

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 October 2019 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by Nutritionist Pro 2.0 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)
Appetizers															
Gyoza, kimchi	5 pc	707	16	0	0	0	1350	119	3	40	22	20	0	16	27
Gyoza, pork	5 pc	184	7	2	0.1	14	486	23	1	2	7	2	14	3	14
Gyoza, vegetable	5 pc	325	16	4	0	2	658	34	7	3	12	0	0	8	21
Seaweed salad	Each	58	1	0	0	0	859	7	2	5	0	2	5	50	6
Sunomono salad	Each	91	0	0.1	0	42	351	15	0.2	9	5	15	8	2	2
Soups															
Chicken U-don soup	Each	291	4	1	0	40	1173	51	3	3	14	31	57	7	11
Classic U-don soup	Each	211	1	0.3	0	1	1049	46	2	0.7	5	0	1	4	5
Fish Cake U-don soup	Each	292	3	1	0	18	1598	58	3	3	7	31	57	19	14
Gyoza U-don soup	Each	304	4	1	0	6	1073	59	4	3	9	31	63	7	15
Miso soup	Each	44	2	0.3	0	0	964	5	1	0.9	3	0	2	18	5
Seafood U-don soup	Each	290	2	0.4	0	49	1385	54	3	4	15	33	58	9	10
Shrimp tempura U-Don soup	Each	353	9	4	0	16	1131	59	4	3	10	31	57	6	9
Shrimp Wonton soup	Each	132	2	0.1	0	41	929	21	3	3	8	0	20	3	12
Vegetable U-don soup	Each	232	1	0.3	0	1	1068	51	3	3	6	31	57	6	9

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)
Sushi/Maki															
Alaska roll	Roll	367	11	1	0	25	626	52	3	6	17	4	10	3	5
Alaska roll	1 pc	41	1	0.2	0	3	70	6	0.3	0.6	2	0	1	0	1
Avocado Cucumber Roll	Roll	210	5	0.7	0	0	154	37	4	2	4	4	12	1	4
Avocado Cucumber roll	1 pc	23	1	0.1	0	0	17	4	0.4	0.2	0.5	0	1	0	1
Avocado Maki	Roll	234	8	1	0	0	155	38	5	2	5	5	14	1	5
Avocado Maki	1 pc	29	1	0.1	0	0	19	5	0.6	0.2	0.6	1	2	0	1
Avocado Yam roll	Roll	241	5	0.7	0	0	154	45	4	2	5	4	13	1	6
Avocado Yam roll	1 pc	27	1	0.1	0	0	17	5	0.4	0.2	0.5	0	1	0	1
Beef Teriyaki roll	Roll	309	8	2	0.2	27	606	43	2	9	13	28	32	2	13
Beef Teriyaki roll	1 pc	34	1	0.3	0	3	67	5	0.2	1	1	3	4	0	1
California roll	Roll	340	10	1	0	6	609	52	3	6	12	4	10	3	5
California roll	1 pc	38	1	0.1	0	0.7	68	6	0.4	0.6	1	0	1	0	1
Chicken Teriyaki roll	Roll	288	6	1	0.1	52	614	41	2	8	14	28	32	2	8
Chicken Teriyaki roll	1 pc.	32	1	0.1	0	6	68	5	0.2	0.9	2	3	4	0	1
Chop Scallop roll	Roll	394	13	2	0	62	449	44	3	3	26	5	26	6	10
Chop Scallop roll	1 pc	44	1	0.2	0	7	50	5	0.3	0.3	3	1	3	1	1
Dynamite roll	Roll	321	8	3	0	62	422	50	3	4	13	4	15	2	5
Dynamite roll	1 pc	36	1	0.3	0	7	47	6	0.3	0.4	1	0	2	0	1
Futomaki	Roll	457	5	1	0	98	997	87	11	8	13	39	25	13	25
Futomaki	1 pc	51	1	0.1	0	11	111	10	1	0.9	1	4	3	1	3

