

Informed Dining

The Informed Dining program is a nutrition information program developed by the Province of British Columbia. For more information, please visit www.InformedDining.ca or call Dietitian Services at HealthLink BC by dialing 8-1-1.

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NUTRITION MENU



The information in this guide is effective as of October 2016 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by ESHA Food Processor and information provided by our suppliers.



NUTRITION MENU

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
BREAKFAST															
Hazelnut Granola	94	420	28	6	0	0	105	40	6	13	9	0	2	4	20
BAKED GOODS															
Banana Bread	177	440	17	10	0.5	120	770	69	4	33	8	20	10	4	15
Compost Bar	88	360	18	10	0.5	60	600	51	2	29	5	10	0	2	20
Date Square	114	340	13	8	0.5	35	180	55	3	37	3	10	0	2	8
Energy Orbs GF	77	290	20	3.5	0	0	95	23	5	15	8	2	0	6	15
Granite Mountain Granola Bars	168	760	44	17	0.5	40	230	90	9	55	14	10	25	4	35
Lemon Loaf (GF)	135	490	26	16	1	155	320	63	1	30	6	25	6	4	4
Lemon Squares	96	330	17	10	0.5	105	190	43	1	24	5	15	6	2	10
Rocky Road Bars	80	430	34	11	0.3	30	110	34	4	24	7	6	0	2	25
White Chocolate Hazelnut Brownie	85	380	24	12	0.5	85	210	37	1	24	6	15	0	6	10

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COOKIES															
Chocolate Peanut Butter No Bake Cookie	71	300	16	7	0.3	15	180	36	4	21	6	6	0	2	10
Chocolate Peanut Butter Chip Cookie	67	300	16	5	2	20	220	36	3	21	6	10	0	2	10
Eric's Toll House Cookie	71	320	20	8	1	35	250	39	2	24	5	10	0	0	20
Breakfast Cookie (GF, DF, SF)	99	150	1.5	0.3	0	0	100	32	4	13	3	0	6	0	10
Healthy Monkey Cookie (GF,DF, SF)	105	260	8	1	0	0	105	27	5	8	5	0	6	0	10
Ginger Sparkle Cookie	71	300	14	8	0.5	50	340	42	1	24	3	10	0	2	10
Killer Cookies	71	290	15	4.5	1.5	30	150	38	3	22	4	10	0	2	15
Oatmeal Chocolate Chip Cookies	74	330	20	12	0.5	50	240	42	3	27	4	10	0	2	15
Peanut Butter Cookie	71	330	20	4	2	25	270	34	2	20	6	15	0	0	10
Ranger Cookie	71	280	11	7	0.3	35	140	43	3	25	4	8	0	2	8
Legend: GF—Gluten Friendly DF— Dairy Free SF— Salt Free															

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MUFFINS															
Applesauce Spice Muffin	215	540	14	2	0	25	670	98	7	45	10	4	0	8	25
Banana Coconut Chocolate Chip Muffin	113	400	22	14	0.5	60	270	53	3	31	5	10	4	2	25
Blueberry Flax Muffin	162	460	18	2	0.1	25	340	67	6	28	8	4	2	8	20
Lemon Poppy Seed Muffin	175	420	16	3	0	70	670	61	4	20	11	6	6	20	20
Oatmeal Apple Cheddar Muffin	212	680	25	7	0.3	45	630	107	7	49	12	8	2	8	25
Oatmeal Strawberry Muffin	213	670	25	6	0.3	45	620	106	7	49	12	8	15	8	25
Orange Chocolate Espresso Muffin	178	640	29	6	0.1	40	560	99	6	60	9	2	25	4	35
Orange Date Muffin	212	610	19	2.5	0.1	30	680	104	7	51	11	4	20	10	25
Savory Muffin	267	420	13	7	0.3	130	970	55	5	6	20	30	50	30	25
SCONES															
Blueberry White Chocolate Scone	150	400	17	10	0.5	85	340	54	2	20	8	15	0	10	15
Cheddar Dill Scones	129	480	32	20	1	145	820	35	2	1	13	25	0	25	20
Raspberry Dark Chocolate Scone	150	400	15	9	0.5	85	330	48	2	14	8	15	8	8	15

