

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)		calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)		calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)	
desserts								frosted mini-wheats	190	1	0	0	45	6	0		<i>beverages, cont.</i>							
angel food cake (1/6 th of 9")	150	0	0	0	33	3	290	fruit loops	120	1	0	0	26	2	150	fruit juice, unsweetened (8 oz.)								
apple pie (1/8 th of 9")	410	19	4.5	0	58	4	330	granola	600	30	6	0	65	18	25	apple	120	0	0	0	29	0	5	
boston cream pie (1/6 th of 9")	230	8	2	35	39	2	130	grapenuts	420	2	0	0	94	13	710	grape	150	0	0	0	38	1	10	
cheesecake (3 oz.)	270	19	8	45	22	5	180	kix	90	0	0	0	19	1	200	grapefruit	90	0	0	0	22	1	0	
chocolate cake (2 oz.)	150	5	2.5	15	25	2	210	lucky charms	110	1	0	0	25	2	200	orange	100	0	0	0	25	1	0	
chocolate éclair (5" x 2")	260	16	4	125	24	6	340	rice krispies	100	0	0	0	22	2	260	tomato (6 oz.)	30	0	0	0	8	1	490	
chocolate pudding (1/2 cup)	170	4.5	2.5	15	28	5	140	puffed rice	50	0	0	0	12	1	0	fruit punch (12 oz.)	170	0	0	0	45	0	140	
coffee cake (1/8 th of 8")	180	5	1	25	30	3	240	puffed wheat	45	0	0	0	10	2	0	lemonade (12 oz.)	150	0	0	0	39	0	10	
pecan pie (1/6 th of 8")	450	21	4	35	65	54	480	raisin bran	190	1.5	0	0	47	5	360	milk (8 oz.)								
yellow cake w/icing (2" x 3")	270	9	2	0	45	2	300	shredded wheat	170	0.5	0	0	41	5	0	whole	150	8	4.5	25	11	8	100	
								special k	120	0	0	0	22	7	220	2%	120	5	3	20	11	8	100	
								total	130	1	0	0	30	4	260	1%	100	2.5	1.5	10	12	8	105	
cookies & bars								hot cereals (1 cup)								skim	80	0	0	5	12	8	105	
brownie (4" sq.)	490	20	6	20	78	5	310	cream of wheat, plain	120	0	0	0	26	4	150	soy	130	4.5	0	0	12	11	0.5	
chocolate chip cookie (3-1/2")	200	10	3	0	26	2	120	grits, cooked, plain	140	0	0	0	26	4	540	chocolate, 2%	180	5	3	20	26	8	150	
oatmeal raisin cookie (4")	370	13	3	20	59	4	220	oat bran, cooked, plain	90	2	0	0	16	4	100	soda (16 oz.)								
rice krispy treat (4" sq.)	180	4	0.5	0	35	1	150	oatmeal, cooked, plain	140	2	0	0	26	6	380	diet	0	0	0	0	0	0	5	
sugar cookie (4")	400	18	4	20	57	4	380	bread/pastries								mountain dew	227	0	0	0	61	0	93	
gingerbread (2" x 3")	150	4	2	0	27	2	310	bagel, plain (4")	240	1.5	0	0	48	9	480	regular, cola	200	0	0	0	53	0	13	
								biscuit (4")	360	16	4.5	5	45	7	590	sprite	187	0	0	0	52	0	47	
ice cream (1/2 cup)								cinnamon bun (4-1/4")	260	15	3.5	15	29	5	240	tea, brewed, unsweet. (16 oz.)	5	0	0	0	1	0	20	
chocolate	190	13	8	45	15	3	40	croissant (medium)	230	12	7	40	26	5	420	condiments & sauces (1Tbsp.)								
