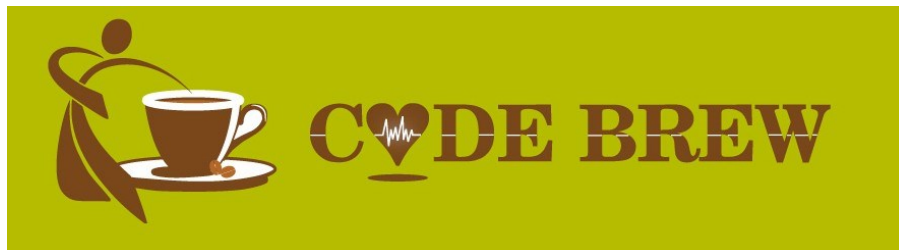


# Informed Dining

The Informed Dining program is a nutrition information program developed by the Province of British Columbia. For more information, please visit [www.InformedDining.ca](http://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 June 2019 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)
<b>BREAKFAST</b>															
Bagel & Cream Cheese	142	410	13	7	0.3	20	795	61	-	6	14	10	0	12	30
Egg Cheese Bacon English Muffin	104	260	11	4.5	0	100	650	28	1	2	12	4	4	15	15
Sausage, Egg, Cheese English Muffin	141	410	27	10	0	130	820	25	1	2	15	8	2	20	8
Egg & Cheese Breakfast Wrap	188	415	24	9	1	360	520	30	2	2	20	20	0	15	18
Ham, Egg & Cheese Breakfast Wrap	183	440	23	9	0	330	1630	37	2	2	26	15	0	30	20
<b>BAKED GOODS</b>															
Apple Cinnamon Muffins	158	464	17	3	0	70	610	70	2	37	7	4	1	20	15
Apple Walnut Muffins	168	528	24	4	0	72	610	71	2	37	9	4	1	20	15
Banana Muffins	146	507	23	3	0	71	290	71	2	44	6	2	4	10	10
Blueberry Oatmeal Muffin	186	474	18	3	0	60	610	69	3	30	10	2	2	20	15
Carrot Pineapple Muffin	158	490	24	2	0	65	620	65	2	38	6	60	7	10	15
Chocolate Orange Muffin	167	607	27	6	0	90	520	85	2	53	9	2	2	10	15
Coconut Almond Muffin	169	633	34	14	0	90	530	76	4	45	9	2	0	10	15
Lemon Muffin	151	516	22	4	0	90	470	72	1	43	8	2	0	10	15

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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)
<b>DESSERTS</b>															
Apple Strudel	170	450	22	8	0	0	340	63	3	39	4	20	0	2	10
Banana Bread	86	285	13	1	0	47	160	39	1	26	3	2	4	2	6
Blueberry Lemon Bread	110	333	13	2	0	53	230	49	1	27	5	2	2	10	8
Chocolate Banana Bread	148	430	21	4	0	230	280	53	2	32	10	6	4	10	15
Chocolate Cake	119	280	7	1	0	40	430	53	2	36	5	2	2	10	10
Cinnamon Roll	47	180	7	2.5	0.1	5	190	27	-	11	3	0	0	2	8
Cranberry Orange Loaf	115	333	13	8	1	85	190	49	1	27	5	10	4	8	10
Date Squares	111	438	16	2	0	0	140	73	4	47	4	1	2	5	10
Energy Bar	96	452	26	6	0	17	170	50	5	25	11	2	2	4	15
Lemon Bar (GF)	154	439	1	6	0	257	180	63	2	38	10	6	6	4	8
Nanaimo Bars	110	532	36	19	0	90	310	50	3	38	5	15	0	3	10
Pecan Bars	138	651	43	6	0	42	210	65	3	27	6	4	1	4	15
Rice Krispies Squares	79	311	8	1	0	0	350	58	0	27	3	10	15	0	50

\*Portion size ordinarily served to the guest      GF—Gluten Free

# NUTRITION MENU

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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)
<b>ENTRÉES &amp; SNACKS</b>															
Quiche, Red Pepper Spinach & Goat Cheese	118	280	18	6	0.2	110	360	22	-	3	8	8	7	7	12
Hummus & Flatbread	83	190	9	1	0	0	280	25	4	4	6	0	8	2	12
Protein Bar - Chocolate	68	270	8	6	0	0	200	29	2	21	20	25	25	25	20
Protein Bar - Chocolate Mint	68	270	9	6	0	0	200	29	2	21	20	25	25	25	20
Protein Bar - Chocolate PB	68	270	9	5	0	0	340	29	2	21	20	25	25	25	20
Sausage Roll, Spicy Beef	100	310	19	8	0	15	480	27	2	0	8	2	0	2	10
<b>SALADS</b>															
Pad Thai Salad	180	504	22	2	0.4	0	670	67	-	9	11	10	15	2	20
Penne Feta Salad	180	360	25	4	0	45	450	25	-	2	7	4	25	7	11

