

	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)
Bagels									
Blueberry	330	1.5	0	0	11	69	610	0	2
Honey Wheat	311	1	0	0	11	63	743	0	4
Plain	286	1	0	0	11	58	702	0	3
Cream Cheese									
Garden (1 oz)	60	6	4	0	1	1	99	23	0
Original (1oz)	99	10	6	0	2	1	84	31	0
No-Fat (1 oz)	27	0	0	0	4	2	155	2	0
Strawberry (1 oz)	71	6	4	0	1	4	57	18	0
Pastries & Cookies									
Apple Crown	320	19	5	0	3	34	181	27	0
Cheese Plait	320	19	9	0	6	31	260	30	0
Chocolate Chunk Cookie (1)	237	10	7	0	2	35	178	26	1
Lemon Crème Fan	310	18	7	0	6	31	230	25	3
Maple Pecan Plait	320	19	9	0	6	31	260	30	2
Raspberry Crown	340	17	3.5	0	5	42	280	20	2
Royale Cookie (1)	264	14	8	0	3	31	158	20	1
Toffee Pecan Swirl	458	29	9	0	6	43	270	28	14
Triple Chocolate Cookie (1)	237	11	8	0	4	31	158	32	1
Vanilla Crown w/ Hazelnuts	350	22	9	0	4	34	25	20	11
Sandwiches									
Classic Vegetarian	538	25	5	0	16	63	944	14	5
Turkey Bacon Cheddar	521	20	9	0	33	51	1595	94	3
Salads									
Classic Caesar	437	42	8	0	8	8	961	38	3.5
Greek	392	33	13	0	11	13	1490	47	5

Nutrition Numbers

To calculate the percentage of calories from fat of a particular item, use the formula below. A healthy percentage to aim for is 30% for the day or lower.

$$\frac{9 \times \text{Total Grams of Fat}}{\text{Total Calories of Food}} \times 100 = \text{Percent of calories from fat}$$

Some fat calories do need to be included in your daily diet to maintain good health. To calculate the percentage of fat calories in a 2,000 calorie diet use the following formula:

$$\frac{9 \times \text{Total Grams of Fat}}{2,000} \times 100 = \text{Percent of calories in a 2,000 calorie diet}$$

- 1 gram of Fat = 9 Calories**
- 1 gram of Protein = 4 Calories**
- 1 gram of Carbohydrates = 4 Calories**

Note: The values in the nutrition facts brochures have been rounded to the nearest whole number. This may cause slight discrepancies in the results of these formulas.

For more information on nutrition concerns, counseling or programs contact your dining hall manager.

Campus Dining Services
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Nutrition Facts

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