

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 May 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)
BREAKFAST															
Bagel, White Plain	113	280	2	0.4	0	0	630	57	2	3	10	0	0	6	30
Bagel, Whole Wheat	113	300	6	0.5	0	0	640	53	4	3	10	0	0	6	25
Bread, Whole Wheat	30	60	1	0	0	0	90	13	2	1	2	0	0	2	6
Bread, White	30	70	1	0	0	0	90	14	2	1	2	0	0	2	6
Bread, Peasant Multigrain	30	70	1	0	0	0	90	14	2	1	2	0	0	2	6
Belgian Waffle	70	180	6	1	0	35	360	27	1	6	4	0	0	2	15
Add Maple Syrup	50	130	0	0	0	0	6	33	0	34	0	0	0	0	0
Breakfast Biscuit with Egg	191	510	29	12	0.3	215	920	46	2	2	16	20	6	20	25
Breakfast Frittata	120	170	11	5	0	245	450	7	2	1	112	10	25	15	10
Breakfast Sandwich - Egg, Cheese and Bacon	133	350	17	6	0	170	610	31	2	2	17	30	0	10	25
Breakfast Sandwich - Sausage and Egg	151	410	23	8	0.2	185	680	31	1	2	19	30	4	15	25
French Toast	72	180	3.5	1	0	50	420	32	1	8	5	0	0	4	15
Add Maple Syrup	50	130	0	0	0	0	6	33	0	34	0	0	0	0	0
Oatmeal with Raisins and Almonds	78	310	11	1	0	0	150	47	9	11	10	2	2	10	20
Omelette, Cheese	100	194	14	0	.08	321	336	3.5	.06	1	12	7	0	13	10
Omelette, Western	100	200	17	3	0	235	310	4	1	1	8	10	2	4	10
Omelette Wrap	100	195	11	4.7	.25	200	622	13	-	1.12	11	4.5	3.11	13	22
Pancakes (3)		180	2	0	0	5	470	34	2	6	6	0	0	0	0

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BREAKFAST															
Pork Sausages	60	230	20	7	0	40	340	2	0	1	8	0	0	0	4
Protein Breakfast Wrap	250	427	14	4	.5	122	1030	54	2	5	15	36	0	19	20
CONDIMENTS															
Butter/Margarine	10	70	8	1	0	0	65	0	0	0	0	10	0	0	0
Cream Cheese	17	50	5	2.5	0	20	70	1	0	1	1	0	0	1	0
Jam, Orange	10	35	0	0	0	0	0	9	0	9	0	0	2	0	0
Jam, Raspberry	10	35	0	0	0	0	3	9	0	8	0	0	0	0	0
Jam, Strawberry	10	35	0	0	0	0	0	9	0	8	0	0	2	0	0
Pancake Syrup	40	120	0	0	0	0	35	30	0	25	0	0	0	0	0
Peanut Butter	18	110	14	1.5	0	0	75	5	1	1	3	0	0	0	2

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Sandwiches/Wraps/ Buns															
Sandwich, Cheese	96	270	14	8	0.5	35	410	28	4	2	10	10	2	20	10
Sandwich, Egg Salad	132	230	9	2	0	195	270	29	5	2	10	10	4	6	20
Sandwich, Ham	129	250	11	6	0.3	40	850	28	4	2	12	8	2	4	15
Sandwich, Roast Beef	129	270	12	6	0.3	50	530	28	4	2	14	8	2	4	20
Sandwich, Tuna Salad	133	210	5	1	0	20	340	29	5	2	15	0	4	6	20
Sandwich, Turkey	129	260	11	5	0.3	50	850	32	5	4	11	8	10	4	20
Sandwich, Veggie	134	210	9	1.5	0	5	240	31	5	3	4	25	10	4	15
BBQ Pork Bun	100	500	14	4.5	0	105	640	57	0	20	34	2	2	2	20
Curry Beef Bun	98	250	12	7	0.3	25	340	22	2	16	16	4	2	2	6
Ham & Cheese Bun	98	240	10	5	0.2	30	450	22	2	16	16	8	2	2	4
Ham and Cheese Croissant	47	160	9	1.5	0	30	210	13	1	3	6	10	0	4	6
Pepperoni Wrap	130	370	15	5	0	40	1340	40	2	3	17	0	4	6	30
Sausage Roll	100	290	10	3.5	0	20	390	40	2	1	12	0	0	2	30
Spinach & Feta Croissant	92	280	15	9	0	40	320	30	1	3	6	10	15	4	15

Nutrition information for sandwiches are made with multigrain bread.

