

# 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 nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Government of British Columbia. The Government of British Columbia assumes no responsibility for liability arising from any errors or omission of information, or from the use of any information contained within the nutrition information supplied by the restaurant.

## NUTRITION MENU



**northern health**  
*the northern way of caring*

The information in this guide is effective as of November 2019 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by CBORD.



**BRITISH  
COLUMBIA**

# NUTRITION INFORMATION

## 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 ITEMS</b>															
Cream of Wheat	3/4 cup/175ml	46	0	0	0	0	0	9	1	0	2	0%	0%	0%	11%
Oatmeal	3/4 cup/175ml	122	2	0	0	0	3	21	3	1	5	0%	0%	0%	10%
Sunny Boy	3/4 cup/175ml	115	1	0	0	0	27	24	4	0	4	0%	0%	0%	9%
Cheese Omelette	1 each/100 g	194	14	6	0	322	336	4	0	1	12	17%	0%	11%	7%
Western Omelette	1 each/99 g	170	11	4	0	220	450	4	0	2	11	10%	6%	8%	6%
Boiled Egg	1 each/50 g	70	5	2	0	183	63	1	0	0	6	10%	0%	2%	4%
Poached Egg	1 each/50 g	70	5	2	0	183	63	1	0	0	6	10%	0%	2%	4%
Scrambled Eggs	1/4 cup/60 g	140	10	4	0	366	126	2	0	0	12	20%	0%	4%	8%
<b>MAINS</b>															
Bacon & Onion Quiche	1 slice/130 g	319	19	7	0	24	539	20	1	3	16	6%	1%	15%	18%
Baked Spaghetti	1 slice/200 g	347	13	6	0	42	755	38	4	8	19	7%	11%	16%	16%
BBQ Pulled Pork on Bun	1 each/150g	299	12	3.8	0	36	725	33	3	7	17.5	0%	0%	4%	9%
Beef Pot Pie	1 each/125 g	370	23	10	0.3	20	390	32	3	2	8	0%	0%	0%	12%
Beef Vegetable Stew	3/4 cup/175 ml	129	1	0	0	14	427	18	3	3	11	5%	10%	2%	11%
Broccoli & Cheddar Quiche	1 each/90 g	200	14	7	0	70	190	15	1	2	6	0%	10%	8%	6%
Burrito	1 each/142 g	300	10	4	0	10	460	43	4	1	10	2%	2%	5%	15%
Butter Chicken	3/4 cup/175 ml	134	6	2	0	59	341	3	1	1	16	1%	2%	1%	9%
Cabbage Rolls	1 each/156 g	120	5	2	0.3	15	520	14	3	6	6	4%	4%	6%	8%
Cheese Tortellini	3/4 cup/175 ml	236	8	2	0	9	405	33	3	6	9	0%	14%	14%	9%
Chicken Burger	1 each/143 g	324	9	1	0	19	569	44	4	5	17	0%	4%	6%	18%
Chicken Fingers	3 each/88 g	194	11	1	0.2	18	388	12	2	3	13	0%	0%	0%	0%
Chicken Souvlaki	2 skewer/152 g	200	8	2	0	100	920	4	0	0	26	4%	8%	4%	12%

