

KNOWING THE NUMBERS

Cereal/Bread	calories	total fat (g)	saturated fat (g)	cholesterol (mg)	carbs. (g)	protein (g)	sodium (g)
pretzels (1 oz.)	108	1	0	0	23	3	486
tortilla chips (1 oz.)	142	7	1	0	18	2	150
cereal							
all-bran (1/2 cup)	50	0	0	0	22	4	140
bran flakes (3/4 cup)	90	0	0	0	23	3	220
cream of wheat, plain (3/4 cup)	96	<1	0	0	20	3	104
cap't'n crunch (3/4 cup)	113	2	1	0	24	2	241
cheerios (1-1/4 cup)	110	2	0	0	20	4	290
cinnamon toast crunch (1 cup)	120	3	<1	0	22	1	220
cocoa puffs (1 cup)	110	1	0	0	25	1	170
cookie crisps (1 cup)	110	1	0	0	25	2	190
corn flakes (1 cup)	100	0	0	0	24	1	290
corn pops (1 cup)	110	0	0	0	26	1	90
fiber one (1/2 cup)	6	1	0	0	23	2	140
frosted flakes (3/4 cup)	110	<1	0	0	26	2	125
frosted mini-wheats (1/2 cup)	100	0	0	0	24	3	0
fruit loops (1 cup)	110	1	0	0	25	2	125
granola (1/4 cup)	126	5	3	0	19	3	5
granolats (1/4 cup)	105	<1	0	0	23	3	170
grits, cooked, plain (1/2 cup)	73	<1	0	0	16	4	0
kix (1-1/2 cup)	110	<1	<1	0	23	3	260
lucky charms (1 cup)	110	1	0	0	23	3	180
rice krispies (1 cup)	112	0	0	0	25	2	208
oat bran, cooked, plain (2/3 cup)	92	2	0	0	17	6	1
oatmeal, cooked, plain (1 cup)	99	2	0	0	19	4	1
puffed rice (1 cup)	57	0	0	0	13	1	0
puffed wheat (1 cup)	52	0	0	0	11	2	1
raisin bran (3/4 cup)	120	1	0	0	31	3	230
shredded wheat (1 oz.)	102	<1	0	0	23	2	3
s'mores (3/4 cup)	120	2	1	0	0	1	250
special k (1-1/3 cup)	110	0	0	0	21	6	230
total (1 cup)	100	<1	0	0	22	3	140
bread and starch							
bagel, plain (4 oz.)	330	2	0	0	65	13	650
biscuit (3")	190	7	2	0	28	4	540
cinnamon bun (2 oz.)	220	10	6	55	31	4	190
croissant (2 oz.)	270	17	4	5	27	4	260
danish pastry, cheese (2.5 oz.)	265	16	5	11	26	6	320
doughnut							
glazed (2.5 oz.)	241	14	4	4	27	4	200
cream filled (3 oz.)	306	21	5	20	26	5	263
english muffin (1 each)	135	1	0	0	26	5	265
french bread (1 oz.)	81	1	0	0	15	3	173