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BREADS															
Bread, Whole Wheat	30	60	1	0	0	0	90	13	2	1	2	0	0	2	6
Bread, White	30	70	1	0	0	0	90	14	2	1	2	0	0	2	6
Bread, Peasant Multigrain	30	70	1	0	0	0	90	14	2	1	2	0	0	2	6
Bread, Focaccia Bun, Mini	80	180	2.5	0.4	0	0	470	36	5	4	7	2	20	15	60
Bread, Whole Wheat Kaiser Bun	88	180	2	0.4	0	0	260	39	6	3	5	0	0	4	15
Bread, Whole Wheat Dinner Bun	50	120	2	0	0	0	250	22	2	1	5	0	2	0	15
SIDES/CONDIMENTS															
Sun Chips, Cheddar	40	200	9	1	0	0	300	26	3	3	3	2	0	2	6
Cheese slice, medium cheddar	14	60	4.5	3	0	15	105	0	0	0	3	4	0	8	0
Dill Pickles	30	0	0	0	0	0	290	1	0	0	0.1	0	0	2	0
Ketchup packet	8	10	0	0	0	0	90	2	0	2	0.1	0	2	0	0
Mustard packet	7	0	0.3	0	0	0	80	0	0	0	0.3	0	0	0	0

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HOT ENTREES															
Beef Stew	290	220	7	2	0	40	1150	25	3	5	15	8	4	2	20
Burger, Salmon	201	300	6	1	0	65	480	40	6	3	26	4	0	6	20
Burger, Southwest (Vegetarian)	181	340	8	1.5	0	0	720	57	11	5	19	0	0	10	35
Burger, TLC	162	380	15	5	0	50	580	44	7	4	22	0	0	6	30
Calzone, BBQ Chicken	265	590	18	7	0.2	40	1590	75	4	7	27	15	15	20	45
Calzone, Veggie	285	550	23	11	0.4	55	1080	82	5	11	30	30	20	50	80
Calzone, Italian	280	620	18	8	0.2	35	1150	80	5	11	31	10	30	45	80
Cheeseburger Pie	100	230	15	6	0	30	240	16	2	1	9	4	2	6	15
Chicken and Vegetable Stew	275	190	6	1.5	0	30	1140	20	3	1	12	20	0	4	2
Chicken Kabobs with Pita	138	270	4.5	1	0	50	780	35	1	1	18	4	4	6	15
Chicken Pie	165	390	21	8	0.3	30	570	37	1	4	12	4	25	2	15
Crab Cakes	135	570	19	3	0	180	35	84	9	9	14	35	25	2	20
Ginger Beef with Chow Mein	378	1150	18	6	0	35	940	191	8	28	38	2	2	0	8
Ginger Beef with Fried Rice	370	1050	16	4.5	0	30	890	81	9	26	37	4	4	0	8
Greek Meatballs on Pita	114	320	6	0.5	0	50	780	8	2	0	16	0	0	4	25
Honey Garlic Chicken with Chow Mein	378	1040	28	8	0	60	480	212	8	47	57	0	0	0	0
Honey Garlic Chicken with Fried Rice	370	940	26	6	0	55	450	102	9	44	56	0	2	0	0
Hummus and Naan	239	640	29	5	0	10	1430	79	2	4	18	0	0	10	35

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HOT ENTREES															
TLC Turkey Burger	85g	160	10	3	.1	55	460	3	0	0	15	28.4	.78	17.3	1.7
Korean BBQ Beef with Fried Rice	378	740	16	8	0	90	700	55	8	23	36	0	2	0	2
Macaroni & Cheese	250	310	14	6	0	30	1140	32	2	4	13	25	0	25	15
Perogy Plate (no sour cream)	204	480	19	1	0.3	5	760	65	3	2	11	0	8	4	30
Quiche, Ham & Cheese	125	300	18	4	0.4	95	790	23	1	3	13	8	0	15	15
Quiche, Spinach & Feta	125	280	11	3	0.5	75	590	30	3	4	10	25	0	25	0
Rice Bowl, Chicken Coconut Curry	404	390	14	7	0	45	810	55	3	6	11	60	30	10	15
Rice Bowl, Green Thai Chicken Curry	388	440	17	7	0	30	670	59	2	6	13	2	2	6	15
Rice Bowl, Wicked Thai Chicken	389	430	17	7	0.5	35	1170	53	3	5	13	2	2	8	15
Salmon Fillet with Salad	536	200	5	0.5	0	65	280	16	6	6	27	80	60	15	20
Samosas with Curried Chickpeas	93	190	11	1.5	0.2	5	430	20	1	1	4	15	4	2	10
Sausage Roll	100	290	10	3.5	0	20	390	40	2	1	12	0	0	2	30
Steak & Onion Pie	165	470	29	10	0.3	25	530	40	1	4	11	0	2	2	25
Szechuan Chicken with Chow Mein	378	720	13	6	0	5	700	197	8	11	36	0	0	0	0
Szechuan Chicken with Fried Rice	370	630	11	3.5	0	0	670	87	9	9	35	0	2	0	0
Vegetable Chili	292	160	0.5	0	0	0	650	31	10	8	8	4	6	8	25

