

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.

The Province of British Columbia assumes no responsibility or liability arising from any errors or omissions in, or the use of or reliance upon, the nutrition information provided. Variations in nutrition information obtained through analysis may occur for reasons including differences in suppliers, ingredient substitutions, recipe revisions, and/or season of the year.

NUTRITION MENU



The information in this guide is effective as of September 2016 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis using 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															
Sandwich, Bacon	155	330	16	8	0	245	620	27	1	2	20	15	0	25	20
Sandwich, Turkey	174	320	13	7	0	255	680	27	1	2	23	15	0	25	20
Sandwich, Ham	188	330	14	7	0	260	790	28	1	3	24	15	0	25	25
Sandwich, Veggie	159	310	15	6	0	230	590	33	1	2	15	10	0	20	20
Wrap, Egg and Bacon	250	560	36	13	0.5	385	880	38	3	4	22	20	10	30	30
BAKED GOODS															
Bagel, Blueberry	125	350	1.5	0.5	0	0	760	75	6	11	12	0	0	2	30
Bagel, Everything	125	350	2.5	0.5	0	0	850	73	6	8	13	0	0	4	30
Bagel, Jalapeno Cheddar	125	340	1.5	1	0	0	920	72	6	8	13	0	0	2	30
Bagel, Plain	125	350	1	0.5	0	0	790	74	6	8	13	0	0	2	30
Bagel, Raisin Cinnamon	125	350	1	0.5	0	0	720	77	6	14	12	0	0	2	30
Bagel, Sesame Seed	125	350	2.5	1	0	0	770	73	6	8	13	0	0	2	30
Bar, Peanut Butter Crunch	127	530	21	6	0	15	610	53	4	25	13	0	0	1	10
Biscotti, Chocolate Almond	50	210	12	6	0	45	100	27	5	11	6	6	0	6	20
Biscotti, White Chocolate Cranberry	50	210	8	4.5	0	45	100	34	1	16	3	6	0	4	10
Brownie, Hazelnut	128	490	33	7	0	45	440	44	4	27	9	0	0	3	21
Cookie, Chocolate Chunk	100	470	24	10	0.3	30	240	60	2	35	6	2	0	4	20

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BAKED GOODS															
Cookie, Gingersnap	105	490	21	8	0.2	30	350	70	2	37	6	25	0	8	30
Cookie, Kitsilano Oatmeal	105	480	22	7	0.2	25	160	63	6	33	9	15	0	4	25
Cookie, Oatmeal Raisin	105	410	17	4.5	0	45	200	42	3	12	7	0	0	3	15
Cookie, Omega 3 Breakfast	85	380	21	2.5	0.2	0	120	43	7	13	8	0	2	4	20
Cookie, Peanut Butter & Chocolate Chip	105	380	21	7	0.1	20	230	39	2	22	5	10	0	2	15
Cookie, Sexy Dark Chocolate	110	460	21	9	0.2	35	300	61	1	38	6	20	0	0	40
Cookie, Vegan GF Peanut Butter & Chocolate Chip	113	480	27	8	0	30	160	49	2	40	9	0	0	3	8
Croissant, Chocolate	80	300	17	10	0.3	30	300	34	2	10	5	2	2	0	10
Loaf, Lemon	120	390	3.5	1	0	120	400	82	2	46	8	4	8	15	20
Loaf, Banana	120	420	18	2	0	30	290	61	2	35	5	2	4	4	15
Loaf, Orange Poppy Seed	120	390	17	2	3	75	320	53	1	30	7	2	0	15	15
Muffin, Quick Start	174	520	23	3	0	85	210	75	4	19	11	0	4	8	30
Scone, White Chocolate Raspberry	167	730	30	6	0	0	1360	103	3	29	12	0	1	10	35

