

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 April 2019 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 (each)	75	200	3	0.4	0	0	400	38	2	1	6	0	0	0	20
Croissant	70	240	12	7	0.5	45	300	26	1	4	5	10	8	2	10
English Muffin	65	140	1.5	0.3	0	0	230	29	1	1	5	0	0	15	15
• Butter (each)	6	45	5	3.5	0.1	15	0	0	0	0	0	6	0	0	0
• Cheddar Cheese (each)	21	80	7	4	0.2	20	110	1	0	0	5	8	0	15	0
• Cream Cheese, original	18	50	4	3	0	14	74	1	0	1	1	6	0	4	0
• Cream Cheese, herb	18	50	4	3	0	13	81	1	0	1	1	6	0	4	0
• Honey (each)	14	45	0	0	0	0	0	11	0	11	0.1	0	0	0	0
• Peanut Butter (each)	16	100	8	1.5	0	0	55	3	1	1	4	0	0	0	2
Hard Boiled Egg	50	70	5	1.5	0	185	65	1	0	0.4	6	10	0	2	4
BAKED GOODS															
Muffin, Blueberry	100	340	16	1.5	0	50	190	43	1	23	5	2	0	4	10
Muffin, Lemon Poppy seed	100	340	17	1.5	0	50	170	42	1	21	5	2	6	8	15
Muffin, Orange Cranberry	100	330	16	1.5	0	50	170	43	1	21	5	2	4	4	10
Muffin, Raisin Bran	100	340	15	1.5	0	55	230	46	3	29	5	2	0	8	15
Square, Brownie	59	250	14	4.5	0.1	35	110	28	2	20	3	10	0	2	15
Square, Caramel Macaroon	58	250	13	6	0.1	25	135	32	2	24	2	10	0	4	8
Square, Lemon Macaroon	55	220	9	4.5	0	10	130	34	2	19	2	6	0	2	8

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ENTRÉES															
Garden Vegetable Lasagna	289	440	24	10.7	2.7	50	1160	36	4	5	20	5	0	35	10
Klondike Chili (12 fl oz)	400	330	13	5.2	0.3	30	1290	33	7.5	9	18	15	15	6	30
Sausage Egg Cheese English Muffin (each)	141	430	28	10	0.1	130	930	28	1	2	17	8	2	20	8
SNACKS															
Babybel Cheese	20	60	5	3	0.2	15	140	0	0	0	5	4	0	15	0
Goldfish Crackers (1 pkt)	14	65	2	0.5	0	4	120	9	0.5	0	1.4	0	0	2	3
Hummus & Flatbread, original	83	190	9	1	0	0	280	25	4	4	6	0	8	2	12
Hummus & Flatbread, roasted red pepper	83	160	8	1	0	0	320	22	3	2	5	2	16	2	12
Pepperoni Stick (1 pc)	45	170	14	4.5	0.1	35	560	3	0	1	8	0	2	2	6
Pizza Snack	100	260	12	2.5	0.2	10	590	31	1	6	8	2	0	6	10
Samosa (1 pc)	42	90	3.5	0.5	0	0	190	12	1	1	2	0	0	0	2

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SNACKS															
Candy:															
• Coffee Crisp	12	60	3	2	0	0	10	8	0	4	1	0	0	2	2
• Smarties	10	45	1.5	1	0	0	5	8	0	7	0.4	0	0	2	2
• Kit Kat	12	60	3	2	0	0	10	8	0	6	1	0	0	2	4
• Aero	7	40	2	1	0	0	5	5	0	4	0.5	0	0	2	2
• Skittles (1 pkt)	15	60	0.5	0.5	0	0	5	14	0	11	0	0	0	0	0
• Starburst (1 pkt)	10	40	1	1	0	0	0	8	0	6	0	0	5	0	0