# NUTRITION INFORMATION

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)
Chicken Stew	3/4 cup/175 ml	130	3.5	1.5	0	35	500	11	2	3	14	20%	10%	2%	4%
Chili Con Carne	3/4 cup/175 ml	132	2	1	0	11	587	21	7	6	8	7%	4%	6%	15%
Cod Nuggets	6 nuggets/170 g	392	21	5	0	57	899	29	1	0	25	2%	0%	3%	25%
Garden Vegetable Lasagna	1 piece/218 g	292	16	7	1.7	31	769	24	3	3.5	13.25	4%	0%	25%	8%
Ham & Cheese Rotini	3/4 cup/175 ml	256	13	5	0	27	391	21	1	6	10	16%	1%	20%	5%
Hamburger	1 each/138 g	293	11	4	0.4	43	557	30	5	2	20	0%	1%	7%	24%
Hot Dog	1 each/91 g	222	16	7	0.75	49	774	7	0	0.5	12	0%	0%	1%	15%
Hot Turkey Sandwich	1 each/141 g	259	4	0.8	0	33.2	320	30	3	3	27	4%	0%	14%	1%
Macaroni and Cheese	3/4 cup/175 ml	236	10	6	0.2	30	482	26	1	3	11	10%	10%	20%	8%
Meat Lasagna	1 piece/232 g	280	7	3	0.4	27	573	33	3	5	20	7%	11%	16%	16%
Meatballs in Mushroom Gravy	7 meatballs/98 g	180	11	5	0.3	28	452	7	0	0	13	1%	1%	3%	15%
Mini Spring Rolls	3 each/51 g	83	1	0	0	0	195	17	1	1.5	2.25	2%	0%	2%	4%
Pepperoni Pizza	1 slice/156 g	380	15	7	0.3	35	900	44	2	5	16	4%	4%	15%	20%
Perogies w\ Onions & Pork Sausage	213 g	409	17	4	0	27	729	49	2	3	14	12%	5%	9%	16%
Pollock Fillet	1 each/99 g	240	15	1	0	35	410	17	1	0	10	0%	0%	0%	8%
Roast Beef	75 g	133	3	1	0	53	48	0	0	0	24	0%	0%	0%	15%
Shepherd's Pie	375g	188	7.5	3	0.3	26	233	18	3	2.5	12	14%	4%	5%	13%
Sweet 'N Sour Meatballs	7 meatballs/98 g	243	12	5	0.3	28	523	21	2	12	14	5%	15%	4%	21%
Sweet 'N Sour Pork	175ml	224	3.5	1.7	0	60	190	28	0	22	21	1%	9%	3%	12%
Three Cheese Pizza	1 slice/150 g	340	12	6	0.2	30	720	44	2	4	15	2%	4%	20%	20%
Turkey Chili	3/4 cup/175 ml	200	14	2.2	0.2	50	380	13	3	4	13	16%	14%	6%	18%

# NUTRITION INFORMATION

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)
Turkey Chili	3/4 cup/175 ml	200	14	2.2	0.2	50	380	13	3	4	13	16%	14%	6%	18%
<b>SIDES</b>															
Baked Potato	1/2 cup/125 ml	99	1	0	0	0	5	22	2	1	2	0%	13%	1%	2%
French Fries	1/2 cup/125 ml	182	5	0.5	0.1	0	48	31	3	0	3	0	9%	1%	5%
Hashbrowns	1/2 cup/125 ml	100	3	0	0	0	276	17	2	1	2	0%	7%	1%	3%
Mashed Potato	1/2 cup/125 ml	110	3	1	1	2	298	19	3	1	2	1%	0%	2%	7%
Pasta	1/2 cup/125 ml	134	1	0.2	0	0	1	26	2	0.5	5	0%	0%	0%	8%
Potato Pom Poms	1/2 cup/125 ml	221	10	1	0	0	625	31	3	0	2	5%	5%	4%	4%
Rice Pilaf	1/2 cup/125 ml	112	1	0	0	0	96	22	1	0	3	0%	7%	2%	2%
Roasted Garlic Potatoes	1/2 cup/125 ml	100	3	0	0	0	277	17	2	1	2	0%	7%	1%	3%
Steamed Rice	1/2cup/125ml	133	0	0	0	0	2	28	1	0	3	0%	0%	2%	2%
Roast Yams	1/2cup/125ml	174	2	0	0	0	40	30	5	0.6	2	100%	27%	2%	6%
Yams	1/2 cup/125 ml	194	0	0	0	0	14	23	4	8	2	104%	28%	3%	7%
<b>SAUCES</b>															
Boeuf Au Jus	2 tbsp/30 ml	2	0	0	0	0	93	0	0	0.1	0	0%	0%	0%	0%
Cheese Sauce	2 tbsp/30 ml	20	0	0.25	0	0	145	4	0	1	0.2	0%	0%	1%	0%
Honey Mustard Sauce	2 tbsp/30 ml	60	0.2	0	0	0	100	15	0	10	0.2	0%	0%	0%	0%
Dill Sauce	2 tbsp/30 ml	27	2	0	0	1	88	4	0	0	0	0%	0%	0%	0%
Gravy	2 tbsp/30 ml	15	0	0	0	0	68	3	0	0	0	0%	0%	0%	0%
Pasta Sauce	1/2 cup/125 ml	80	1	0.1	0	0	510	15	2	8	2	0%	8%	20%	20%
Sour Cream	2 tbsp/29 g	51	4	2	0	10	20	2	0	0	2	3%	0%	4%	0%
Tzatziki	2 tbsp/28 g	50	5	3	0	0	200	1	0	0	1	0%	0%	0%	0%
Tzatziki	2 tbsp/28 g	50	5	3	0	0	200	1	0	0	1	0%	0%	0%	0%
<b>VEGETABLES</b>															
Beets	1/2 cup/125 ml	40	0	0	0	0	15	9	2	6	1	0%	10%	2%	2%
Braised Green Cabbage	1/2 cup/125 ml	37	2	0	0	0	54	5	1	3	1	10%	40%	3%	1%
Braised Red Cabbage & Apple	1/2 cup/125 ml	57	2	0	0	0	55	11	1	9	1	0%	23%	2%	2%
Broccoli	1/2 cup/125 ml	40	0	0	0	0	20	7	3	2	3	4%	60%	2%	4%
California Mix	1/2 cup/125 ml	25	0	0	0	0	30	5	3	2	2	50%	35%	2%	4%

