

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.

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NUTRITION MENU



The information in this guide is effective as of July 2018 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)
Breakfast															
Bagel, Plain	128	284	1	0	0	0	489	64	5	10	10	0	0	4	20
Bagel, Cinnamon Raisin	128	350	2	1	0	0	440	76	6	20	12	0	0	4	20
Bagel, Whole Wheat	128	320	3	1	0	0	557	64	7	13	15	0	0	4	30
Bagel, Whole Wheat, Egger with Sausage	314	780	44	17	2.5	490	1040	67	7	14	38	26	0	23	45
Bagel, Whole Wheat, Egger with Bacon	281	650	30	12	2	465	930	67	7	14	36	26	0	23	40
Bagel, White, Egger with Sausage	314	750	42	16	2.5	490	970	67	5	11	33	26	0	23	35
Bagel, White, Egger with Bacon	281	620	28	11	2	465	860	67	5	11	31	26	0	23	30
Royal Egger with Bacon	157	360	20	8	2	240	490	30	2	2	18	14	0	24	18
Royal Egger with Sausage	190	490	34	12	2	265	590	30	2	2	20	14	0	24	23
Scrambled Eggs with Bacon (WW)	219	570	28	9	2.5	455	1110	55	8	4	29	20	0	8	35
Scrambled Eggs with Bacon (White)	219	500	27	9	2.5	455	920	37	1	4	25	20	0	5	27
Scrambled Eggs with Sausage (WW)	243	660	39	13	3	470	1040	55	8	4	28	20	0	8	40
Scrambled Eggs with Bacon (White)	243	590	38	12	3	470	850	37	1	4	24	20	0	5	32
French Toast w/Bacon (whole wheat)	214	500	20	7	0	455	1030	55	8	4	29	20	0	7	35
French Toast w/Bacon (white)	214	430	19	7	0	455	840	37	1	4	25	20	0	5	27

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French Toast w/Sausage (whole wheat)	238	590	31	11	0	470	960	55	8	4	28	20	0	7	40
French Toast w/Sausage (white)	238	520	30	10	0	470	770	37	1	4	24	20	0	5	32
Syrup for French Toast, 43 ml	58	180	0	0	0	0	1	45	0	34	0	0	0	0	0
Toast (WW) (dry) 2 slices	76	270	4	0.5	0	0	540	52	8	4	10	0	0	2	24
Toast (white) (dry) 2 slices	76	230	3	0	0	0	450	43	1	4	8	0	0	0	20
Cream Cheese	57	190	19	11	0	60	180	2	0	2	3	0	0	5	1
Cookies, Muffins and Scones															
Banana Bread	172	580	27	3	0	70	430	80	3	45	9	3	6	7	19
Bun, Sticky Cinnamon	162	540	25	12	0	110	490	73	3	27	12	16	0	5	16
Cookie, Chocolate Chip	37	170	8	4	0	10	120	24	1	16	2	0	0	0	6
Cookie, Chocolate Nut Oatmeal	129	610	37	12	0.3	45	35	65	6	37	10	6	0	6	35
Cookie, Double Chocolate Chip	37	180	9	5	0	10	130	23	1	17	2	0	0	0	6
Cookie, Gluten Free Chocolate Chip	113	510	25	12	0	60	300	70	3	38	4	7	0	1	6
Cookie, Hermit	113	460	20	7	0	60	200	64	4	35	8	8	0	5	18
Cookie, White Choc Macadamia Nut (each)	28	130	6	2.5	0	5	90	16	0	10	2	4	0	2	4
Macaroon, Chocolate Coated	130	640	40	32	0	0	60	64	7	53	6	0	0	0	13
Muffin, Apple Raspberry	173	600	9	2.5	2.5	0	1280	117	4	60	12	0	5	6	29
Muffin, Blueberry	169	600	9	2	2	0	1250	119	3	64	12	0	0	5	29
Muffin, Blueberry Oatmeal	220	600	27	3	0	150	460	78	6	29	14	5	10	16	35
Muffin, Hawaiian Bran	150	400	12	2	0	35	650	76	8	45	6	2	4	5	26
Muffin, Orange Chocolate Swirl	115	400	6	1.5	0.1	0	810	81	3	44	8	0	8	2	20
Pretzel, Cinnamon	175	670	36	16	0	70	135	80	4	20	10	10	0	5	29
Sausage Roll	155	300	13	5	0	160	1270	24	2	1	21	7	0	3	22