Beverages/ Breakfast Foods	calories	total fat (g)	saturated fat (g)	cholesterol (mg)	carbs. (g)	protein (g)	sodium (g)
muffin (4 oz.)							
banana nut	380	14	3	10	58	6	576
blueberry	325	11	3	34	49	6	506
bran	313	10	3	77	53	7	530
corn	413	14	2	6	70	6	518
pita (2 oz.)	165	1	0	0	33	5	321
tortilla							
flour (10")	234	5	1	0	40	6	344
corn (6")	60	<1	0	0	12	2	42
white bread (1 oz.)	90	2	0	0	15	2	153
whole wheat bread (1 oz.)	70	1	0	0	13	3	149
beverages							
beer, regular (12 oz.)	155	0	0	0	11	1	14
beer, light (12 oz.)	100	0	0	0	5	1	10
coffee, brewed, black (6 oz.)	4	0	0	0	1	0	4
fruit juice (8 oz.)							
apple	116	0	0	0	29	0	7
grape	155	0	0	0	38	1	7
grapefruit	93	0	0	0	22	1	3
orange	104	0	0	0	25	1	6
tomato (6 oz.)	32	0	0	0	8	1	658
fruit punch (12 oz.)	214	0	0	0	53	0	28
lemonade (8 oz.)	100	0	0	0	26	0	8
mello yello (12 oz.)	174	0	0	0	44	0	22
milk, whole (8 oz.)	150	8	5	33	11	8	120
milk, 2% (8 oz.)	121	5	3	18	12	8	122
milk, 1% (8 oz.)	102	3	2	10	12	8	123
milk, skim (8 oz.)	86	<1	0	4	12	8	126
milk, soy (8 oz.)	80	5	0	0	4	7	30
milk, chocolate, 2% (8 oz.)	179	5	3	17	26	8	150
soda (12 oz.)							
diet	1	0	0	0	0	0	8
regular	154	0	0	0	40	0	8
tea, brewed, unsweet. (6 oz.)	2	0	0	0	<1	0	5
breakfast foods							
bacon (3 slices)	109	9	3	16	0	6	303
bacon, canadian (2 oz.)	105	5	2	33	1	14	877
eggs, boiled (1 large)	77	5	2	213	<1	6	62
egg, fried (1 large)	91	7	2	211	<1	6	162
egg, scrambled (1 large)	101	8	2	215	1	7	171
egg whites (1 each)	17	0	0	0	0	4	55
hash browns (1 cup)	326	22	9	0	33	4	37
pancakes (4-inch)	74	1	<1	5	14	2	239

Condiments	calories	total fat (g)	saturated fat (g)	cholesterol (mg)	carbs. (g)	protein (g)	sodium (g)
sausage, beef/pork (2 oz.)	229	22	8	48	1	9	642
waffles (7" round)	218	11	2	52	25	6	383
condiments and sauces							
alfredo sauce (1/2 cup)	460	44	20	90	4	8	1100
apple butter (1 tbsp.)	33	0	0	0	7	0	0
butter (1 tbsp.)	102	12	7	31	0	0	117
bbq sauce (1 tbsp.)	12	0	0	0	2	0	127
equal (1 pkt.)	4	0	0	0	1	0	0
half & half (1 tbsp.)	20	2	1	6	<1	<1	6
honey (1 tbsp.)	64	0	0	0	17	0	1
horseradish (1 tbsp.)	6	0	0	0	1	0	14
jam/jelly/perserves (1 tbsp.)	48	0	0	0	13	0	8
ketchup (1 tbsp.)	16	0	0	0	4	0	178
margarine (1 tbsp.)	102	11	2	0	0	0	153
margarine, l/f (1 tbsp.)	51	6	1	0	0	0	138
marinara sauce (1/2 cup)	37	<1	0	0	9	2	738
mayonnaise (1 tbsp.)	99	11	2	8	<1	0	78
mayonnaise, l/f (1 tbsp.)	50	5	1	5	1	0	115
mustard, yellow (1 tsp.)	4	0	0	0	<1	0	63
mustard, brown (1 tsp.)	5	0	0	0	<1	0	65
molasses (1 tbsp.)	53	0	0	0	14	0	11
peanut butter (2 tbsp.)	188	16	3	0	7	8	153
salsa (3 tbsp.)	25	0	0	0	6	1	300
sour cream (1 tbsp.)	26	3	2	5	<1	0	6
soy sauce (1 tbsp.)	10	0	0	0	1	1	768
steak sauce (1 tbsp.)	15	0	0	0	3	0	265
sugar (1 tbsp.)	48	0	0	0	13	0	0
sweet'n low (1 pkt.)	4	0	0	0	1	0	4
syrop (1 tbsp.)	57	0	0	0	15	0	17
teriyaki sauce (1 tbsp.)	15	0	0	0	3	1	690



Good nutrition is more than just the numbers.