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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)
SANDWICH/WRAP															
Sandwich, Turkey	163	380	16	6	0	65	1210	27	2	1	27	35	4	25	20
Sandwich, Ham	203	440	18	7	0	90	1380	29	3	0	33	35	8	25	20
Sandwich, Tuna	210	510	28	7	0	65	880	30	3	1	30	40	8	25	20
Wrap, Chicken Fajita	250	540	20	7	0	75	880	54	4	3	33	25	30	25	35
SOUPS															
Creamy Garden Broccoli (S)	262	260	12	4	0	20	1620	28	4	12	10	30	20	30	4
Creamy Garden Broccoli (M)	393	390	18	6	0	30	2430	42	6	18	15	45	30	45	6
Hearty Vegetable and Beef (S)	268	180	4	1	0	10	1960	32	6	8	6	8	4	4	8
Hearty Vegetable and Beef (M)	402	270	6	1.5	0	15	2940	48	9	12	9	10	6	6	10
Cream of Mushroom (S)	262	300	16	6	0	30	1740	30	2	8	10	0	0	20	4
Cream of Mushroom (M)	393	450	24	9	0	45	2610	45	3	12	15	0	0	30	6
Creamy Tomato and Basil (S)	264	240	14	8	0	40	1420	26	4	12	4	10	10	8	8
Creamy Tomato and Basil (M)	396	360	21	12	0.5	60	2130	39	6	18	6	20	20	10	10

*Portion size ordinarily served to the guest

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HOT BEVERAGES															
Drip Coffee (12 oz)	355	5	0	0	0	0	5	0	0	0	0	0	0	0	0
Drip Coffee (16 oz)	474	5	0	0	0	0	10	0	0	0	1	0	0	0	0
Drip Coffee (20 oz)	592	5	0	0	0	0	10	0	0	0	1	0	0	1	0
Espresso	60	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano (12 oz)	355	0	0	0	0	0	20	0	0	0	0	0	0	1	0
Americano (16 oz)	474	0	0	0	0	0	30	0	0	0	0	0	0	1	0
Americano (20 oz)	592	0	0	0	0	0	35	0	0	0	0	0	0	2	0
Americano Misto (12 oz) (whole milk)	333	40	2	1.5	0	10	45	3	0	3	2	3	0	8	1
Americano Misto (16 oz) (whole milk)	456	60	3	2	0	10	65	5	0	4	3	4	0	12	1
Americano Misto (20 oz) (whole milk)	554	70	3.5	2	0	10	75	5	0	5	4	4	0	13	1
Latte (12 oz) (whole milk)	280	140	7	4	0	25	100	10	0	9	8	8	0	25	1
Latte (16 oz) (whole milk)	367	190	9	6	0	35	135	14	0	13	11	12	0	35	1
Latte (20 oz) (whole milk)	463	230	11	7	0	45	170	17	0	16	13	14	0	43	1
Cappuccino (12 oz) (whole milk)	224	100	5	3	0	20	75	8	0	7	6	6	0	19	
Cappuccino (16 oz) (whole milk)	304	130	7	4	0	25	100	10	0	9	7	8	0	25	
Cappuccino (20 oz) (whole milk)	383	160	8	5	0	30	125	12	0	11	9	10	0	30	

Nutrition information is provided for the standard beverage made with whole milk. For other milk and milk alternatives, please refer to page 6-7 where the information for steamed milk and milk alternatives are available.

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HOT BEVERAGES															
Mocha (12 oz) (whole milk)	280	180	7	4	0	25	100	22	0	20	8	8	0	23	1
Mocha (16 oz) (whole milk)	367	250	9	5	0	35	140	32	0	28	11	11	0	33	1
Mocha (20 oz) (whole milk)	463	310	11	7	0	40	170	41	0	36	13	13	0	39	1
White Chocolate Mocha (12 oz) (whole milk)	280	180	7	4	0	25	130	21	0	21	8	8	0	23	1
White Chocolate Mocha (16 oz) (whole milk)	367	250	9	5	0	35	180	31	0	30	11	11	0	33	1
White Chocolate Mocha (20 oz) (whole milk)	463	310	11	7	0	40	230	40	0	38	13	13	0	39	1
Traditional Macchiato (double short) (whole milk)	93	20	1	0.5	0	5	20	2	0	1	1	1	0	4	1
Caramel Macchiato (12 oz) (whole milk)	280	170	6	4	0	25	95	19	0	18	7	8	0	23	1
Caramel Macchiato (16 oz) (whole milk)	367	230	9	5	0	35	130	27	0	25	10	11	0	33	1
Caramel Macchiato (20 oz) (whole milk)	463	290	11	7	0	40	160	35	0	32	12	13	0	39	1
Flat White (12 oz) (whole milk)	280	140	7	4	0	25	100	10	0	9	8	8	0	25	1
Hot Chocolate (12 oz) (whole milk)	278	210	8	5	0	30	120	25	0	22	10	10	0	30	0
Hot Chocolate (16 oz) (whole milk)	375	290	11	7	0	40	160	35	0	31	13	13	0	40	0
Hot Chocolate (20 oz) (whole milk)	469	370	14	8	0	50	200	45	0	40	26	17	0	50	0