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Scone, Apple Cinnamon	166	520	23	14	0.5	60	460	71	2	13	11	18	2	12	24
Scone, Blueberry	160	510	23	14	0.5	60	460	69	1	13	11	18	2	12	24
Scone, Blueberry Cream Cheese	170	550	27	16	1	70	490	70	1	13	11	22	2	13	24
Scone, Cheese and Onion	168	570	28	18	0.5	80	550	69	1	12	14	19	0	12	24
Scone, Cranberry Apple	170	520	23	14	0.5	60	460	70	2	13	11	18	2	12	24
Scone, Walnut Cranberry	170	580	30	15	0.5	60	460	70	2	12	12	18	2	13	26
Croissants & Sandwiches															
Croissant, Ham and Cheese	119	350	17	10	0	50	580	40	1	4	13	13	0	11	12
Croissant, Pesto Spinach	130	490	25	13	1	60	610	53	3	5	13	30	2	10	25
Croissant, Turkey Caesar	214	530	26	13	0.5	130	1250	41	2	4	33	25	6	14	16
Sandwich, BLT (WW)	132	400	15	4.5	1.5	20	970	54	8	4	16	0	0	2	24
Sandwich, BLT (White)	132	320	14	3.5	1.5	20	780	36	1	4	12	0	0	0	16
Sandwich, Gluten Free Ham	290	570	34	4	0	245	1060	41	8	5	31	18	6	14	28
Sandwich, Grilled Cheese (WW)	123	470	22	10	1.5	40	580	52	8	4	20	14	0	30	24
Sandwich, Grilled Cheese (White)	123	390	20	10	1.5	40	390	34	1	4	16	14	0	27	16
Sandwich, Roast Beef	207	480	18	5	0	40	1190	54	2	6	23	11	4	9	150
Sandwich, Royal Egg Salad	176	360	18	5	0	430	650	30	2	5	18	15	0	5	22
Sandwich, Tuna	175	350	10	1	0	45	890	36	2	7	19	9	4	1	12
Sandwich, Turkey/Ham Club on WW Kaiser	213	400	14	6	0	75	930	44	4	7	25	17	6	23	22
Sandwich, Veggie Royal	181	370	9	3	0	15	780	58	5	6	12	9	8	7	43
Salads															
MP4U Salad #1	350	380	12	3	0	25	220	33	9	5	35	70	130	18	12
MP4U Salad #2	450	460	19	5	0	45	280	42	15	7	39	85	150	27	16

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Burgers and Dogs															
Hamburger (whole wheat)	159	440	23	8	2	35	840	41	5	3	20	5	2	3	32
Hamburger (white)	159	400	22	7	2	35	770	34	1	3	18	5	2	3	25
Cheeseburger (whole wheat)	180	520	30	12	2	55	840	41	5	3	26	12	2	17	32
Cheeseburger (white)	180	480	29	12	2	55	770	34	1	3	24	12	2	17	25
Hot Dog (whole wheat)	175	480	30	8	2	50	780	36	5	3	18	0	6	2	23
Hot Dog (white)	175	440	29	7	2	50	710	29	1	3	16	0	6	2	17
Royal Chili Dog (whole wheat)	228	590	38	12	2	70	860	40	6	4	25	7	6	16	26
Royal Chili Dog (white)	228	550	37	12	2	70	790	33	2	4	23	7	6	16	20
Entrées															
Beef Tortellini	350	880	9	2	0	105	1120	168	11	0	32	14	7	14	35
Butter Chicken with Rice	350	490	14	5	0	65	330	64	2	6	22	0	2	4	25
Cheese Tortellini	350	1020	18	5	0	105	1090	179	7	18	35	14	14	35	28
Chicken Mac & Cheese	304	700	37	13	2	90	1180	53	3	3	40	1	2	13	19
Lasagne	364	760	45	16	2	100	1620	53	5	9	38	1	20	20	48
MP4U Chicken Breast Meal	400	375	11	2	0	150	450	37	10	6	34	85	150	25	16
MP4U Chicken Thigh Meal	400	385	14	4	0	175	450	41	10	7	31	85	150	25	16
MP4U Ground Turkey Meal	400	375	11	3	0	150	540	37	10	6	34	85	150	25	16
Pasta with Meatballs	345	600	24	8	0.5	45	700	68	6	4	27	0	8	7	41
Pierogi	335	670	27	6	0	45	1250	80	1	14	15	0	2	0	31
Pita Hummus	90	190	3.5	0	0	0	260	33	1	1	7	0	0	5	17
Shepherd's Pie	365	400	7	3	0	75	1550	52	7	8	30	37	54	11	37