# NUTRITION INFORMATION

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)
Cauliflower	1/2 cup/125 ml	20	0	0	0	0	15	3	2	2	1	0%	45%	2%	2%
Corn	1/2 cup/125 ml	70	0	0	0	0	4	17	2	2	2	2%	4%	0%	2%
Cut Wax Beans	1/2 cup/125 ml	25	0	0	0	0	10	5	3	1	1	4%	6%	4%	6%
Diced Butternut Squash	1/2 cup/125 ml	35	0	0	0	0	2	9	1	2	1	30%	4%	2%	4%
Diced Carrots	1/2 cup/125 ml	30	0	0	0	0	50	7	3	4	1	150%	4%	2%	4%
Diced Glazed Carrots	1/2 cup/125 ml	61	3	0	0	0	64	9	2	6	1	62%	5%	3%	5%
Diced Parsnip	1/2 cup/125 ml	60	0	0	0	0	10	14	3	4	1	0%	20%	4%	2%
Diced Parsnip & Carrots	1/2 cup/125 ml	45	0	0	0	0	29	10	2	4	1	36%	11%	3%	3%
Green Beans	1/2 cup/125 ml	25	0	0	0	0	10	5	3	1	1	4%	6%	4%	6%
Green Peas	1/2 cup/125 ml	70	0	0	0	0	75	12	4	5	4	6%	15%	2%	10%
Italian Vegetable	1/2 cup/125 ml	25	0	0	0	0	20	5	2	2	1	40%	20%	2%	2%
Oriental Vegetable	1/2 cup/125 ml	25	0	0	0	0	20	5	2	2	2	40%	30%	2%	4%
Peas & Carrots	1/2 cup/125 ml	50	0	0	0	0	65	10	4	4	3	70%	10%	2%	6%
Pick of the Day	1/2 cup/125 ml	30	0	0	0	0	25	6	3	2	1	70%	4%	4%	2%
Rutabaga	1/2 cup/125 ml	35	0	0		0	20	7	2	3	1	4%	20%	2%	2%
<b>SOUPS</b>															
Broccoli & Cheese	1 cup/250ml	140	4.5	3.5	0.1	5	670	18	1	6	4	0%	15%	1%	14%
Chicken Noodle	1 cup/250ml	80	1.5	0.5	0	15	470	12	1	2	4	2%	2%	2%	4%
Chicken Thai Red Curry	1 cup/250ml	150	6	5	0.1	5	470	20	1	3	4	6%	20%	4%	4%
Chicken with Rice	1 cup/250ml	80	1.5	0.5	0	5	740	14	1	1	3	25%	10%	2%	4%
Clam Chowder	1 cup/250ml	180	6	5	0.1	10	660	26	1	5	5	0%	6%	8%	4%
Cream of Broccoli	1 cup/250ml	130	4	3	0.1	5	480	19	1	6	4	2%	10%	8%	2%
Cream of Mushroom	1 cup/250ml	130	4	3	0.1	5	610	19	1	5	4	0%	2%	8%	4%
Cream of Potato and Leek	1 cup/250ml	160	4	3	0.1	5	580	27	1	6	5	0%	8%	10%	4%
Cream of Tomato & Red Pepper	1 cup/250ml	100	1.5	1	0	5	590	18	2	10	4	15%	35%	10%	4%
Cream of Vegetable Chowder	1 cup/250ml	170	8	4.5	0.1	20	800	21	2	6	4	20%	30%	10%	4%
French Canadian Pea	1 cup/250ml	160	1.5	1	0	0	480	27	6	2	10	15%	2%	4%	10%

