

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 March 2018 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis using ESHA software and information provided by our suppliers.

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)
BAKED GOODS															
Cookie, Chocolate Haystack	99	390	14	7	0.4	20	75	61	6	34	8	8	6	6	15
Cookie, Double Chocolate Salt	87	380	19	11	0.5	55	230	50	3	33	4	10	0	4	25
Cookie, Ginger	92	370	13	8	0.5	60	160	57	1	29	6	10	0	2	15
Cookie, Goober	61	300	19	9	0.5	35	200	30	1	19	6	10	0	2	6
Cookie, Milk Chocolate Chip	108	480	22	9	0.5	50	200	66	2	40	7	8	0	6	15
Cookie, Oatmeal Health	88	390	20	9	0.5	45	110	49	4	26	7	10	0	4	15
Muffin, Blueberry Bran	170	300	15	2	0	5	490	49	6	27	7	2	2	10	15
Muffin, Morning Glory	170	410	13	2	0	0	210	76	1	73	1	25	2	6	6
Scone, Blueberry	147	230	17	9	0.1	0	450	20	0	18	2	10	0	25	2
Scone, Ham & Cheese	200	250	20	10	0.3	20	1060	13	0	10	9	30	0	45	4

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)
SALADS															
Chicken Dragon Bowl (with dressing)	288	340	24	2.5	0	55	610	9	3	3	24	50	70	4	15
Chicken Dragon Bowl (no dressing)	260	200	9	1.5	0	55	380	8	3	3	23	50	70	4	15
- Velvet dressing	28	140	15	1	0	0	230	1	0	0	1	0	0	0	0
Keto Salad	234	700	65	15	0.5	220	990	10	3	2	23	60	4	35	20
Steak Salad	320	590	47	12	0.2	105	290	12	5	6	30	25	35	25	30
SANDWICHES & WRAPS															
Sandwich, Roast Beef	298	590	17	4.5	0.4	70	940	69	4	4	38	2	20	10	60
Sandwich, Honey Ham	290	710	31	8	0.2	50	1690	69	8	8	39	4	40	15	110
Sandwich, Pesto Chicken	260	630	29	8	0.5	85	890	53	8	2	39	2	45	2	90
Wrap, Chicken Caesar	313	880	59	13	0.3	95	1740	54	3	2	33	25	8	15	160
Wrap, Chorizo Breakfast	343	900	62	21	1	335	1690	52	4	4	35	20	15	45	60

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)
HOT BEVERAGES															
Coffee															
Drip Coffee 12 oz	360	0	0.1	0	0	0	5	0	0	0	0.4	0	0	0	0
Drip Coffee 16 oz	480	0	0.1	0	0	0	10	0	0	0	1	0	0	0	0
Drip Coffee 20 oz	600	0	0.1	0	0	0	10	0	0	0	1	0	0	2	0
Shorts															
Single Espresso	30	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0
Double Espresso	60	0	0.1	0	0	0	10	0	0	0	0.1	0	0	0	0
Espresso Macchiato (1% Milk)	120	30	0.5	0.2	0	5	35	4	0	4	2	4	0	8	0
Espresso Macchiato (Almond Milk)	120	10	1	0	0	0	50	1	0	0	0.3	0	0	0	0
Espresso Macchiato (Soy Milk)	120	25	1	0	0	0	70	3	0	2	1	0	0	0	2
Espresso Macchiato (Whole Milk)	120	45	2.5	1.5	0.1	5	35	3	0	4	2	4	0	8	0
Latte & Cappuccino															
Cappuccino 12 oz (1% Milk)	360	80	2	0.5	0	10	85	9	0	9	6	10	0	20	0
Cappuccino 16 oz (1% Milk)	480	90	2	0.5	0.1	10	105	11	0	11	7	15	0	25	2
Cappuccino 20 oz (1% Milk)	600	110	2.5	1	0.1	15	125	13	0	14	9	15	0	30	2
Latte 12 oz (1% Milk)	360	90	2	0.5	0	10	95	10	0	10	7	15	0	25	0
Latte 16 oz (1% Milk)	480	110	2.5	1	0.1	10	115	12	0	13	8	15	0	30	2

Nutrition information is provided for the standard beverage made with 1% milk. For other milk and milk alternatives, please refer to page 4 where information for steamed milk and milk alternatives are available.