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SIDES															
Hummus	30	70	5	0.5	0	0	150	5	0	0	2	0	0	0	2
Naan	63	190	5	1.5	0	5	430	30	1	2	5	0	0	4	15
Potato Salad	140	270	19	4	0	15	420	22	3	1	3	4	4	0	6
Side Salad, Greek-style	70	15	0.2	0	0	0	5	3	1	2	1	2	10	2	2
Side Salad, Garden	211	40	0.5	0	0	0	30	8	3	3	3	40	30	6	8
Salad Dressing:															
Zesty Italian	16	30	3	0.4	0	0	130	0	0	1	0.1	0	2	0	0
Balsamic Vinaigrette	25	70	6	1	0	0	250	3	0	2	0	0	0	0	0
Rancher's Choice	16	50	7	0.5	0	0	125	0	0	1	0.1	0	0	0	0
Thousand Island	16	40	3	0.5	0	0	150	1	0	3	0.1	0	0	0	0
CONDIMENTS															
Salsa tub	43	10	0	0	0	0	160	2	1	1	1	0	6	2	2
Tzatziki tub	30	50	4.5	2	0	5	140	2	0	1	1	4	0	2	0
Sour cream tub	43	80	6	3.5	0	15	30	3	0	0	3	6	0	6	0
Plum Sauce packet	25	45	0.3	0	0	0	135	11	0	0	0.2	0	0	0	2
Soy Sauce packet	9	0	0	0	0	0	510	1	0	0	1	0	0	0	2

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SOUPS															
Soup, Awesome Thai	298	200	10.6	5.6	.16	27	888	21		5	6.7	-	15	2	6
Soup, Baked Potato	295	310	19	8	0	50	850	26	2	5	8	10	10	10	6
Soup, Broccoli Cheddar	298	300	20	10	0	50	1150	16	2	5	12	10	20	25	6
Soup, Butternut Squash	298	220	2.5	0.5	0	0	1560	41	5	12	5	20	0	4	10
Soup, Cauliflower & Cheese	298	380	17	7	0.2	35	2160	48	2	10	12	10	15	20	6
Soup, Chicken Coconut Curry	298	270	17	9	0	55	1000	21	2	7	9	70	35	8	6
Soup, Chicken Corn Chowder	295	380	10	5	0	25	1800	62	5	10	14	0	4	8	10
Soup, Chicken Noodle	298	220	5	1	0	35	2020	31	2	5	12	15	0	4	20
Soup, Chicken with White & Wild Rice	284	320	11	2.5	0	40	1080	19	5	5	18	20	6	6	0
Soup, Clam Chowder	298	380	10	5	0	25	1800	62	5	10	14	0	4	8	10
Soup, Cream of Leek & Potato	298	290	14	5	0	25	1750	34	2	7	5	0	0	15	10
Soup, Cream of Mushroom	298	360	19	7	0.2	35	2090	36	7	10	12	0	0	20	6
Soup, Creole Chicken Gumbo	298	170	1	0.5	0	10	1990	34	5	7	10	4	4	8	6
Soup, Green Thai Curry Chicken	290	340	21	9	0.2	35	850	27	1	8	12	2	2	4	10
Soup, Homestyle Minestrone	298	170	1	0	0	0	1560	31	7	10	7	10	4	8	25