# NUTRITION INFORMATION

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)
Harvest Vegetable	1 cup/250ml	70	0	0	0	0	470	14	3	4	2	20%	25%	4%	4%
Italian Wedding	1 cup/250ml	120	3.5	1	0	10	680	17	1	1	6	4%	2%	2%	8%
Lentil & Roasted Garlic	1 cup/250ml	170	2	0	0	0	630	29	7	3	9	10%	6%	4%	20%
Moroccan Vegetable Soup	1 cup/250ml	180	4	0.3	0	0	750	32	6	8	6	30%	2%	6%	10%
Turkey and Wild Rice	1 cup/250ml	70	1	0.3	0	5	620	13	0	1	3	25%	10%	2%	4%
Vegetable Beef Barley	1 cup/250ml	80	1	0.4	0	5	680	15	2	2	3	8%	10%	2%	6%
Wicked Thai Chicken	1 cup/250ml	300	22	0	0	40	930	16	2	4	10	2%	0%	6%	8%
<b>SANDWICHES</b>															
Chicken Salad Sandwich	1 each/168 g	437	15	3	0	55	597	49	5	6	25	6%	2%	9%	23%
Clubhouse Sandwich	1 each/237 g	546	38	14	0	57	982	32	4	8	15	11%	15%	5%	10%
Egg Salad Sandwich	1 each/188 g	470	30	6	0	307	527	31	3	3	17	6%	2%	9%	23%
Salmon Salad Sandwich	1 each/165 g	447	17	3	0	22	821	50	5	7	20	6%	3%	20%	23%
Sliced Corned Beef Sandwich	1 each/190 g	226	12	6	0	34	481	18	3	3	11	13%	68%	15%	9%
Sliced Ham Sandwich	1 each/264 g	542	25	11	0	68	1532	49	8	19	19	22%	72%	33%	23%
Sliced Roast Beef Sandwich	1 each/241 g	554	23	10	0	80	687	49	6	8	36	22%	72%	33%	31%
Sliced Turkey Sandwich	1 each/249 g	498	22	10	0	71	635	48	6	7	31	22%	73%	33%	21%
Tuna Salad Sandwich	1 each/173 g	354	13	2	0	10	547	49	5	6	10	6%	2%	8%	19%
Tuna Salad Sandwich	1 each/173 g	354	13	2	0	10	547	49	5	6	10	6%	2%	8%	19%
<b>WRAPS</b>															
Chicken Salad Wrap	1 half/220 g	339	16	7	0	51	612	31	2	3	19	13%	58%	15%	19%
Egg Salad Wrap	1 half/220 g	339	18	7	0	154	620	31	2	3	15	19%	58%	16%	19%
Salmon Salad Wrap	1 half/220 g	330	16	7	0	33	686	31	2	3	15	13%	58%	19%	18%
Sliced Ham Wrap	1 half/210 g	307	15	7	0	37	954	28	3	8	11	13%	67%	14%	17%
Sliced Meatloaf Wrap	1 half/220 g	314	16	7	0	37	605	29	2	3	14	13%	58%	14%	17%
Sliced Turkey Wrap	1 half /220 g	310	14	6	0	56	533	28	2	2	24	13%	67%	15%	16%
Tuna Salad Wrap	1 half/220 g	305	15	6	0	30	607	32	2	3	12	13%	58%	15%	17%
Tuna Salad Wrap	1 half/220 g	305	15	6	0	30	607	32	2	3	12	13%	58%	15%	17%