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SOUPS															
Carrot Cumin Soup	360	90	1.5	0.3	0	0	1300	17	5	8	2	220	15	6	4
Cauliflower Cheese Soup	360	180	11	6	0.3	30	2840	13	4	5	10	25	80	20	6
Celery and Potato soup	360	130	2	0.3	0	0	1250	25	3	5	4	2	35	2	8
Corn & Cheddar Chowder	360	520	40	25	1.5	140	1570	26	3	5	11	40	25	20	8
Curried Apple Yam Soup	360	240	8	5	0.2	25	390	39	6	7	4	4	25	6	8
Garlic Potato Soup	360	170	6	3.5	0.2	20	1420	27	5	3	5	80	40	8	15
Lemon Lentil Soup	360	290	9	3.5	0	15	1260	41	7	6	16	40	10	15	30
Mexican Black Bean Soup	360	210	8	3	0.2	15	700	25	7	2	11	2	4	15	15
Mushroom Barley Soup	360	230	13	7	0.4	40	970	21	5	7	6	20	15	4	10
Pumpkin and Potato Soup	360	110	3	1	0	5	630	18	4	7	3	160	8	2	8
Roasted Butternut Squash Soup	360	90	1.5	0.3	0	0	1240	20	4	5	2	150	50	8	8
Roasted Pepper & Potato Soup	360	150	1.5	0.2	0	0	690	31	6	7	4	25	190	2	8
Tomato & Black Bean Soup	360	200	1.5	0	0	0	1040	34	10	4	11	0	20	10	15
Tomato Chickpea Soup	360	200	5	0.5	0	0	1050	31	9	7	9	0	20	8	8
Veggie Chili	240	140	2	0.2	0	0	450	24	7	5	6	25	40	6	20

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HOT BEVERAGE															
Cappuccino (8 oz) (whole milk)	240	100	5	3	0	15	75	8	0	7	5	8	0	15	0
Cappuccino (12 oz) (whole milk)	350	170	9	5	0	25	120	14	0	13	8	10	0	25	2
Hot Chocolate w/Whipped Cream (8 oz) (whole milk)	240	180	15	9	0.3	55	65	7	0	7	5	20	0	15	0
Hot Chocolate w/Whipped Cream (12 oz) (whole milk)	350	260	19	12	0.3	65	120	13	0	13	8	25	0	25	0
Hot chocolate w/Whipped Cream (16 oz) (whole milk)	475	180	15	9	0.3	55	65	7	0	7	5	20	0	15	0
Hot chocolate w/Whipped Cream (20 oz) (whole milk)	590	180	15	9	0.3	55	65	7	0	7	5	20	0	15	0
Latte (12 oz) (whole milk)	350	190	10	6	0	30	140	16	0	15	10	15	0	30	2
Latte (16 oz) (whole milk)	475	190	10	6	0	30	140	16	0	15	10	15	0	30	2
Latte (20 oz) (whole milk)	590	270	14	8	0	45	190	22	0	21	14	20	0	45	2
London Fog (12 oz) (whole milk)	350	230	8	4.5	0	25	110	32	0	32	8	10	0	25	0
London Fog (16 oz) (whole milk)	475	310	12	7	0	35	160	38	0	38	12	15	0	40	0
London Fog (20 oz) (whole milk)	590	380	16	9	0	50	220	44	0	44	16	25	0	50	2

Nutrition information is provided for the standard beverage made with whole milk. For other milk and milk alternatives, please refer to page 6 where the information for steamed milk and milk alternatives are available.

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Mocha (12 oz) (whole milk)	350	210	14	8	0.2	45	120	13	0	12	8	20	0	25	2
Mocha (16 oz) (whole milk)	475	280	18	10	0.2	60	170	19	0	18	12	25	0	40	2
Mocha (20 oz) (whole milk)	590	360	22	13	0.2	70	230	25	0	24	16	30	0	50	2
Steamed Milk, 1% Milk (12oz)	350	200	6	3	0	25	135	23	0	23	9	0	0	35	0
Steamed Milk, 1% Milk (16oz)	475	260	8	4	0	30	180	30	0	30	12	0	0	45	0
Steamed Milk, Whole Milk (12oz)	350														
Steamed Milk, Whole Milk (16oz)	475														
Steamed Milk, Almond Milk (12oz)	350	180	4	0	0	0	250	31	1	29	1	0	0	2	4
Steamed Milk, Almond Milk (16oz)	475	240	5	0	0	0	340	42	1	39	1	0	0	4	6
Steamed Milk, Soy Milk (12oz)	350	200	4.5	0.5	0	0	105	32	1	29	8	0	0	30	8
Steamed Milk, Soy Milk (16oz)	475	270	6	0.5	0	0	140	43	1	39	11	0	0	45	10

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Add-Ons															
Almond syrup	30	40	0	0	0	0	0	9	0	9	0	0	0	0	0
Caramel syrup	30	40	0	0	0	0	0	10	0	10	0	0	0	0	0
Hazelnut syrup	30	40	0	0	0	0	0	10	0	10	0	0	0	0	0
Maple syrup	30	40	0	0	0	0	0	10	0	10	0	0	0	0	0
Peppermint Syrup	30	40	0	0	0	0	0	10	0	10	0	0	0	0	0
Pumpkin Spice Syrup	30	50	0	0	0	0	0	12	0	12	0	0	0	0	0
Vanilla Syrup	30	40	0	0	0	0	0	10	0	10	0	0	0	0	0
COLD BEVERAGE															
Iced Latte (16 oz)	475	250	13	8	0	40	180	20	0	19	13	20	0	40	2
Iced Mocha (16 oz)	475	260	15	9	0.1	50	170	19	0	18	12	20	0	40	2
Italian Soda (16 oz)	475	140	6	3.5	0.2	20	80	24	0	24	0.3	6	0	2	0