	140	0	70	22	21	0	22:0
Chobani (pineapple) -6 oz	160	2	65	21	18	0	21:0
Activia (peach) -6 oz	120	1	60	22	19	0	22:0
Yoplait (raspberry) -6 oz	170	1	85	33	26	0	33:0
Yoplait (mixed berry) -6 oz	170	1	85	33	26	0	33:0
Yoplait (peach) -6 oz	170	1	85	33	26	0	33:0

\* 6 oz. yogurt contains 7 grams of natural sugars. Remaining is “added sugar”.

<b>Condiments (per package)</b>	<i>Calories</i>	<i>Sat Fat (g)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Sugars (g)</i>	<i>Fiber (g)</i>	<i>Carb: Fiber</i>
Individual Heinz Ketchup Packet	9	0	100	2	2	0	NA
Individual Monarch Mustard Packet	5	0	55	0	0	0	
Individual Monarch Relish Packet	15	0	70	3	3	0	
Individual Kraft Mayo Packet	90	1.5	65	0	0	0	
Smuckers Sugar Free Breakfast Syrup	10	0	75	0	0	0	
Smuckers Breakfast Syrup	89	0	3	23	20	0	
Smucker’s Concord Grape Jelly	79	0	9	20	14	0	
Smucker’s Peanut Butter	120	2	100	5	2	2	
Smucker’s Strawberry Jam	71	0	0	18	14	0	
Smucker’s Honey	91	0	0	26	24	0	
<b>Refrigerated Condiments</b>							
Smart Balance Buttery Spread	40	2	45	0	0	0	
Kraft Philadelphia 1/3 Less Fat Cream Cheese	45	2.5	95	1	1	0	
Kraft Philadelphia Regular Cream Cheese	97	5	91	1	1	0	
Bacon and Chive Cream Cheese	194	10	182	2	2		
Maple Walnut Cream Cheese	194	10	182	2	2	0	
Vegetable Cream Cheese	194	10	182	2	2	0	
Cinnamon Butter	100	13.6	0	0	0	0	
Grassland Butter	50	3.5	0	0	0	0	