



# BALANCED CHOICES

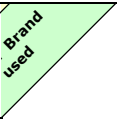
for a healthy lifestyle

### Nutritional Analysis of Common Salad Bar Items

Analysis based on commonly offered menu items. Your local cafe may not be using the same items or exact brand names mentioned here	Portion (g) for average serving		Normal US measurement/portion	Kcal	Total Fat (g)			Protein (g)	Carb (g)	Cholest. Mg	Sodium mg	Dietary Fiber (g)	"Common"
	Portion (g)	for average serving			Total Fat (g)	Sat Fat (g)	Trans Fat (g)						
Mixed Garden Greens	112	4 oz	19	0	0	0	2	3	0	28	2	USDA	
Iceberg Lettuce Mix	112	4 oz	16	0	0	0	1	3	0	11	1	USDA	
Fresh Leaf Spinach	112	4 oz	26	0	0	0	3	4	0	88	2	USDA	
Canned Beets, Shoestring	28	2 T	7	0	0	0	0	2	0	52	0	S&W	
Frozen Peas, Served Thawed	28	2 T	18	0	0	0	1	3	0	35	2	Birds Eye	
Black Beans	56	2 oz	31	0	0	0	2	7	0	229	3	S&W	
Garbanzo Beans	56	2 oz	43	1	0	0	3	7	0	146	2	Old El Paso	
Cottage Cheese	56	2 oz	56	2	1	0	6	2	12	199	0	Knudsen	
Imitation Krab	56	2 oz	65	0	0	0	8	7	27	34	0	USDA	
Hard Boiled Eggs	28	1 oz	43	3	1	0	4	0	119	35	0	USDA Large	
Ham, Cooked, Cubed	56	2 oz	50	1	0	0	10	1	25	759	0	John Morrell	
Grilled Chicken Breast, Cooked	56	2 oz	74	2	0	0	15	0	37	43	0	Pierce Foods	
Turkey Breast, Diced	56	2 oz	34	1	0	0	8	1	17	420	0	Jennie O	
Tofu, Firm Cubed	56	2 oz	31	1	0	0	4	1	0	36	0	USDA	
Green Bell Peppers, Julienne	28	1 oz	6	0	0	0	0	1	0	1	0	USDA	
Red Bell Peppers, Julienne	28	1 oz	0	0	0	0	0	2	0	1	1	USDA	
Cauliflower Florettes	56	2 oz	14	0	0	0	1	3	0	17	1	USDA	
Broccoli Florettes	56	2 oz	16	0	0	0	2	3	0	15	2	USDA	
Cherry Tomatoes	56	2 oz	10	0	0	0	0	2	0	3	1	USDA	
Cucumber, sliced	28	1 oz	4	0	0	0	0	1	0	1	0	USDA	
Mushrooms	28	1 oz	6	4	0	0	0	1	0	2	0	USDA	
Red Onion, Fresh, Sliced thin	28	1 oz	12	0	0	0	0	3	0	1	0	USDA	
Celery, Diced	28	1 oz	4	0	0	0	0	1	0	22	0	USDA	
Grated Carrots	28	1 oz	11	0	0	0	0	3	0	19	1	USDA	
"Common" Name	Portion (g)	for average serving	Normal US measurement/portion	Kcal	Total Fat (g)			Protein (g)	Carb (g)	Cholest. Mg	Sodium mg	Dietary Fiber (g)	"Common"
Cheddar Cheese, Shredded	28	2 T	110	10	5	0	7	2	30	180	0	Great Lakes	
Bleu Cheese, Crumbled	28	2 T	100	8	5	0	6	0	25	380	0	Great Lakes	
Parmesan Cheese, Shredded	5g	2 t	20	2	1	0	2	0	5	75	0	Great Lakes	
Ranch Dressing, Fat Free	28	2 T	39	0	0	0	0	9	0	308	0	Kraft	
1000 Island Dressing	28	2 T	108	9	1	0	0	5	9	280	0	Kraft	
Honey Mustard Dressing	28	2 T	99	9	1	0	0	5	0	190	0	Kraft	
Bleu Cheese Dressing	28	2 T	121	12	2	0	1	2	5	289	1	Kraft	
Fat Free Italian Dressing	28	2 T	17	0	0	0	0	3	1	365	0	Kraft	
Balsamic Vinaigrette	28	2T	90	8	1	0	0	4	0	300	0	Kraft	
Creamy French Dressing	28	2T	160	15	3	0	0	5	0	270	0	Kraft	
Caesar Salad Dressing	28	2 T	103	10	2	0	1	1	9	271	0	Kraft	

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