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SOUPS															
Soup, Italian Wedding	298	310	11	3.5	0	10	1780	41	5	2	14	0	2	2	15
Soup, Lobster Bisque	298	340	22	10	0.4	85	1490	23	1	8	12	2	2	15	10
Soup, Mexican Tortilla	298	240	5	1	0	10	2040	41	7	10	7	2	4	4	20
Soup, Moroccan Nine Vegetable	298	220	4	0.5	0	0	900	38	12	12	6	20	2	6	15
Soup, Mushroom & Onion Bisque	298	170	11	7	0.2	35	890	14	1	4	4	0	2	6	10
Soup, Pot Roast	298	14	4	0	0	18	1100	18	2	4	9	0	2	2	10
Soup, Red Thai	298	360	26	5	1	47	2410	62	2	6	12	15	25	10	10
Soup, Split Pea with Ham	298	380	2.5	0.5	0	10	2090	65	17	7	24	10	4	4	30
Soup, Tomato & Roasted Red Pepper Bisque	272	420	29	17	0.4	60	1160	35	6	22	5	6	8	4	15
Soup, Tomato Basil Bisque	298	290	17	10	0.5	50	1710	31	5	14	5	15	20	8	10
Soup, Vegetable Beef	298	200	2	0.4	0	10	1450	33	7	7	11	35	4	4	25
Soup, Wicked Thai Chicken	298	340	23	10	0.5	50	1540	19	2	6	12	2	2	6	10
Soup, Zuppa Bolognese	298	322	17	8	0	42	1010	27	4	15	15	5	10	18	12

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SUSHI & ROLLS															
California Roll	290	480	6	0	0	10	670	102	3	6	15	0	6	2	35
Dynamite Roll	290	560	6	0	0	55	520	84	3	3	20	2	2	8	15
Spicy California Roll	290	480	6	0	0	10	680	102	3	9	15	0	8	2	35
Shrimp Salad Roll	250	210	0	0	0	5	30	65	8	5	18	2	0	6	4
Shrimp Veggie Wrap	250	270	6	1	0	40	85	48	5	2	8	30	10	4	15
CONDIMENTS															
Peanut Sauce	30	70	3	0.4	0	0	590	9	0	7	3	0	0	0	2
Soy Sauce packet	9	0	0	0	0	0	510	1	0	0	1	0	0	0	2

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SWEETS & DESSERTS															
Apple Fritter	150	350	7	2	0	0	770	62	3	9	9	4	6	2	40
Biscotti	57	280	12	2	0	30	240	36	3	13	7	10	0	15	15
Brownie, Gluten-free	75	320	23	12	0.5	125	150	24	2	21	5	10	0	10	15
Butter Tart Square	94	400	23	7	0	50	210	46	1	32	5	20	0	4	20
Carob Sunflower Square	200	900	44	12	0.2	0	270	108	8	48	22	0	0	10	40
Carrot Cake	60	220	13	2	0	35	200	25	2	17	2	4	2	2	6
Chocolate Peanut Energy Bar	95	480	33	8	0	0	55	43	6	21	13	0	0	4	15
Cinnamon Bun	112	310	5	1	0	0	390	65	1	45	3	0	4	2	20
Cookie, Chocolate Ginger, Gluten-free	30	120	5	3	0	15	135	18	2	9	1	4	0	2	8
Cookie, Oat Chocolate Chip	125	620	34	11	0.3	0	370	71	3	35	8	0	0	4	25
Cookie, Oatmeal Raisin	99	470	25	7	0.2	0	280	57	2	28	6	0	0	2	20
Cookie, Oatmeal Raisin, Gluten-free	33	130	5	3	0	20	75	20	2	11	2	4	0	4	6
Cookie, Peanut Butter	100	500	29	8	0.2	0	610	52	2	33	8	0	0	4	20
Cookie, Peanut Butter, Gluten-free	33	160	10	4	0	15	60	17	1	11	3	4	0	2	8
Portuguese Tart	50	140	7	3	0.5	50	65	16	0	6	3	2	0	4	2
Date Square	102	360	14	5	0	0	150	55	4	29	5	0	6	2	60
Doughnut, Old Fashioned Glazed	50	110	1.5	0	0	10	190	23	0	12	2	0	0	2	6

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)
SWEETS & DESSERTS															
Eccles Cake	113	330	21	5	0	0	60	21	1	9	15	0	10	4	20
Granola Bars, Gluten-free	93	440	26	12	0.4	30	135	46	7	26	9	10	0	4	20
Honey Buns	75	230	7	2	0	20	10	41	0	20	6	2	2	0	2
Lemon Loaf	104	330	14	2.5	3	50	470	49	1	31	5	15	4	10	10
Muffin, Blueberry	112	350	17	4	0	100	600	44	1	21	6	20	0	2	20
Muffin, Blueberry Cream Rocky Mountain	100	400	16	3	0	20	380	58	3	21	6	0	0	2	20
Muffin, Bran	100	350	14	1.5	0	5	230	47	7	16	10	0	0	10	25
Muffin, Carrot Raisin	130	360	14	5	0	70	490	51	4	25	9	35	6	6	20
Muffin, Cranberry Peach Cornmeal	123	190	2	1	0	20	230	38	2	18	5	2	4	15	10
Muffin, Raspberry Apple Rocky Mountain	100	380	16	3	0	20	370	19	3	20	6	35	0	2	20
Nanaimo Bar	57	280	17	8	0.2	0	150	32	2	23	1	25	0	0	6
Survival Bar	50	210	14	6	0	0	110	20	5	7	5	0	0	6	15
SMOOTHIES															
Smoothie, Blueberry Banana	469	150	0	0	0	0	15	37	0	34	1	0	20	0	4
Smoothie, Lemon	469	160	0	0	0	0	15	40	1	35	1	0	35	4	4
Smoothie, Mango	469	160	0	0	0	0	25	40	1	34	1	30	30	4	4
Smoothie, Strawberry	469	160	0	0	0	0	15	40	1	37	0.5	0	35	4	4