vanilla	130	7	4.5	30	16	2	55	danish pastry, cheese (medium)	270	16	5	10	26	6	320	apple butter	30	0	0	0	8	0	0	
vanilla, soft serve	190	11	6	80	19	4	50	doughnut								butter	100	11	7	30	0	0	80	
vanilla, low fat frozen yogurt	100	1.5	1	5	18	4	60	glazed (4-1/4")	300	17	4.5	5	33	5	260	bbq sauce	25	0	0	0	6	1	150	
sherbet	110	1.5	1	0	22	1	35	cream filled (3-1/2")	310	21	4.5	20	26	5	260	equal	4	0	0	0	1	0	0	
								english muffin (1 each, plain)	130	1	0	0	26	4	260	half & half	20	1.5	1	5	1	0	5	
toppings (1 Tbsp.)								french bread (medium slice)	180	2	0	0	33	6	390	honey	60	0	0	0	17	0	0	
hot fudge	70	2.5	1	0	12	1	60	muffin (4 oz.)								horseradish	5	0	0	0	2	0	45	
caramel sauce	50	0	0	0	14	0	70	banana nut	380	14	3	10	58	6	740	jam/jelly/perserves, average	50	0	0	0	13	0	5	
								blueberry	360	10	4	10	62	6	620	ketchup	15	0	0	0	4	0	170	
snacks (3 oz.)								bran	430	22	6	55	53	6	430	margarine, tub	100	11	2	0	0	0	150	
corn chips	430	23	8	0	53	5	870	corn	360	12	6	40	60	4	600	mayonnaise	100	11	1.5	5	0	0	75	
popcorn								pita (6-1/2")	170	0.5	0	0	33	5	320	mayonnaise, light	50	5	0.5	0	1	0	120	
3 cups popped with oil	170	9	1.5	0	19	3	290	tortilla								mustard, yellow	10	0	0	0	1	1	170	
3 cups air popped	90	1	0	0	19	3	0	flour (10")	220	6	1.5	0	37	6	460	molasses	60	0	0	0	15	0	10	
potato chips	460	29	4.5	0	45	6	510	corn (6")	60	0.5	0	0	12	1	10	peanut butter, creamy	90	8	1.5	0	3	4	75	
pretzels	320	3	0.5	0	67	8	1460	white bread (1.5 oz. slice)	120	2.5	0	0	21	3	150	salsa, fresh	5	0	0	0	1	0	0	
tortilla chips	430	22	4.5	0	53	6	450	whole wheat bread (1.5 oz. slice)	130	2.5	0	0	24	4	160	sour cream	30	3	2	5	1	0	10	
								beverages								soy sauce	10	0	0	0	1	2	1010	
cereal (1 cup)								beer, regular (12 oz.)	140	0	0	0	11	1	15	splenda	5	0	0	0	1	0	0	
all-bran	160	3	0	0	44	8	150	beer, light (12 oz.)	100	0	0	0	5	1	15	steak sauce	10	0	0	0	2	0	230	
bran flakes	120	0	0	0	32	4	300	coffee (16 oz.)								sugar	50	0	0	0	12	0	0	
capt'n crunch	140	2	0.5	0	31	2	270	brewed, black	5	0	0	0	0	1	10	sweet'n low	4	0	0	0	1	0	4	
cheerios	110	2	0	0	22	4	210	cappuccino, whole milk	190	9	6	40	15	9	140	syrup	45	0	0	0	12	0	15	
cinnamon toast crunch	170	4.5	0.5	0	32	2	270	mocha, whole milk	450	27	16	95	44	16	200									
cocoa puffs	120	1	0	0	26	1	170	latte, whole milk	280	15	9	60	23	15	230									
cookie crisps	120	1	0	0	26	1	180																	
corn flakes	100	0	0	0	24	1	200																	
corn pops	120	0	0	0	28	1	120																	
fiber one	120	1.5	0	0	49	5	260																	
frosted flakes	150	0	0	0	37	1	200																	

