

# 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.*

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## Nutrition Facts



	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)
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### Sandwiches

BLT	455	17	4	0	19	56	996	20	5
Cuban	618	21	9	0	45	61	1116	100	2
Gazpacho to-go	526	22	11	0	24	58	1587	41	4
Greek	1163	45	15	0	87	47	2446	89	4
Grilled Chicken	520	18	6	0	35	55	1064	67	3
Italian Club	908	54	20	0	44	61	3035	61	3
Mozza' Veggie	458	16	6	0	18	61	918	20	4
Roast Beef	485	16	7	0	31	55	1599	61	3
Swiss Fondue	517	30	11	0	20	42	674	48	2
Turkey Club	773	24	10	0	55	83	1752	88	7

### Salads

Antipasto	682	54	17	0	26	24	2919	81	6
Australian Chicken	450	26	5	0	29	26	1419	86	2
BBQ Chicken	397	16	4	0	26	38	510	51	9
Caesar	483	34	8	0	19	26	1130	45	4
Caesar w/ Chicken	599	36	9	0	42	26	1182	105	4
Caprese	410	32	12	0	16	15	1069	41	3
Chef	636	50	14	0	31	16	1150	417	5
French Wedge	545	48	16	0	17	12	1556	57	2
Garden	573	46	11	0	13	27	864	39	3
Greek	405	30	6	0	15	18	1171	23	4
Three Potato Salad	227	16	2	0	2	18	276	12	3
Tropical Fruit Salad	119	0	0	0	0	29	17	0	2

### Soups

Beef Vegetable	135	2	1	0	6	22	821	11	3
Broccoli Cheddar	247	18	10	0	7	15	1034	51	1
Chicken Basil Chili	179	3	1	0	10	28	1045	11	5
Chicken Pueblo	171	9	4	0	6	17	1045	34	2
Five Star Mushroom	157	8	4	0	4	17	967	22	2
Italian Wedding	146	5	2	0	8	18	1057	11	1
Market Vegetable	90	1	0	0	3	18	854	0	3
Premium Clam Chowder	281	18	9	0	10	19	1064	67	1
Southwestern Roasted Corn	135	4	1	0	3	22	1012	6	5

	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)
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### Soups (Continued)

Spring Asparagus	214	15	8	0	7	13	1079	45	2
Vegetable Beef Barley	135	2	1	0	6	23	821	11	3
Vegetarian Chili	179	2	0	0	7	32	1102	0	16
Vegetarian Potato	90	1	0	0	2	18	865	0	2

### Baked Goods

Blueberry Bagel	330	1.5	0	0	11	69	610	0	2
Blueberry Muffin	309	15	3	0	4	40	250	66	1
Cappuccino Muffin	353	18	5	0	4	43	235	59	0
Chocolate Chip Cookie	250	11	6	0	2	35	180	15	1
Cinnamon Roll	487	18	4.5	0	7	75	1120	0	1
Cranberry Orange Muffin	265	13	3	0	4	34	250	59	1
Cream Cheese (1 oz)	99	10	6	0	2	1	84	31	0
Honey Wheat Bagel	311	1	0	0	11	63	743	0	4
Maple Pecan Danish	343	21	10	0	6	33	278	32	2
Oat Bran Muffin	250	8	2	0	4	40	353	0	3
Oatmeal Raisin Cookie	230	9	6	0	3	34	200	15	3
Plain Bagel	310	1	0	0	11	65	640	0	2
Turtle Caramel Cookie	250	12	5	0	3	33	220	15	2
Vanilla Hazelnut Danish	349	22	9	0	4	35	25	20	11
White Chocolate Macadamia Cookie	260	13	6	0	2	34	180	20	1

### Breakfast Sandwiches

Bacon, Egg & Cheese Bagel	479	11	4	0	24	72	1258	76	2
Bacon, Egg & Cheese on an English Muffin	266	9	4	0	16	30	727	67	1.5
Ham, Egg & Cheese Bagel	482	8	4	0	26	76	1460	87	2
Ham, Egg & Cheese on an English Muffin	288	8	4	0	19	34	998	84	2