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HOT BEVERAGES															
Chai Latte (12 oz) (whole milk)	287	160	6	3.5	0	20	85	20	0	19	7	7	2	22	0
Chai Latte (16 oz) (whole milk)	383	220	8	5	0	30	115	27	0	26	9	10	4	30	0
Chai Latte (20 oz) (whole milk)	479	280	10	6	0	40	140	34	0	33	11	13	6	38	0
London Fog (12 oz) (whole milk)	317	100	4	2.5	0	15	60	11	0	11	5	5	0	15	0
London Fog (16 oz) (whole milk)	422	140	5	3.5	0	20	80	15	0	15	6	7	0	21	0
London Fog (20 oz) (whole milk)	532	170	7	4	0	25	105	20	0	19	8	8	0	26	0
Steamed Milk (12 oz) (whole milk)	244	150	7	4.5	0	30	100	11	0	10	8	9	0	28	0
Steamed Milk (16 oz) (whole milk)	326	200	10	6	0	35	135	15	0	14	11	12	0	37	0
Steamed Milk (20 oz) (whole milk)	406	250	12	8	0	45	170	19	0	17	14	15	0	46	0
Steamed Milk (12 oz) (skim milk)	244	80	0	0	0	5	105	12	0	12	8	15	0	27	0
Steamed Milk (16 oz) (skim milk)	326	110	0	0	0	5	140	16	0	16	11	20	0	36	1
Steamed Milk (20 oz) (skim milk)	406	140	0	0	0	10	170	20	0	20	14	25	0	45	1
Steamed Milk (12 oz) (soy milk)	244	100	4	0.5	0	0	110	8	2	5	7	10	0	30	8

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HOT BEVERAGES															
Steamed Milk (16 oz) (soy milk)	326	140	5	0.5	0	0	150	11	3	7	10	14	0	41	11
Steamed Milk (20 oz) (soy milk)	406	170	7	1	0	0	190	14	3	8	12	17	0	51	14
Steamed Milk (12 oz) (almond milk)	244	30	2.5	0	0	0	110	1	1	0	1	10	0	30	2
Steamed Milk (16 oz) (almond milk)	326	40	3.5	0	0	0	150	1	1	0	1	14	0	41	3
Steamed Milk (20 oz) (almond milk)	406	50	4	0	0	0	190	2	2	0	2	17	0	51	3
Tea (12 oz)	355	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tea (16 oz)	474	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tea (20 oz)	572	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Add-Ons															
Caramel Syrup	14	40	0	0	0	0	0	10	0	9	0	0	0	0	0
Dark Chocolate Sauce	14	50	0	0	0	0	10	13	0	11	1	0	0	0	0
White Chocolate Sauce	14	50	0	0	0	0	40	12	0	12	1	0	0	0	0
Hazelnut Syrup	7	24	0	0	0	0	0	6	0	6	0	0	0	0	0
Almond Syrup	7	24	0	0	0	0	0	6	0	6	0	0	0	0	0
Vanilla Syrup	7	40	0	0	0	0	0	10	0	10	0	0	0	0	0
Vanilla Syrup (sugar free)	7	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Whipped Cream (4 Tbsp)	15	40	3	2	0.1	10	5	3	0	1	0.4	4	0	2	0

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ICED BEVERAGES															
Americano (16 oz)	476	0	0	0	0	0	25	0	0	0	0	0	0	1	1
Americano Misto (16 oz) (whole milk)	476	35	2	1	0	5	45	2	0	2	2	2	0	7	1
Latte (16 oz) (whole milk)	476	130	6	4	0	25	100	9	0	9	7	8	0	24	1
Cappuccino (16 oz) (whole milk)	476	110	6	3.5	0	20	95	8	0	7	6	7	0	21	1
Mocha (16 oz) (whole milk)	476	190	6	3.5	0	20	105	27	0	24	7	7	0	21	1
White Chocolate Mocha (16 oz) (whole milk)	476	190	6	3.5	0	20	150	26	0	26	7	7	0	21	1
Caramel Macchiato (16 oz) (whole milk)	476	170	6	3.5	0	20	90	23	0	21	6	7	0	22	1
Chai Latte (16 oz) (whole milk)	476	150	6	4	0	25	90	17	0	17	7	8	2	23	0