knowing the numbers

know what you are eating



BON APPÉTIT
MANAGEMENT COMPANY
food services for a sustainable future®

Good nutrition and physical activity are at the foundation of a healthy lifestyle. Although many people believe that “eating healthfully” means subjecting yourself to a fat-free, low-carb, flavorless diet, this is definitely not the case. The focus should be on establishing healthy eating patterns over time and enjoying well-balanced, wholesome meals.

At Bon Appétit Management Company, the health and well being of our customers is our top priority. We compiled this guide of nutritional values for common foods you may find in your cafés. Using this as a general reference you can become more aware of what you’re eating and strive for a balanced intake of carbohydrates, protein and fat.

This tool is not specific to Bon Appétit meals because we don’t have standard “corporate recipes” to be analyzed. Rather, each Bon Appétit chef creates a unique menu based on the food that’s available seasonally and locally.

We are committed to serving healthful food that is full of flavor. Trans fat has been eliminated from our kitchens and healthy offerings, such as whole grains and legumes, are mainstream throughout our cafés. Look for the In Balance, Low Fat and Well Being icons on our menus for nutritious meals that meet your needs. The information in this guide, along with an abundance of nutrition and physical activity tips, is also available in the Well Being section of our website, www.CircleofResponsibility.com.

This information is not intended to take the place of advice from a healthcare professional. Check with your physician before starting any diet or exercise program. In addition, while all efforts have been made to ensure the information included in this material is correct, new research is released frequently and may invalidate certain pieces of data. 7/07

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)
salad bar							
salad dressings (1 Tbsp.)							
blue cheese	80	8	1.5	5	1	1	120
caesar	80	8	1.5	0	0	0	160
canola oil	120	14	1	0	0	0	0
french	70	7	1	0	2	0	130
italian	45	4	0.5	0	2	0	240
olive oil	120	14	2	0	0	0	0
ranch	70	7	1	5	1	0	115
thousand island	60	5	1	5	2	0	135
vinaigrette	70	8	1.5	0	0	0	0
vinegar, cider	0	0	0	0	1	0	0

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)
salad bar items							
almonds (2 tbsp.)	110	9	0.5	0	4	4	5
artichoke hearts plain (1/2 cup)	40	0	0	0	9	3	80
avocado (1/2 cup)	120	11	1.5	0	6	1	5
bacon bits (1 tbsp.)	25	1.5	0	5	0	3	220
beans (1/2 cup)							
adzuki beans	150	0	0	0	28	9	10
black beans	110	0	0	0	20	8	5
garbanzo beans	130	2	0	0	22	7	5
kidney beans	110	0	0	0	20	8	0

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)
cheese (2 tbsp.)							
blue cheese, crumbled	60	5	3	15	0	4	240
cheddar cheese, shreds	60	4.5	3	15	0	4	90
cottage cheese	25	1	.75	1	3	100	100
feta cheese	50	4	3	15	1	3	210
parmesan cheese	45	3	1.5	10	0	4	150
hummus (2 tbsp.)	50	2.5	0	0	6	1	75
oat bran, raw (2 tbsp.)	30	1	0	0	8	2	0
olives (10 small)	35	3.5	0	2	2	0	280
pecans (2 tbsp.)	100	11	1	0	2	1	0
salad greens, average raw (2 cups)	20	0	0	0	3	2	30
sunflower seeds (2 tbsp.)	90	8	1	0	4	3	65
tofu, plain, raw cubes (1/2 cup)	80	4.5	0.5	0	2	8	10
vegetables, average raw (1 cup)	25	0	0	0	3	2	<10

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)
fruits (raw)							
apple, whole, large	110	0	0	0	29	1	0
banana, whole, large	110	0	0	0	27	1	0
melon (1 cup)	50	0	0	0	13	1	0
orange, whole medium	60	0	0	0	15	1	0
pear, whole, large	100	0	0	0	26	1	0
strawberries (1 cup)	45	0	0	0	11	1	0
watermelon (1 cup)	45	0	0	0	11	1	0

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)
dried fruit							
apricots (10 each)	80	0	0	0	22	1	0
banana chips (1 oz.)	150	10	8	0	17	1	0
dates (3 each)	70	0	0	0	19	1	0
figs (10 each)	140	0.5	0	0	36	2	5
raisins (1/4 cup)	120	0	0	0	33	1	0
trail mix (1/2 cup)	350	22	4	0	34	10	170

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)
salads (1/2 cup)							
three bean salad	70	4	0.5	0	7	2	260
coleslaw	40	1.5	0	5	8	1	15
potato salad	180	10	2	85	14	3	660

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)
deli salads (1/2 cup)							
chicken salad	140	9	2	25	10	5	460
tuna salad	190	9	1	15	10	16	410

deli

Typical sandwich contains 4 oz. of meat / cheese plus 3-4 oz. bread

meats (1 oz.)

