



FIND YOUR FOOD FACTS

HEALTH BAR

Nutritional values listed below are to be used as guidelines only to help make better choices.

03/23/2011

HEALTH BAR

Portions, as noted

	CALORIES	FAT (G)	SAT. FAT (G)	PROTEIN (G)	CARBS (G)	FIBER (G)	SOD (MG)
Tofu, ¼ cup	43	3	0.5	5	1	1	4
Hard Boiled Egg, ¼ cup	78	5	1.5	6	1	0	42
Roasted Chicken, ¼ cup	54	1.5	0.5	10	0	0	18
Tuna, water packed, ¼ cup	45	0	0	10	0	0	132
Garbanzo Beans, ¼ cup	67	1	0	3	11	2	100
Kidney Beans, ¼ cup	46	0	0	3	10	2	185
Artichoke Hearts, ¼ cup	28	0	0	2	6	3	54
Roasted Corn, ¼ cup	45	0	0	2	11	1	3
Cauliflower, ¼ cup	14	0	0	1	3	1	17
Broccoli ¼ cup	16	0	0	2	3	2	15
Roasted Eggplant, ¼ cup	12	0	0	0	3	1	1
Black Olives, sliced, 2 tbsp.	19	2	0	0	1	0	189
Diced Tomatoes, ¼ cup	8	0	0	0	2	5	2
Pineapple, ¼ cup	28	0	0	0	8	0	0
Jalapeno, 2 tbsp.	4	0	0	1	3	1	1
Jicama, 2 tbsp.	20	0	0	0	5	3	2
Beets, shredded, 2 tbsp.	16	0	0	1	4	1	30
Celery, slices, 2 tbsp.	8	0	0	0	2	1	44
Carrots, shredded, 2 tbsp.	22	0	0	1	5	2	18
Cucumbers, diced, ¼ cup	7	0	0	0	2	0	1
Bacon Bits, 1 tbsp.	20	2	1	2	0	0	260
Quinoa, ¼ cup	56	0	0	2	10	1	3
Couscous, ¼ cup	44	0	0	1.5	9	0.5	2
Hummus, 2 tbsp.	51	3	0.5	5	2	1	117
Spring Mix, 1 cup	5	0	0	1	1	1	0
Spinach, 1 cup	6	0	0	1	1	1	22
Romaine, 1 cup	7	0	0	1	1	1	4

TOPPINGS

Pita Wedges, 6 wedges	75	1	0	3	15	2	149
Sunflower Seeds, 2 tbsp.	93	8	3	3	4	1.5	66
Croutons, 2 tbsp.	23	1	0.5	4	3	0.5	54
Walnuts, 2 tbsp.	96	9	3	1	1.5	1	0
Pecans, 2 tbsp.	94	10	1	1.5	2	1	0
Cashews, 2 tbsp.	99	8	2.5	2.5	6	0.5	3
Sliced Almonds, 2 tbsp.	66	6	2.5	2.5	2.5	1.5	0

DRESSINGS, 2 TBSP (HALF OF A TO-GO CONTAINER)

Ranch	145	15	2.5	0	2	0	328
Blue Cheese	143	15	2.5	0.5	1	0	312
Caesar	159	17	2.5	1	2	0	355
Italian	86	8	1	0	3	0	299
Thousand Island	118	11	2	0	5	0	276
Spicy Peanut	100	8	2	0	8	1	240
Balsamic	144	15	2	0	2	0	150
Honey Mustard	122	11	2	0	5	0	153
Non-Fat Soy	45	0	0	0	10	1	364