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BEVERAGES															
Cafe Americano 12 oz	326	0	0.1	0	0	0	15	0	0	0	0	0	0	0	0
Cafe Americano 16 oz	454	0	0.1	0	0	0	20	0	0	0	0.1	0	0	2	0
Chai Latte, 2% milk 12 oz	283	150	3	1	0	10	75	27	1	26	5	10	0	30	0
Chai Latte, 2% milk 16 oz	454	250	4.5	1.5	0	20	115	43	2	42	7	15	0	50	0
Coffee, brewed, 8 oz	237	0	0	0	0	0	0	0	0	0	0.3	0	0	0	0
Coffee, brewed, 12 oz	340	0	0.1	0	0	0	5	0	0	0	0.4	0	0	0	0
Coffee, brewed, 16 oz	474	0	0.1	0	0	0	10	0	0	0	1	0	0	0	0
Espresso and Decaf Espresso 1 shot	28	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0
Espresso and Decaf Espresso, 2 shots	59	0	0.1	0	0	0	10	0	0	0	0.1	0	0	0	0
Hot Chocolate, large	269	260	6	1.5	0	20	130	43	0	40	9	15	0	25	0
Hot chocolate, large, with whip cream	281	290	9	3	0	25	130	45	0	41	9	15	0	25	0
Hot Chocolate, regular	198	180	4.5	1	0	15	95	30	0	28	7	10	0	20	0
Hot Chocolate, regular, with whip cream	210	210	7	3	0	25	95	31	0	28	7	10	0	20	0
Latte, 2% milk 12 oz	347	100	4	1.5	0	15	115	10	0	10	7	10	2	20	2
Latte, 2% milk 16 Oz	454	130	5	2	0	20	150	12	0	13	9	15	2	30	2
London Fog Tea, 12 oz	337	100	3	1	0	10	75	14	0	14	5	8	0	15	0
London Fog Tea, 16 oz	454	150	4	1.5	0	15	100	23	0	23	7	10	0	20	0

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BEVERAGES															
Mocha, 2% milk 12 oz	343	120	4	1.5	0	15	110	16	0	15	6	10	2	20	2
Mocha, 2% milk 16 oz	454	160	5	2	0	20	140	21	0	20	8	15	2	25	2
Mocha, w/whip cream 12 oz	355	150	6	3	0	20	105	17	0	16	6	10	2	20	2
Mocha, w/whip cream, 16 oz	465	200	9	4	0	30	140	22	0	21	8	15	2	25	2
Steamed Milk, 2%	170	90	3.5	1	0	15	80	8	0	9	6	10	0	20	0
Steamed Milk, skim	170	60	0.1	0	0	5	70	8	0	9	6	10	0	20	0
Steamed milk, soy	170	70	2.5	0.3	0	0	80	5	1	4	5	4	0	20	8
Steamer, vanilla flavour, Large	241	150	4.5	1.5	0	20	110	19	0	20	7	15	0	25	0
Steamer, vanilla flavour, Regular	177	100	3.5	1	0	15	80	12	0	13	6	10	0	20	0
Tea, black	340	0	0	0	0	0	0	0	0	0	0.3	0	0	0	0
Tea, herbal	355	0	0	0	0	0	0	1	0	0	0	0	0	0	2
ADD-ONS															
Torani Syrup, Chocolate	30	80	0	0	0	0	10	21	0	20	0	0	0	0	0
Torani Syrup, Hazelnut	30	80	0	0	0	0	0	19	0	19	0	0	0	0	0
Torani Syrup, Vanilla	30	80	0	0	0	0	0	18	0	19	0	0	0	0	0
Torani Syrup, Vanilla, Sugar Free	30	0	0	0	0	0	15	0	0	0	0	0	0	0	0