# NUTRITION INFORMATION

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>BREADS</b>															
Ancient Grain Bread	1 slice/43 g	120	2	0	0	0	163	21	3	2	4	0%	0%	3%	8%
Ancient Grain Tortilla	1 tortilla/61 g	180	5	1	0	0	400	27	4	1	6	0%	0%	2%	8%
Blueberry Bagel	1bagel/75 g	200	1.5	0.3	0	0	260	40	2	5	7	0%	0%	4%	20%
Ciabatta Bun	1 bun/95 g	220	3	0.3	0	0	550	43	4	1	8	0%	0%	2%	17%
Cinnamon Raisin Bagel	1 bagel/75 g	190	1	0.3	0	0	260	39	2	6	6	0%	0%	6%	20%
Everything Bagel	1 bagel/75 g	200	3	0.5	0	0	220	36	2	2	8	0%	0%	8%	20%
Flour Tortilla	1 tortilla/100 g	300	9	2	0	0	660	47	2	1	9	0%	0%	1%	22%
Garlic Toast	1 slice/41 g	120	4	0.5	0	0	230	18	1	1	3	0%	0%	2%	8%
Pita	1 pita/75 g	200	1	0.4	0	0	400	41	4	2	8	0%	0%	5%	20%
Plain Bagel	1 bagel/75 g	190	1	0.2	0	0	260	36	1	2	7	0%	0%	4%	20%
Raisin Bread	1 slice/30 g	80	1	0.2	0	0	110	16	1	5	2	0%	0%	1%	5%
Sesame Seed Bagel	1 bagel/75 g	200	2.5	0.4	0	0	250	36	2	2	7	0%	0%	6%	20%
Spinach Tortilla	1 tortilla/71 g	180	4	0.5	0	0	440	31	1	0	5	0%	0%	2%	15%
Tea Biscuit	1 biscuit/85 g	270	8	2	0	5	640	42	2	5	7	8%	0%	10%	15%
Tomato Tortilla	1 tortilla/111 g	300	7	2	0	0	530	52	2	3	9	1%	67%	20%	25%
White Bread	1 slice/34 g	80	1	0.2	0	0	130	16	1	1	3	0%	0%	2%	7%
White Bun	1 bun/41g	100	1	0.3	0	0	150	20	1	2	3	0%	0%	2%	10%
White Dinner Roll	1 bun/37 g	90	1	0.3	0	0	190	17	1	2	3	0%	0%	2%	8%
Whole Wheat Bagel	1 bagel/75 g	190	2	0.4	0	0	280	35	4	2	7	0%	0%	4%	15%
Whole Wheat Bread	1 slice/34 g	85	1.5	0.2	0	0	260	15	2	1	3.5	0%	0%	2%	5%
Whole Wheat Bun	1 bun/65g	130	1.5	0.5	0	0	200	24	3	1	5	0%	0%	4%	10%
Whole Wheat Dinner Roll	1 bun/37 g	90	1.5	0.3	0	0	170	16	2	1	3	0%	0%	22%	1%
Whole Wheat Tortilla	1 tortilla/61 g	180	4	1	0	0	460	28	3	0	6	0%	0%	2%	8%
<b>SALADS</b>															
Ambrosia	1/2 cup/125 ml	92	4	3	0	2	20	15	1	10	1	2%	9%	1%	2%
Apple Salad	1/2 cup/125 ml	92	4	1	0	5	318	13	1	10	0	1%	6%	1%	1%

