

# deli

## KNOWING YOUR NUMBERS

### Know What You Are Eating

	Calories	Total Fat(g)	Sat Fat(g)	Chol(mg)	Carb(g)	Fiber(g)	Protein(g)	Sodium(mg)
<b>meats</b>								
bologna, beef (1 oz.)	90	8	3	15	1	0	3	310
chicken breast, roasted (1 oz.)	45	1	0	25	0	0	9	20
chicken salad (1/2 cup)	160	18	4	60	4	0	19	750
ham (1 oz.)	45	2.5	1	15	1	0	5	370
pastrami (1 oz.)	40	1.5	1	20	0	0	6	250
roast beef, fresh roasted (1 oz.)	60	2.5	1	30	0	0	10	10
salami (1 oz.)	70	6	3	20	1	0	4	320
tuna, water-packed drained (1 oz.)	35	1	0	10	0	0	7	105
tuna salad (1/2 cup)	190	9	1.5	15	10	0	16	410
turkey breast (1 oz.)	30	0	0	10	1	0	5	290
<b>cheeses</b>								
american (1 oz.)	90	7	4.5	20	2	0	6	270
cheddar (1 oz.)	110	9	6	30	0	0	7	180
monterey jack (1 oz.)	110	9	5	25	0	0	7	150
mozzarella (1 oz.)	90	6	3	15	1	0	7	150
provolone (1 oz.)	100	8	5	20	1	0	7	250
<b>bread &amp; starch</b>								
bagel, plain (4")	270	1.5	0	0	53	2	11	470
croissant (medium)	230	12	7	40	26	1	5	420
english muffin (1 each)	130	1	0	0	25	2	5	240
french bread (medium slice)	190	1.5	0	0	37	2	8	420
pita (6-1/2")	170	0.5	0	0	33	1	5	320
pita, whole wheat (6-1/2")	170	1.5	0	0	35	5	6	340
<b>tortilla</b>								
flour (10")	220	5	1.5	0	36	2	6	450
corn (6")	50	0.5	0	0	11	2	1	10
white bread (1.5 oz. slice)	70	1	0	0	13	1	2	170
whole wheat bread (1.5 oz. slice)	70	1	0	0	12	2	4	130
<b>condiments</b>								
bbq sauce (1 tbsp.)	25	0	0	0	6	0	1	150
ketchup (1 tbsp.)	15	0	0	0	4	0	0	170
mayonnaise (1 tbsp.)	100	11	1.5	5	0	0	0	75
mayonnaise, light (1 tbsp.)	50	5	1	5	1	0	0	120
mustard, yellow (1 tbsp.)	10	0.5	0	0	1	0	1	170
steak sauce (1 tbsp.)	20	0	0	0	4	0	0	190

*sandwich typically contains 2 oz each of meat and cheese*

We encourage you to look beyond the numbers. Healthy eating patterns are a result of skills and strategies for balancing your diet. Knowing the nutritional values of some basic foods can help you learn which foods provide too much or too little of the nutrients that concern you. Bon Appétit has compiled this guide of common nutritional values for many items you will find in our cafés. This guide does not represent specific Bon Appétit recipes but is based on standard nutrient values found in the USDA nutrient database.

Use these values not to restrict your choices but rather educate yourself about the nutritional qualities of your favorites and plan for all types of foods in your diet. Bon Appétit!