Healthy eating patterns are a result of skills and strategies for managing all types of food...despite the numbers. Knowing the nutritional values of some basic foods can help you learn which foods provide too much or too little of the nutrients that concern you. Bon Appétit has compiled this guide of common nutritional values for many of the basic offerings you will find in our cafés. The numbers here are based on standard nutrient values for these types of foods.

Use these values not to restrict your choices but rather educate yourself about the nutritional qualities of your favorites and plan for all types of food in your diet. Bon Appétit!

Source of nutrition values: USDA database of food values & ESHA (Food Processor II.) 8/05

Salad Bar	calories	total fat (g)	saturated fat (g)	cholesterol (mg)	carbs. (g)	protein (g)	sodium (g)
salad dressings							
olive oil (1 tbsp.)	119	14	2	0	0	0	0
caesar (1 tbsp.)	76	8	1	1	1	<1	248
canola oil (1 tbsp.)	123	14	1	0	0	0	0
vinager, cider (1 tbsp.)	2	0	0	0	<1	0	0
blue cheese (1 tbsp.)	76	8	2	3	1	<1	164
french (1 tbsp.)	88	10	2	0	<1	0	92
italian (1 tbsp.)	69	7	1	0	2	<1	116
ranch (1 tbsp.)	74	8	2	8	<1	<1	287
thousand island (1 tbsp.)	60	6	1	4	2	<1	112
vinaigrette (1 tbsp.)	72	8	2	0	0	0	150
salad bar items							
adzuki beans (1/2 cup)	147	0	0	0	29	6	9
almonds (1oz.)	167	15	1	0	7	5	126
artichoke hearts							
plain (1/2 cup)	32	0	0	0	6	2	250
avocado (1/2 med.)	153	15	3	0	6	2	21
bacon bits (1 tbsp.)	30	2	<1	5	0	3	313
bean salad, three (1/2 cup)	90	<1	3	<1	23	2	277
black beans (1/2 cup)	121	<1	0	0	20	8	0
blue cheese							
crumbled (1 oz.)	100	8	5	21	<1	6	396
cheddar cheese							
shredded (1oz.)	114	9	6	30	<1	7	176
coleslaw (1/2 cup)	41	2	<1	5	8	<1	14
cottage cheese (1/2 cup)	117	5	3	17	3	14	457
feta cheese (1oz.)	75	6	4	25	1	4	316
garbanzo beans (1/2 cup)	135	2	<1	0	23	7	11
hummus (1 tbsp.)	26	1	<1	0	3	<1	37
kidney beans (1/2 cup)	113	0	0	0	20	8	2
oat bran, raw (2 tbsp.)	29	1	0	0	8	5	<1
olives (10 small)	45	5	<1	2	<1	<1	900
parmesan cheese (1 tbsp.)	23	2	1	4	0	1	93
pecans (1oz.)	190	19	2	0	5	2	0
potato salad (1/2 cup)	179	11	4	85	14	4	661
sunflower seeds (2 tbsp.)	103	10	1	0	3	4	102
tofu, plain, raw (1/2 cup)	94	6	1	0	2	10	10
wheat germ (2 tbsp.)	54	3	<1	0	7	4	<1
fruits and vegetables (raw unless specified)							
apple, whole, large	80	0	0	0	27	0	0
asparagus, steamed (1/2 cup)	22	0	0	0	4	2	10
banana, large	110	0	0	0	29	1	0
beets (1/2 cup)	26	0	0	0	6	<1	42

Salad Bar/Deli	calories	total fat (g)	saturated fat (g)	cholesterol (mg)	carbs. (g)	protein (g)	sodium (g)
bell pepper (1/2 cup)	13	0	0	0	3	<1	