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# NUTRITION MENU

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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)
<b>SANDWICH / WRAP</b>															
Ham & Cheese Croissant	90	250	12	6	0.2	20	350	28	1	8	9	6	0	6	2
Spinach & Feta Croissant	90	260	13	9	0.3	40	370	28	1	8	9	8	0	6	2
Beef Sandwich (whole wheat)	236	590	22	8	0.4	75	680	45	2	4	31	0	15	20	50
Beef Sandwich (white)	236	490	20	7	0.2	65	660	48	3	2	32	0	10	20	35
Tuna Sandwich (sourdough)	215	660	25	3.5	0.1	25	1080	80	5	1	30	0	40	6	45
Tuna Sandwich (whole wheat)	215	480	25	4	0.1	25	450	44	7	5	20	0	10	6	30
Chicken Sandwich (whole wheat)	236	570	19	7	0.5	85	750	45	2	4	33	8	15	20	45
Chicken Sandwich (white)	236	470	17	5	0.3	75	730	48	3	2	34	8	10	20	30
Ham Sandwich (whole wheat)	236	570	21	9	0.5	65	1050	45	2	5	26	4	15	20	45
Ham Sandwich (white)	236	470	19	8	0.4	55	1030	48	3	3	27	4	10	20	30
Turkey sandwich (whole wheat)	235	570	22	9	0.5	80	690	44	2	4	28	4	20	20	45
Turkey sandwich (white)	235	470	19	8	0.4	70	670	47	3	2	29	4	15	20	35
Chicken Wrap	220	590	29	6	0.4	75	1170	49	5	0	31	40	2	15	25
Turkey Wrap	220	560	28	6	0.4	70	1090	49	5	0	26	35	0	15	25
Vegetarian Wrap	320	410	15	4	0.2	15	880	59	10	4	13	8	40	8	35

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# NUTRITION MENU

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MENU ITEMS	*Serving Size( ml)	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)
<b>SOUPS</b>															
Broccoli Cheddar (cup)	213	140	9	5	0.4	35	820	11	2	3	7	2	15	20	4
Broccoli Cheddar (bowl)	312	210	12	7	0.5	50	1200	16	2	4	10	2	20	30	6
Chicken Noodle (cup)	213	80	1.5	0.3	0	10	390	11	2	1	6	4	2	2	2
Chicken Noodle (bowl)	312	110	2	0.5	0	10	570	16	2	1	9	4	4	2	4
Cream of Cauliflower (cup)	262	90	2.5	1	0	5	480	14	1	4	4	4	0	8	2
Cream of Cauliflower (bowl)	393	135	3.8	1.5	0	7.5	720	21	1.5	6	6	6	0	12	3
Loaded Baked Potato (cup)	213	220	12	7	0.3	35	730	22	1	2	6	0	2	15	4
Loaded Baked Potato (bowl)	312	320	17	10	0.5	50	1060	32	1	2	9	0	4	20	6
Minestrone (cup)	213	90	1	0	0	0	380	15	3	4	5	4	2	4	8
Minestrone (bowl)	312	130	1	0	0	0	560	22	5	6	7	6	4	6	15
Vegetable Beef Barley (cup)	213	80	1.5	0.4	0	5	400	11	2	3	6	4	15	2	6
Vegetable Beef Barley (bowl)	312	110	2	0.5	0	5	590	16	2	5	9	4	20	2	10
Vegan Vegetable (cup)	213	90	1.5	0	0	0	680	15	3	4	3	6	10	4	8
Vegan Vegetable (bowl)	312	130	2.5	0	0	0	1000	22	5	6	5	8	15	6	15
Vegetable Chili (cup)	292	160	0.5	0	0	0	650	31	-	8	8	6	6	8	20
Vegetable Chili (bowl)	438	240	0.7	0	0	0	980	46	-	12	12	9	9	12	30