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)
HOT BEVERAGES															
Latte 20 oz (1% Milk)	600	130	3	1	0.1	15	140	15	0	16	10	20	0	35	2
Americano															
Americano 12 oz	360	0	0.1	0	0	0	15	0	0	0	0	0	0	0	0
Americano 16 oz	480	0	0.1	0	0	0	20	0	0	0	0.1	0	0	2	0
Americano 20 oz	600	0	0.2	0	0	0	30	0	0	0	0.1	0	0	2	0
Specialties															
Chai Latte 12 oz (1% Milk)	360	150	1.5	0.5	0	10	70	29	0	29	5	10	0	20	0
Chai Latte 16 oz (1% Milk)	480	200	2	0.5	0	10	90	39	0	39	7	15	0	25	0
Chai Latte 20 oz (1% Milk)	600	250	2.5	0.5	0.1	10	105	47	0	48	8	15	0	25	0
Caramel Macchiato 12 oz (1% Milk)	360	140	2	0.5	0	10	85	26	0	25	6	10	0	20	0
Caramel Macchiato 16 oz (1% Milk)	480	180	2	0.5	0.1	10	105	33	0	33	7	15	0	25	2
Caramel Macchiato 16 oz (1% Milk)	480	180	2	0.5	0.1	10	105	33	0	33	7	15	0	25	2
Mocha 12 oz (1% Milk)	360	190	5	2	0.2	10	290	31	1	30	7	10	0	25	6
Mocha 16 oz (1% Milk)	480	250	6	3	0.3	10	380	40	1	38	9	15	0	30	8
London Fog 12 oz (1% Milk)	360	130	1.5	0.4	0	5	60	25	0	24	5	8	0	15	0
London Fog 16 oz (1% Milk)	480	150	1.5	0.4	0	5	60	30	0	30	5	8	0	15	0
London Fog 20 oz (1% Milk)	600	170	1.5	0.4	0	5	60	35	0	35	5	8	0	15	0
Hot Chocolate 12 oz (1% Milk)	360	200	5	2	0.2	10	290	32	1	31	8	15	0	25	6
Hot Chocolate 16 oz (1% Milk)	480	270	7	3	0.3	15	390	42	1	41	11	15	0	35	8

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)
HOT BEVERAGES															
Hot Chocolate 20 oz (1% Milk)	600	330	8	3.5	0.3	15	480	51	2	50	13	20	0	40	10
Steamed Milk 12 oz (1% Milk)	360	90	2	0.5	0.1	10	100	11	0	12	8	15	0	25	0
Steamed Milk 12 oz (Almond Milk)	360	35	3	0.3	0	0	150	2	1	0	1	0	0	0	0
Steamed Milk 12 oz (Soy Milk)	360	70	2.5	0	0	0	210	8	0	5	5	0	0	2	4
Steamed Milk 12 oz (Whole Milk)	360	140	7	5	0.4	20	95	11	0	12	7	10	0	25	0
Steamed Milk 16 oz (1% Milk)	480	120	3	1	0.1	15	130	15	0	15	10	20	0	35	0
Steamed Milk 16 oz (Almond Milk)	480	50	4	0.4	0	0	190	2	1	0	1	0	0	0	0
Steamed Milk 16 oz (Soy Milk)	480	100	3.5	0	0	0	270	11	0	7	6	0	0	2	4
Steamed Milk 16 oz (Whole Milk)	480	180	10	7	0.5	30	125	14	0	15	9	15	0	30	0
Steamed Milk 20 oz (1% Milk)	600	150	3.5	1	0.1	15	150	17	0	18	12	20	0	40	0
Steamed Milk 20 oz (Almond Milk)	600	60	4.5	0.4	0	0	230	3	1	0	1	0	0	0	0
Steamed Milk 20 oz (Soy Milk)	600	110	4	0	0	0	320	13	0	8	7	0	0	2	6
Steamed Milk 20 oz (Whole Milk)	600	210	11	8	0.5	35	150	17	0	18	11	15	0	35	0
Tea, All Types 12 oz (No Milk or Sugar)	360	0	0	0	0	0	10	1	0	0	0	0	0	0	0
Tea, All Types 16 oz (No Milk or Sugar)	480	0	0	0	0	0	15	1	0	0	0	0	0	0	0
Tea, All Types 20 oz (No Milk or Sugar)	600	5	0	0	0	0	20	2	0	0	0	0	0	0	0

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)
COLD BEVERAGES															
Iced Coffee 16 oz (Plain)	480	0	0.1	0	0	0	10	0	0	0	0.3	0	0	2	0
Iced Coffee 20 oz (Plain)	600	0	0.1	0	0	0	15	0	0	0	0.4	0	0	2	0
Smoothie 16 oz	480	210	0	0	0	0	20	50	2	46	2	0	30	4	8
Smoothie 20 oz	600	260	0	0	0	0	25	62	2	58	2	0	40	4	10
Fruit Shake 16 oz	480	420	8	6	0	10	380	83	2	69	2	0	60	4	4
Fruit Shake 20 oz	600	470	8	6	0	10	380	96	2	80	2	0	80	4	6
Iced Tea 16 oz	480	15	0	0	0	0	15	4	0	4	0	0	0	2	0
Iced Tea 20 oz	600	15	0	0	0	0	20	5	0	5	0	0	0	2	0
Italian Soda 16 oz	480	120	0	0	0	0	60	30	0	30	0	0	0	2	0
Italian Soda 20 oz	600	140	0	0	0	0	80	36	0	36	0	0	0	2	0
Chai Chiller 16 oz	480	460	12	10	0	10	570	85	0	70	2	0	10	0	4
Chai Chiller 20 oz	600	610	16	13	0	15	750	113	0	93	3	0	15	0	4
Frappe 16 oz	480	310	12	10	0	10	570	51	0	36	2	0	0	2	0
Frappe 20 oz	600	420	16	13	0	15	750	67	0	48	3	0	0	2	0
Quencher 20 oz	600	260	0	0	0	0	5	64	0	62	0	0	0	0	0