

# 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 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



### West Coast Café

The information in this guide is effective as of May 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.



HealthyFamiliesBC 

# 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)
<b>BAKED GOODS</b>															
Bar, Nanaimo	57	280	17	8	2	0	150	32	2	23	1	15	0	0	4
Bun, Cinnamon	113	320	10	3.5	0.1	20	490	49	2	8	8	2	0	4	20
Cake, Carrot	59	220	13	2	0.1	25	200	25	1	17	2	4	2	2	4
Muffin, Blueberry	99	300	14	11	0	20	520	41	3	19	5	0	2	2	8
Muffin, Bran	142	370	13	2	0	35	650	64	7	37	7	4	0	8	25
Muffin, Cranberry Streusel	99	290	14	11	0	20	520	40	4	18	5	0	4	2	8
Scone, Blueberry	113	300	11	6	0.4	45	530	44	1	9	6	10	0	15	15
Scone, Cheese	113	350	16	9	0.4	60	620	42	1	8	10	15	0	25	20
Scone, Cranberry	113	300	11	6	0.4	45	530	44	2	8	6	10	4	15	15
<b>OTHER DESSERTS</b>															
Fruit Parfait	229	210	4	1.5	0	10	115	39	4	20	8	0	80	16	42
Fruit Salad	200	80	0	0	0	0	20	20	2	18	2	34	130	2	4
Jello (No Sugar Added)	223	20	0	0	0	0	200	0	0	0	2	0	0	0	0

# 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 (ml)	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>SANDWICHES</b>															
Egg Salad on White	189	410	21	4	0	320	560	37	2	3	17	13	8	4	25
Egg Salad on WW	189	390	21	4	0	320	560	35	4	3	17	13	8	8	21
Ham and Cheese on White	182	430	20	6	0	50	1160	40	2	3	22	2	0	16	18
Ham and Cheese on WW	182	410	20	6	0	50	1160	38	4	3	22	2	0	20	14
Salmon on White	189	410	18	3	0	30	740	36	2	2	22	4	8	24	24
Salmon on WW	189	390	18	3	0	30	740	34	4	2	22	4	8	28	20
Tuna on White	189	370	13	2	0	55	610	36	2	2	26	0	8	0	24
Tuna on WW	189	350	13	2	0	55	610	34	4	2	26	0	8	4	20
Turkey on White	160	380	13	2	0	55	850	36	2	2	25	0	0	0	18
Turkey on WW	160	360	13	2	0	55	850	34	4	2	25	0	0	0	14
Chicken Salad on White	180	440	18	3	0	75	855	36	2	2	30	2	0	0	24
Chicken Salad on WW	180	420	18	3	0	75	855	34	4	2	30	2	0	4	20

# 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 (ml)	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>HOT BEVERAGE</b>															
Latte (12 oz)	365	160	6	3.5	0	25	150	15	0	14	11	1	0	3	0
Latte (16 oz)	484	220	8	5	0	35	210	21	0	20	15	2	0	5	0
Mocha (12 oz)	365	330	6	3	0	20	150	62	2	57	11	1	0	3	0
Mocha (16 oz)	484	560	8	3.5	0	25	210	115	4	108	15	1	0	3	0
Alberni Fog (12 oz)	365	310	6	3.5	0	25	140	54	0	54	11	1	0	3	0
Chai Latte (16 oz)	484	300	11	6	0	35	300	34	0	32	17	2	0	6	0
<b>Add-Ons</b>															
Almond syrup	30	40	0	0	0	0	0	9	0	9	0	0	0	0	0
Coconut syrup	30	80	0	0	0	0	0	20	0	19	0	0	0	0	0
Hazelnut syrup	30	40	0	0	0	0	0	10	0	10	0	0	0	0	0
Pumpkin Spice syrup	30	50	0	0	0	0	0	12	0	12	0	0	0	0	0
Vanilla syrup	30	40	0	0	0	0	0	10	0	10	0	0	0	0	0
Sugar Free Caramel syrup	37	80	2	0	0	0	60	19	0	0	0	0	0	0	0
Sugar Free Vanilla syrup	27	0	0	0	0	0	15	0	0	0	0	0	0	0	0

Nutrition information is provided for the standard beverage made with 2% milk. For other milk and milk alternatives, please refer to page 4 where the information for steamed milk and milk alternatives are available.

# 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)

<b>MENU ITEMS</b>	<b>Serving Size (ml)</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrate (g)</b>	<b>Dietary Fibre (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vitamin A (%DV)</b>	<b>Vitamin C (%DV)</b>	<b>Calcium (%DV)</b>	<b>Iron (%DV)</b>
Steamed Milk, 2% Milk (12oz)	366	180	7	4.5	0.3	30	170	18	0	18	12	20	2	40	0
Steamed Milk, 2% Milk (16oz)	488	240	10	6	0.4	40	230	23	0	23	16	25	2	50	0
Steamed Milk, Skim Milk (12oz)	367	120	0.3	0.2	0	5	150	18	0	18	12	20	0	40	0
Steamed Milk, Skin Milk (16oz)	490	170	0.4	0.3	0	10	210	24	0	24	17	30	0	50	2
Steamed Milk, Almond Milk (12oz)	350	180	4	0	0	0	250	31	1	29	1	0	0	2	4
Steamed Milk, Almond Milk (16oz)	475	240	5	0	0	0	340	42	1	39	1	0	0	4	6
Steamed Milk, Soy Milk (12oz)	350	200	4.5	0.5	0	0	105	32	1	29	8	0	0	30	8
Steamed Milk, Soy Milk (16oz)	475	270	6	0.5	0	0	140	43	1	39	11	0	0	45	10
Steamed Milk, Coconut Milk (12oz)	360	120	8	8	0	0	70	11	0	9	2	15	0	60	8
Steamed Milk, Coconut Milk (16oz)	480	160	10	10	0	0	90	14	0	12	2	20	0	80	10