# NUTRITION INFORMATION

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)
Broccoli Salad	1/2 cup/125 ml	89	6	1	0	5	133	9	1	6	2	4%	73%	3%	3%
Broccoli and Cauliflower Salad	1/2 cup/125 ml	70	3	0.5	0	4	111	10	1	8	1	1%	45%	2%	2%
Coleslaw	1/2 cup/125 ml	165	10	2	0	5	237	20	2	18	1	23%	26%	2%	1%
Deluxe Coleslaw	1/2 cup/125 ml	41	2	0	0	3	5	5	1	3	0.5	8%	33%	3%	4%
Four Bean Salad	1/2 cup/125 ml	185	4	0	0	0	10	29	6	4	10	3%	23%	5%	20%
Fruit Salad	1/2 cup/125 ml	60	0	0	0	0	6	16	1	0	1	4%	7%	1%	2%
Garden Salad	1/2 cup/125 ml	8	0	0	0	0	6	2	1	1	0	12%	10%	1%	2%
Greek Salad	1/2 cup/125 ml	62	5	1	0	4	101	3	1	2	1	2%	42%	3%	2%
Marinated Vegetable Salad	1/2 cup/125 ml	34	2	0	0	0	71	4	1	2	1	5%	83%	1%	2%
Pasta Salad	1/2 cup/125 ml	192	9	1	0	0	347	24	1	4	4	3%	23%	1%	4%
Potato Salad	1/2 cup/125 ml	143	8	1	0	68	529	11	1	0	3	3%	17%	2%	5%
Spicy Oriental Salad	1/2 cup/125 ml	104	4	0.5	0	14	331	14	1	1	3	27%	23%	2%	4%
Taco Salad	1/2 cup/125 ml	495	29	14	1	119	1446	18	4	6	40	12%	13%	27%	34%
Potato Salad	1/2 cup/125 ml	143	8	1	0	68	529	11	1	0	3	3%	17%	2%	5%
Spicy Oriental Salad	1/2 cup/125 ml	104	4	0.5	0	14	331	14	1	1	3	27%	23%	2%	4%
Taco Salad	1/2 cup/125 ml	495	29	14	1	119	1446	18	4	6	40	12%	13%	27%	34%
<b>DESSERTS/BAKED GOODS</b>															
Apple Pie	1 slice/260 g	660	28	14	0	0	620	94	4	24	6	0%	0%	0%	16%
Banana Muffin	1 each/55 g	182	7	0.6	0	0	172	27	1	15	3	0%	0%	0%	6%
Blueberry Muffin	1 each/55 g	170	7	0.6	0	0	147	25	1	12	2	0%	0%	1%	6%
Blueberry Scone	1 each/56 g	170	5	2	0	0	400	28	1	8	3	0%	0%	4%	10%
Butter Pecan Fudge Cake	1 piece/53 g	190	10	3.5	0.1	25	230	24	1	17	2	6%	0%	4%	8%
Butterscotch Pudding with Whip Cream	1/2 cup/125 ml	138	3	2	0	10	338	6	0	22	4	8%	0%	13%	0%
Carrot Cake	1 piece/59 g	220	13	2	0.1	25	200	25	1	17	2	4%	2%	2%	4%
Carrot Muffin	1 each/55 g	172	6	0.5	0	0	127	26	1	14	2	48%	2%	1%	6%
Chocolate Fudge Cake	1 piece/55 g	200	11	5	0.1	25	230	23	1	17	2	8%	0%	2%	10%



