

SALAD BAR

Please add any additional items where appropriate

FRUITS	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Blueberries	1 cup	80	0.5	0	0	0	10	20	4	1
Cantaloupe	1 cup	60	0	0	0	0	15	15	1	2
Cherries	1 cup	80	1	0	0	0	0	19	3	1
Honeydew	1 cup	60	0	0	0	0	20	16	1	1
Peaches	1 cup	70	0	0	0	0	0	19	3	1
Pineapple	1 cup	80	0.5	0	0	0	0	19	2	1
Strawberries	1 cup	45	0.5	0	0	0	0	11	3	1
Watermelon	1 cup	50	0.5	0	0	0	0	11	0	1

VEGETABLES	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Broccoli	1 cup	25	0	0	0	0	25	5	3	3
Button mushrooms	1 cup	25	0	0	0	0	0	4	1	2
Cherry tomatoes	1 cup	30	0	0	0	0	15	7	2	1
Cucumbers	1 cup	15	0	0	0	0	0	3	0	1
Green peppers	1 cup	40	0	0	0	0	0	10	3	1
Mixed greens	1 cup	10	0	0	0	0	0	2	0	1
Red onions	1 cup	45	0	0	0	0	0	10	2	1
Red peppers	1 cup	40	0	0	0	0	0	10	3	1
Romaine lettuce	1 cup	10	0	0	0	0	0	1	0	1
Shredded carrots	1 cup	50	0	0	0	0	45	12	4	1
Spinach	1 cup	5	0	0	0	0	25	1	0	1

TOPPINGS	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Artichoke hearts	¼ cup	18	0	0	0	0	210	3	2	1
Beets	¼ cup	20	0	0	0	0	150	4	1	0.5
Croutons	¼ cup	45	2	0.5	0	0	125	6	0	1
Garbanzo beans	¼ cup	55	5	0	0	0	205	9	4	3
Hardboiled egg	1 each	80	2	1.5	0	210	60	1	0	6
Jumbo black olives	3 each	25	0	0	0	0	135	1	0	0
Kidney beans	¼ cup	60	0	0	0	0	170	10	3	4
Tofu	3 oz	110	6	1	0	0	390	0	0	0
Tuna	3 oz	80	0.5	0	0	40	375	0	0	19

DRESSINGS	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Balsamic vinegar	1 tbsp	20	0	0	0	0	0	5	0	0
Blue cheese	2 tbsp	140	14	2.5	0	10	310	2	0	0
Fat free Italian	2 tbsp	10	0	0	0	0	290	3	0	0
Fat free ranch	2 tbsp	25	0	0	0	0	270	6	0	0
French dressing	2 tbsp	120	11	1.5	0	0	180	4	0	0
Feta cheese vinaigrette	2 tbsp	100	10	2	0	5	420	1	0	0
Olive oil	1 tbsp	120	14	2	0	0	0	0	0	0
Ranch	2 tbsp	110	11	2	0	10	280	1	0	0