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MENU ITEMS	*Serving Size (ml)*	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)
<b>COFFEE BEVERAGES</b>															
Espresso - 1 shot	30	0	0.1	0	0	0	0	1	0	0	0	0	0	0	0
Espresso - 2 shots	60	5	0.1	0	0	0	10	1	0	0	0.1	0	0	0	0
Americano (S)	356	5	0.1	0	0	0	20	1	0	0	0.1	0	0	0	0
Americano (M)	477	20	0.4	0.2	0	0	45	4	0	0	0.3	0	0	2	2
Americano (L)	596	25	0.5	0.3	0	0	55	5	0	0	0.4	0	2	2	2
Americano Misto (S)	362	100	3.5	2.5	0.2	15	100	10	0	9	6	10	0	20	0
Americano Misto (M)	482	130	5	3	0.2	20	135	13	0	12	8	15	2	25	2
Americano Misto (L)	603	160	6	4	0.3	25	170	17	0	15	10	15	2	35	2
Cappuccino (S)	365	160	6	4	0.3	25	150	16	0	15	10	15	2	35	2
Cappuccino (M)	487	210	8	5	0.3	30	200	21	0	19	13	20	2	45	2
Cappuccino (L)	608	250	10	6	0.4	40	250	25	0	23	16	25	2	50	2
Caramel Macchiato (S)	364	310	16	10	0.5	60	135	34	0	32	9	25	2	30	2
Caramel Macchiato (M)	485	370	18	11	0.5	65	180	43	0	41	12	30	2	40	2
Caramel Macchiato (L)	607	430	19	12	0.5	75	220	53	0	50	14	35	2	45	2
Latte (S)	365	160	6	4	0.3	25	150	16	0	15	10	15	2	35	2
Latte (M)	487	210	8	5	0.3	30	200	21	0	19	13	20	2	45	2
Latte (L)	608	250	10	6	0.4	40	250	25	0	23	16	25	2	50	2
Mocha (S)	361	390	19	11	0.5	60	140	49	2	41	9	25	2	30	4
Mocha (M)	482	480	20	12	0.5	65	180	66	3	56	12	30	2	40	6
Mocha (L)	603	580	22	14	0.5	70	220	84	4	71	15	35	2	45	8

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MENU ITEMS	*Serving Size (ml)*	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)
<b>COFFEE BEVERAGES</b>															
Coffee Misto (S)	361	90	3.5	2.5	0.2	15	90	9	0	9	6	10	0	20	0
Coffee Misto (M)	481	120	5	3	0.2	20	120	12	0	12	8	15	0	25	0
Coffee Misto (L)	601	160	6	4	0.3	25	150	15	0	15	10	20	2	35	0
<b>TEA BEVERAGES</b>															
Chai tea (S)	360	200	3.5	2.5	0.2	15	95	34	1	32	6	20	0	40	0
Chai tea (M)	481	260	5	3	0.2	20	125	45	2	43	8	25	0	50	0
Chai tea (L)	601	330	6	4	0.3	25	160	57	2	54	10	30	2	70	0
London Fog (S)	361	120	3.5	2	0.2	15	90	18	0	18	6	10	0	20	0
London Fog (M)	481	160	4.5	3	0.2	20	115	26	0	25	8	15	0	25	0
London Fog (L)	601	210	6	3.5	0.3	25	140	34	0	33	10	15	0	30	0
Tea Misto (S)	361	90	3.5	2.5	0.2	15	90	9	0	9	6	10	0	20	0
Tea Misto (M)	481	120	5	3	0.2	20	120	12	0	12	8	15	0	25	0
Tea Misto (L)	601	160	6	4	0.3	25	150	16	0	15	10	15	2	35	0

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# NUTRITION MENU

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<b>OTHER HOT BEVERAGES</b>															
Apple Cider, Small	360	350	109	12	7	45	35	59	0	56	1	10	270	2	4
Apple Cider, Medium	478	420	109	12	7	45	45	77	0	74	1	10	370	2	4
Apple Cider, Large	596	490	109	12	7	45	50	95	0	92	1	10	470	2	6
Hot Chocolate (S)	362	420	20	12	0.5	65	160	51	2	44	11	30	2	35	4
Hot Chocolate (M)	484	520	22	14	0.5	75	210	69	3	60	15	35	2	50	4
Hot Chocolate (L)	605	630	24	15	1	80	260	88	4	77	19	40	2	60	6
Steamed Milk (S)	366	180	7	4.5	0.3	30	170	18	0	18	12	25	2	40	0
Steamed Milk (M)	488	240	10	6	0.4	40	230	23	0	23	16	35	2	50	0
Steamed Milk (L)	610	310	12	8	0.5	50	290	29	0	29	20	0	2	70	0
<b>NON-DAIRY ALTERNATIVES</b>															
Almond milk (S)	355	60	5	0.4	0	0	270	1	1	0	1	0	0	40	8
Almond milk (M)	473	80	7	0.5	0	0	350	2	2	0	2	0	0	50	10
Almond milk (L)	591	100	9	0.5	0	0	440	2	2	0	2	15	0	70	15
Oat milk (S)	355	160	4.5	0	0	0	140	26	1	9	6	20	0	40	4
Oat milk (M)	473	210	6	0	0	0	190	34	2	11	8	25	0	50	4
Oat milk (L)	591	260	7	0.2	0	0	240	43	2	14	9	0	0	60	6
Soy creamer (S)	355	110	4.5	0.5	0	0	270	13	0	10	7	0	0	2	4
Soy creamer (M)	473	150	6	1	0	0	360	17	0	13	9	0	0	4	4
Soy creamer (L)	591	190	7	1	0	0	450	21	0	17	12	0	0	4	6