# NUTRITION INFORMATION

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)
Chocolate Pudding with Whip Cream	1/2 cup/125 ml	133	3	2	0	9	285	22	0	19	4	7%	1%	12%	0%
Cinnamon Sticky Bun	1 each/198 g	758	19	7	0.23	0	439	114	4	56	10	0%	20%	7%	30%
Cranberry Lemon Muffin	1 each/55 g	165	7	1	0	0	134	24	1	10	3	0%	1%	1%	7%
Cream Cheese Cinnamon Bun	1 each/190 g	649	23	10	0	15	699	99	3	37	12	2%	10%	4%	35%
Jell-O with Whip Cream	1/2 cup/125 ml	119	3	3	0	0	110	22	0	20	2	0%	0%	0%	0%
Lemon Cream Cake	1 piece/82 g	270	14	6	0	70	200	32	0	24	3	2%	0%	4%	4%
Lemon Meringue Pie (1/8th of Pie)	1 slice/128 g	290	8	3	0	0	270	53	1	37	2	0%	0%	0%	4%
Lemonlicious Lemon Bar	1 piece/84 g	290	14	8	0.2	100	65	68	0	28	4	0%	10%	2%	6%
Macaroon Bar	1 piece/94 g	400	20	9	0.1	45	220	52	3	39	4	15%	0%	4%	10%
Morning Glory Muffin	1 each/55 g	173	7	1	0	0	174	26	1	14	2	34%	1%	2%	7%
Nanaimo Bar	1 each/57 g	280	17	8	0.2	0	150	32	2	23	1	15%	0%	0%	4%
Oatmeal Apple Muffin	1 each/55 g	174	5	1	0	0	196	29	2	15	3	0%	0%	1%	7%
Orange Cream Cake	1 piece/82 g	270	14	6	0.1	70	200	32	0	25	3	8%	0%	4%	6%
Peach Shortcake	1 piece/89 g	110	3	1	0	26	81	19	1	14	2	1%	3%	0%	1%
Peanut Butter Stacked Brownie	1 piece/65 g	300	18	6	0.1	20	180	31	2	20	6	8%	0%	4%	10%
Pecan Streusel Cake	1 piece/55 g	220	12	4	0.2	20	150	29	1	19	2	10%	0%	2%	6%
Pumpkin Pie	1 slice/244 g	600	22	8	0	90	700	96	2	40	5	40%	0%	12%	18%
Raisin Bran Muffin	1 each/55 g	161	6	1	0	0	136	23	4	12	3	0%	0%	2%	9%
Raspberry Yogurt Muffin	1 each/55 g	173	6	1	0	0	145	27	1	13	3	0%	0%	1%	6%
Rice Pudding with Whip Cream	1/2 cup/125 ml	170	4	3	0	24	169	27	1	17	4	4%	0%	10%	2%
Sticky Toffee Pudding Cake	1 piece/83 g	260	11	7	0.1	50	170	38	1	24	3	8%	0%	4%	25%
Strawberry Cream Shortcake	1 piece/82 g	230	12	5	0.1	50	210	28	1	20	2	8%	10%	4%	6%
Strawberry Rhubarb Pie (1/5th of Pie)	1 slice/260 g	660	28	10	0	0	640	96	2	32	6	0%	20%	12%	10%
Summer Berry Muffin	1 each/55 g	179	6	1	0	0	179	28	1	14	3	0%	0%	1%	6%
Tapioca Pudding with Whip Cream	1/2 cup/125 ml	185	6	2	0	1	199	30	0	21	3	0%	0%	9%	1%
Tiger Brownie	1 each/58 g	260	14	7	0.1	20	110	30	1	18	3	15%	0%	2%	10%
Tiramisu Layer	1 piece/77 g	250	15	7	0.2	70	220	24	0	16	3	8%	0%	4%	4%
Vanilla Bean Dream Cake	1 piece/59 g	220	12	4	0.2	45	150	24	1	15	3	8%	0%	4%	8%

# NUTRITION INFORMATION

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)
Vanilla Caramel Cake	1 piece/57 g	200	9	2	0.1	35	240	27	0	17	3	4%	0%	4%	6%
Vanilla Pudding with Whip Cream	1/2 cup/125 ml	137	3	2	0	10	338	6	0	22	4	8%	0%	13%	0%
<b>CONDIMENTS</b>															
Butter	1 tsp / 4.5 g	30	3.5	2.5	0.1	10	35	0	0	0	0	4%	0%	0%	0%
Cheese Portions	1 ptn/21 g	80	7	5	0.2	20	160	0	0	0	5	4%	0%	15%	0%
Cream Cheese	1 tbsp/18 g	97	10	5	0	31	91	1	0	1	2	10%	0%	3%	1%
Honey	1 tbsp/21 g	60	0	0	0	0	0	17	0	17	0.1	0%	0%	0%	0%
Honey Mustard Sauce	2 tbsp / 28 g	60	0	0	0	0	85	14	0	14	0.2	0%	0%	0%	0%
Jams & Jelly	1 tbsp/16 ml	60	0	0	0	0	0	14	0	14	0	0%	0%	0%	0%
Light Jams & Jellies	2 tsp / 12 ml	15	0	0	0	0	5	4	0	4	0	0%	0%	0%	0%
Margarine	1 tsp / 7 g	50	6	1	0	1.5	50	0	0	0	0	8%	0%	0%	0%
Plum Sauce	2 tbsp / 28 g	50	0	0	0	0	260	12	0	11	0	0%	0%	0%	0%
Salad Dressings	1 tbsp/18 ml	60	6	1	0	5	160	2	0	2	0	0%	0%	0%	0%



# northern health

*the northern way of caring*



#healthynorth

[northernhealth.ca](http://northernhealth.ca)