



Nutritional Analysis of Common Deli Bar Items

"Common" Name	Portion (g) for average serving	Normal US measurement/ portion	Kcal	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Protein (g)	Carb (g)	Cholest. Mg	Sodium mg	Dietary Fiber (g)	"Common" Brand Used
American Cheese	28	1 oz	110	9	5	0	6	1	20	360	0	Great Lakes
Cheddar Cheese	28	1 oz	107	9	5	0	7	0	33	180	0	Great Lakes
Havarti Cheese	28	1 oz	110	9	6	0	6	<1.00	25	170	0	Dofino
Muenster Cheese	28	1 oz	110	9	6	0	7	0	30	180	0	Great Lakes
Pepper Jack Cheese	28	1 oz	103	9	5	0	6	1	15	324	0	Great Lakes
Provolone Cheese	28	1 oz	107	8	4	0	7	0	20	240	0	Great Lakes
Swiss Cheese	28	1 oz	107	8	5	0	8	0	27	60	0	Great Lakes
Tuna	98	3.5 oz	88	0	0	0	23	0	44	315	0	Duet Brand
Ham	98	3.5 oz	117	5	2	0	14	5	47	1272	0	JMorrell-Smithfield
Salami	98	3.5 oz	33	35	16	0	21	0	88	1803	0	Cudahy-Smithfield
Roast Beef	98	3.5 oz	105	4	2	0	18	0	44	875	0	Hormel
Grilled Chicken Breast (4 oz raw)	98	3.5 oz	130	4	0	0	26	0	65	75	0	Pierce Foods
Turkey Breast	98	3.5 oz	70	1	0	0	16	2	35	858	0	Jennie O
Smoked Turkey Breast	98	3.5 oz	88	1	0	0	21	2	44	1033	0	Jennie O
Peppered Turkey Breast	98	3.5 oz	88	0	0	0	21	0	44	788	0	Jennie O
Lettuce Leaves	28	1 oz	4	0	0	0	0	1	0	8	0	USDA
Red Onion, Sliced	28	1 oz	12	0	0	0	0	3	0	1	0	USDA
Tomato Slices	56	2 oz	10	0	0	0	0	2	0	3	1	USDA
Mushrooms	28	1 oz	6	4	0	0	0	1	0	2	0	USDA
Grated Carrots	28	1 oz	11	0	0	0	0	3	0	19	1	USDA
Roasted Red Peppers	28	1 oz	15	0	0	0	0	2	0	105	1	JR Simplot
Mayonnaiase	14	1 T	100	11	2	0	0	0	5	75	0	Kraft Foods
Mayonnaiase Light	14	1 T	47	5	1	0	0	1	5	112	0	Kraft Foods
Maryonnaiase Fat Free	14	1 T	10	0	0	0	0	2	1	105	0	Kraft Foods
Mustard, Yellow	14	1 T	0	0	0	0	0	0	0	168	0	Kraft Foods
Mustard, Bown	14	1 T	20	1	0	0	1	1	0	307	1	French's
Kosher Pickle Chips	14	1 T	2	0	0	0	0	0	0	173	0	Claussen
Sweet Pickle Gherkins	28	1 oz	32	0	0	0	0	8	0	226	0	Nalley's
Bread, Old Fashioned White	76	2 sl	220	3	0	0	6	20	0	480	2	Orowheat
Bread, 100% Stonegrnd Whole Wheat	68	2 sl	180	2	0	0	8	32	0	270	4	Pepperidge Farms
Bread, Cracked Whole Wheat	76	2 sl	200	2	0	0	6	40	0	340	4	Orowheat
Bread, Extra Sourdough	84	2 sl	220	1	0	0	8	44	0	420	2	Francisco
Bread, Sourdough	96	2 sl	260	1	0	0	10	50	0	480	2	Bimbo Bakeries
Bread, Light/Mild Rye	64	2 sl	140	1	0	0	6	26	0	140	8	Natural Ovens

Note: Nutritional Analysis based on commonly offered menu items. Your local cafe may not be using the same items or exact brand names mentioned here

Menu Analysis completed with ESHA Research Nutrition and Fitness Software v 10.0 or Manufacturer's information