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SOUP (12 OZ)															
Beef & Barley	390	135	2.25	0.75	0	7.5	720	19	3	6	10.5	6	15	3	9
Beef & Veggie Stew	435	330	11	3	0	60	1725	38	5	8	23	12	6	3	23
Broccoli Cheddar	393	255	15	9	0.75	60	1440	19	3	4.5	12	3	15	30	6
Chicken Corn Chowder	405	255	9	3	0	22.5	1125	33	3	6	9	0	3	6	6
Chicken Tortilla	390	210	9	2.25	0	22.5	1395	25	6	7.5	9	0	3	6	15
Cream of Potato	393	270	12	4.5	0.15	30	1290	34	4.5	6	7.5	0	0	15	6
Creamy Coconut Chicken	412	435	28	13	0.6	60	1500	33	4.5	12	12	6	6	6	12
Creole Chicken Gumbo	405	105	0.7	0.3	0	10	1250	21	3	4.5	4.5	3	3	6	3
Green Thai Curry Chicken	405	450	27	12	0.3	45	1275	37	1.5	13.5	15	3	0	9	12
Homestyle Minestrone	378	105	0.75	0	0	0	975	19	4.5	6	4.5	12	3	6	9
Italian Wedding	375	360	9	3	0	30	2220	51	3	3	18	0	0	6	24
Jambalaya	405	390	18	5.25	0	52.5	2085	36	3	6	22	2	12	6	22
Mushroom & Onion Bisque	393	210	13.5	9	0.45	45	1335	18	1.5	4.5	4.5	0	3	9	9
Poblano & White Cheddar	375	570	45	27	1.5	147	1395	25	1.5	10	15	12	22	30	6
Roasted Red Pepper	375	525	36	21	0.75	75	1455	43	7.5	27	6	15	9	6	15
Tomato Bisque	386	420	30	9	0.75	45	1170	31.5	6	24	6	15	30	6	12
Tomato Ravioli	389	180	3	0.75	0	15	1410	31.5	4.5	13.5	6	9	9	9	9
Wicked Thai	375	450	33	13.5	0.75	60	1395	24	3	6	15	3	0	9	12
Zuppa Alla Bolognese	410	405	21	10	0.6	55	1275	35	4.5	19	19	6	12	22	15
Crackers (2)	6	25	0.5	0.1	0	0	50	5	0	0	0.5	0	0	0	2

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HOT BEVERAGE															
Americano (12 fl oz)	350	3	0	0	0	0	10	0	0	0	1	0	0	0	0
Americano (16 fl oz)	470	4	0	0	0	0	13	0	0	0	1	0	0	0	0
Americano (20 fl oz)	590	5	0	0	0	0	17	0	0	0	2	0	0	0	0
Latte (12 fl oz)	350	130	5	2	0.1	20	130	12	0	12	9	15	2	30	0
Latte (16 fl oz)	470	170	7	3	0.1	25	170	16	0	16	12	20	3	40	0
Latte (20 fl oz)	590	220	8	4	0.2	30	220	20	0	20	15	25	3	50	0
Cappuccino (12 fl oz)	350	100	4	1.5	0.1	15	105	10	0	10	7	15	0	25	0
Cappuccino (16 fl oz)	470	130	5	2	0.1	20	140	13	0	13	9	20	0	30	0
Cappuccino (20 fl oz)	590	170	7	2.5	0.2	25	175	17	0	17	12	25	0	40	0
Café au Lait (12 fl oz)	350	60	2	1	0	5	60	5	0	5	4	4	2	10	0
Café au Lait (16 fl oz)	470	70	2.5	1.5	0	5	80	7	0	7	5	6	2	15	0
Café au Lait (20 fl oz)	590	90	3.5	1.5	0	10	100	8	0	8	7	6	2	20	0
Tazo Chai (12 fl oz)	360	200	3.5	2.5	0	15	90	35	2	33	6	0	0	15	5
Tazo Chai (16 fl oz)	470	260	4.5	3	0	20	120	46	2.5	43	8	0	0	20	7
Tazo Chai (20 fl oz)	590	330	6	4	0	25	150	57	3	54	10	0	0	25	8

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COLD BEVERAGE															
Iced Americano (16 fl oz)	470	4	0	0	0	0	13	0	0	0	1	0	0	0	0
Iced Latte (16 fl oz)	470	100	4	1.5	0.1	15	110	10	0	10	7	15	0	25	0
Iced Mocha (16 fl oz)	470	290	9	2.5	2	20	360	45	1	43	9	15	0	30	8
Iced Caramel Macchiato (16 fl oz)	470	350	9	5	0.1	30	210	58	0	42	7	15	0	25	0
ADD-ONS															
Syrups:															
• Cane Sugar	30	70	0	0	0	0	0	18	0	18	0	0	0	0	0
• Caramel	30	80	0	0	0	0	0	19	0	18	0	0	0	0	0
• Hazelnut	30	80	0	0	0	0	0	19	0	18	0	0	0	0	0
• Peppermint	30	70	0	0	0	0	0	18	0	18	0	0	0	0	0
Caramel Sauce	30	120	0.5	0	0	5	70	27	0	24	1	0	4	0	0
Chocolate Sauce	30	110	0.5	0	0	0	20	27	1	21	0	0	0	0	6
White Chocolate Sauce	30	110	0	0	0	0	45	27	0	23	0	0	0	0	0