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)
Sushi/Maki															
Inari	3 pc.	273	6	1	0	0	338	47	1	8	7	0	0	5	13
Inari Nigiri	1 pc	105	3	0.5	0	0	136	17	0.3	4	3	0	0	2	6
Kappa (cucumber) maki	Roll	157	0	0	0	0	152	35	2	2	4	2	7	1	3
Kappa (cucumber) maki	1 pc	20	0	0	0	0	19	4	0.2	0.2	0.5	0	1	0	0
Salmon maki	Roll	196	2	0.4	0	16	163	34	1	2	9	2	6	1	3
Salmon maki	1 pc	25	0	0.0	0	2	20	4	0.2	0.2	1	0	1	0	0
Salmon nigiri	1 pc	54	1	0.2	0	6	42	8	0.2	0.4	3	0	0	0	1
Shrimp nigiri	1 pc	48	0	0.0	0	15	52	8	0.2	0.4	3	1	0	1	2
Smoked salmon roll	Roll	324	5	0.4	0	10	941	53	3	6	18	4	12	3	4
Smoked salmon roll	1 pc	36	1	0.0	0	1	105	6	0.3	0.6	2	0	1	0	0
Spicy salmon roll	Roll	310	10	2	0	30	225	39	3	2	14	3	12	1	6
Spicy salmon roll	1 pc	34	1	0.2	0	3	25	4	0.3	0.2	2	0	1	0	1
Spicy tuna roll	Roll	275	7	1	0	19	220	39	2	2	15	3	10	2	8
Spicy tuna roll	1 pc	31	1	0.1	0	2	24	4	0.2	0.2	2	0	1	0	1
Tekka (tuna) maki	Roll	205	2	0.3	0	10	176	37	2	2	10	2	6	1	5
Tekka (tuna) maki	1 pc	26	0	0	0	1	22	5	0.2	0.2	1	0	1	0	1
Tuna nigiri	1 pc	51	1	0.1	0	4	41	8	0.2	0.4	3	0	0	0	1
Vegetable roll	Roll	216	2	0.2	0	0	185	45	3	5	5	60	36	2	5
Vegetable roll, 1 piece	1 pc.	24	0	0	0	0	21	5	0.4	0.5	0.5	7	4	0	1

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)
Add-ons															
Pickled ginger	5 g	1	0	0	0	0	182	0.2	0.0	0.0	0	0	0	0	0
Soy Sauce, 1 pkt	7 g	5	0	0	0	0	430	0.5	0	0	1	0	0	0	0
Wasabi	5 g	9	0	0	0	0	0	1	0.0	0.0	0	0	0	0	0
Rice/Soba Bowls															
Beef Rice bowl	Each	505	17	5	0.6	68	973	54	3	14	27	50	80	5	25
Beef Soba bowl	Each	598	21	6	0.7	68	1113	65	1	14	36	50	80	5	30
Chicken Rice bowl	Each	374	7	2	0.1	77	853	49	3	12	20	50	80	5	10
Chicken Soba bowl	Each	467	12	2	0.2	77	993	60	1	12	29	50	80	5	15
Salmon Rice bowl	Each	364	6	1		44	676	49	3	12	19	50	80	5	7
Salmon Soba bowl	Each	458	10	1	0.1	44	816	60	1	12	28	50	80	5	15
Bento Boxes															
Bento box, chicken	Each	403	9	2	0	47	1136	56	4	14	18	40	90	6	15
Bento box, beef	Each	519	17	5	0.4	56	1263	59	4	16	26	40	90	6	25
Bento box, salmon	Each	496	13	2	0	69	1078	56	4	14	30	40	90	6	15
Bento box, Chicken Karaage	Each	404	660	26	6	0.1	990	78	3	4	28	45	40	4	25

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)
Rice Paper Wraps															
Rice paper wrap, shrimp	Each	195	2	0.3	0	59	124	35	4	6	9.2	172	52	5	14
Rice paper wrap, spicy crabmeat	Each	286	7	0.8	0	6	547	48	4	10	9.6	170	51	5	8
Rice paper wrap, vegetable	Each	166	2	0.3	0	0	57	35	4	6	2.9	170	51	4	8