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Soups															
Beef Barley (8 oz)	259	50	2	0	0	5	750	6	1	1	3	6	2	2	3
Beef Barley (10 oz)	324	60	2.5	0	0	5	940	8	1	1	4	8	2	2	4
Borscht (8 oz)	256	120	6	4	0	20	600	16	3	3	3	57	50	5	8
Borscht (10 oz)	320	150	8	5	0	25	750	20	4	4	4	71	62	6	10
Butternut Squash Chorizo (8 oz)	261	130	10	5	0	25	970	8	2	2	4	48	10	4	13
Butternut Squash Chorizo (10 oz)	326	160	12	6	0	30	1210	10	2	2	6	60	12	5	16
Chicken and Wild Rice (8 oz)	257	70	3	0.5	0	15	830	7	1	2	6	6	6	2	3
Chicken and Wild Rice (10 oz)	321	90	3.5	0.5	0	20	1040	9	1	2	7	8	7	2	4
Cream of Broccoli and 4 Cheese (8 oz.)	253	110	6	4	0	20	900	10	0	2	3	1	2	2	0
Cream of Broccoli and 4 Cheese (10 oz)	316	140	7	5	0	25	1120	12	0	2	4	1	2	2	0
Cream of Mushroom (8 oz)	258	70	5	3	0	15	750	6	0	2	2	1	2	3	1
Cream of Mushroom (10 oz)	322	90	6	3.5	0	20	940	7	0	2	2	1	2	4	1
Goulash (8 oz)	250	70	2	0.5	0.1	5	750	9	2	3	4	40	20	4	8
Goulash (10 oz)	322	80	2.5	1	0.1	10	960	11	3	3	5	50	25	4	10
Italian Sausage (8 oz)	259	60	3	1	0	5	700	6	1	3	2	43	15	4	4
Italian Sausage (10 oz)	324	80	4	1.5	0	5	880	8	1	4	3	54	19	5	5
Santa Fe (8 oz)	194	180	8	3.5	0.1	30	1420	21	5	5	9	10	15	8	15
Santa Fe (10 oz)	260	240	11	5	0.1	35	1890	28	6	7	11	15	15	10	20
Stone Soup (8 oz.)	259	110	7	3	0	20	990	8	1	2	3	3	10	2	5
Stone Soup (12 oz.)	324	140	9	4	0	25	1240	10	1	3	4	4	13	2	6
Tomato Asiago (8 oz)	254	100	4	2	0	10	970	14	1	8	2	1	10	5	2
Tomato Asiago (10 oz)	317	120	5	2.5	0	10	1210	17	1	10	2	1	12	6	2
Vegan Black Bean (8 oz)	227	250	2	0	0	0	3870	51	6	8	10	9	8	6	15
Vegan Black Bean (10 oz)	283	310	2.5	0	0	0	4820	63	8	10	13	11	10	7	18
Vegetable and Lentil (8 oz)	255	70	1	0	0	0	830	13	2	3	2	35	6	3	4
Vegetable and Lentil (10 oz)	319	90	1.5	0	0	0	1040	16	3	4	3	44	8	4	5
Wicked Thai (8 oz) (no rice)	254	100	5	3	0	25	140	6	1	2	7	8	10	4	4
Wicked Thai (10 oz) (no rice)	317	120	6	3.5	0	30	170	7	1	2	9	10	12	5	5
Multigrain Bun (each)	75	160	2	0.3	0	10	350	31	3	1	6	35	0	2	15

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Freestyle Pitas															
Bombay Chicken	415	650	12	5	0	55	650	96	6	11	27	0	5	6	34
Falafel	242	307	9	1	0	0	495	51	9	5	11	100	55	16	28
Greek Chicken	435	690	18	4	0	40	780	94	6	8	27	2	42	6	33
Grilled Chicken	250	241	4	2	0	32	613	36	5	4	17	100	56	8	17
Pizza (Flatbread)															
Buffalo	295	481	19	7	0	32	2766	43	4	8	31	25	64	43	19
Hawaiian	259	494	18	9	0	54	1314	52	6	10	28	22	26	43	19
Pepperoni	222	476	19	9	0	43	1288	49	5	6	24	21	20	42	17
Veggie	230	190	10	5	0	20	590	14	3	7	11	7	71	25	24
Sushi															
California Roll	180	180	0	0	0	5	470	73	0	6	6	2	1	1	12
Spicy California Roll	180	180	0	0	0	5	470	73	0	4	6	2	1	1	12
Dynamite Roll	270	340	4.5	0	0	30	660	108	0	8	22	2	0	2	20
Beverages															
Regular Coffee (12 oz)	355	5	0	0	0	0	5	0	0	0	0	0	0	0	0
Regular Coffee (16 oz)	474	5	0	0	0	0	10	0	0	0	1	0	0	0	0
Decaf Coffee (12 oz)	355	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Decaf Coffee (16 oz)	474	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Americano/Regular or Decaf (12 oz.)	357	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Hot Chocolate (12 oz)	320	260	7	4	0	25	160	40	0	37	11	11	4	32	21
Hot Chocolate (16 oz)	427	350	9	5	0	35	210	53	0	49	15	15	5	40	28
Mocha (12 oz)	354	180	6	3.5	0	20	90	27	0	24	6	6	2	18	15
Mocha (16 oz)	466	220	7	4.5	0	25	115	33	0	30	8	7	3	23	18
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