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)
bologna, beef	90	7	2.5	15	2	4	210
chicken breast, roasted	45	1	0	25	0	9	20
ham	45	2.5	1	15	1	5	370
pastrami	40	1.5	1	20	1	6	250
roast beef, fresh roasted	60	2.5	1	30	0	7	10
salami	70	6	3	20	1	4	320
tuna, water-packed drained	35	1	0	10	0	7	105
turkey breast	30	0	0	10	1	5	290
cheeses (1 oz.)							
american	90	7	4.5	20	2	6	270
cheddar	110	9	6	30	0	7	180
monterey jack	110	9	5	25	0	7	150
mozzarella	90	6	3.5	15	1	7	150
provolone	100	8	5	20	1	7	250

grill

burger, with bun

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)
plain (5 oz. w/bun)	750	31	11	85	82	34	1230
with cheese	860	40	17	115	82	41	1410
vegetarian	330	3.5	1	0	54	18	640
chicken sandwich							
fried, (5 oz. w/bun)	660	30	7	80	65	30	1220
grilled (5 oz. w/bun)	400	7	1	75	44	41	1090
french fries (6 oz.)	580	31	7	0	67	7	340
grilled cheese sandwich (1)	400	23	12	55	30	17	1150
hot dog, 4 oz. plain, with bun	300	18	7	35	24	10	830
onion rings (6 oz.)	690	45	15	0	65	9	640
wings, chicken (6 pcs.)	300	21	5	80	0	25	75
salmon, grilled (5 oz.)	310	16	2.5	125	0	39	95

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)
entrees & sides							
breakfast foods							
bacon (3 slices)	100	8	2.5	20	0	7	440
bacon, canadian (2 oz.)	100	5	1.5	35	1	14	880
egg, boiled (1 large)	80	5	1.5	210	1	6	60
egg, fried (1 large)	120	11	2.5	195	0	6	95
egg, scrambled (2 eggs)	180	13	4	385	2	12	310
egg whites (3 each)	50	0	0	0	1	11	160
hash browns (1 cup)	210	10	1	0	27	2	270
omelette, 3 egg w/ 1/4 cup cheese	330	24	11	660	2	25	390
pancakes (4-inch)	90	3.5	0.5	20	11	3	200
sausage, beef/pork (2 oz.)	180	16	6	35	1	7	520
waffles (7" round)	220	11	2	50	25	6	380

protein

chicken (1/2 breast)

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)
baked w/ skin	190	8	8	80	5	29	70
baked or grilled w/out skin	140	3	3	75	1	27	65
fried w/ skin	360	18	5	120	13	35	390

turkey w/skin (4 oz.)

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)
roasted with gravy	270	12	3.5	95	3	33	420

sides (1 cup)

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)
barley, pearled	190	0.5	0	0	44	4	0
egg noodles	210	2.5	0	55	40	8	10
macaroni & cheese	360	12	2	20	46	13	700
potato, baked	210	0	0	0	48	6	550
potatoes, mashed	240	9	3.5	25	35	4	670
potato, sweet, baked	200	0	0	0	47	5	80
rice, brown	220	2	0	0	45	5	10
rice, white	210	0	0	0	45	4	0
rice, wild	170	0.5	0	0	35	7	0
green beans, steamed (1/2 cup)	20	0	0	0	4	1	0
green beans, sauteed (1/2 cup)	60	5	0	0	4	1	0

pizza (1 slice)

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)
cheese	190	6	6	10	27	8	390
pepperoni	270	12	5	30	28	12	670

pastas & sauces (1/2 cup)

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)
alfredo	220	20	10	70	6	4	840
marinara	70	2.5	0	0	10	2	520
meat	140	8	2.5	25	11	8	430
pesto	620	57	15	40	8	22	950
teriyaki	200	0	0	0	44	4	3240
spaghetti / pasta noodles (1/2 cup)	200	1	0	0	40	7	140
spaghetti / whole wheat (1/2 cup)	170	1	0	0	37	7	0

soups (1 cup)

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	protein (g)	sodium (mg)
chicken noodle	130	2	0	15	20	9	390
clam chowder	160	7	3	20	17	9	990
chili w/meat	170	7	3.5	10	21	7	1040
chili, vegetarian	160	1	0	0	30	14	390
vegetable	70	2	0	0	12	2	820