

# nutrition CENTRAL

T=Trace Amounts

## PACKAGED SNACKS

	Calories (kcal)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Cholesterol (mg)	Dietary Fiber (g)
Baked Lays (1 oz. bag)	110	23	2	1.5	0.5	150	0	0
Whole Fruit-Apple (1 medium)	72	19	0.4	0.23	0	1	0	3
Whole Fruit-Banana (7" long)	177	46	2	0.6	0.2	3	0	3
Yogurt & Fruit Parfait (snack size)	183	35	7	3	1	117	5	3
Fresh Fruit Cup	102	26	1	0.3	0.1	23	0	2
Veggies & Dip	140	6	2	11	2	239	7	2
Pretzels (1 cup)	171	35.9	5	1	0.1	610	0	0

## BOTTLED BEVERAGES

Diet Soda (16 oz., cola type, sugar-free)	10	1	0.5	0.1	0	38	0	0.2
Super Skim Milk (8 oz.)	80	11	8	0	0	115	0	0
Bottled Water	0	0	0	0	0	0	0	0

## FOUNTAIN BEVERAGES

Diet Soda (1 oz., cola type, sugar-free)	1	1	0	0	0	2	0	0
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Add some of these items to your entrée to create a healthier meal.

Find these items featured in our Grab-n-Go Coolers.

# HEALTHIER OPTIONS

The nutrition provided is based on single serving size ARAMARK standardized recipes. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions and product assembly. Temporary or featured products may or may not be included. We encourage anyone with food sensitivities, allergies, or special dietary needs to check with the location manager. For more nutritional information or individual consultations please visit your campus dining site.

