

Fill Better















Feel Better

Make Better Deli Bar Choices



Indicates a *better* choice!

	Item	Serving Size	kcal	CHO	Fiber	PRO	Fat	Sat. Fat	trans fat	CHOL	Sodium
	Breads										
	Cracked Wheat	1 slice	150	43 g	2.8 g	8.7g	2.8g	0.75 g	0.02 g	0 mg	404 mg
	Whole Wheat	1 slice	100	19 g	3 g	5 g	1 g	0 g	0 g	0 mg	115 mg
	Texas Toast	1 slice	90	19 g	0 g	3 g	1 g	0 g	0 g	0 mg	180 mg
	Vegetable	1 slice	150	46 g	1.8 g	7.8g	3.2g	0.8 g	0.03 g	0 mg	450 mg
	Wrap	1 wrap	150	30 g	5 g	6 g	1 g	0 g	0 g	0 mg	180 mg
	Meats										
	Ham	2 oz	60	3 g	0 g	9 g	1.5g	.5 g	0 g	30 mg	280 mg
	Roasted Turkey	2 oz	50	1 g	0 g	11 g	1 g	0 g	0 g	20 mg	540 mg
	Roast Beef	2 oz	70	1 g	0 g	10 g	2 g	0.5 g	n/a	25 mg	410 mg
	Smoked Turkey	2 oz	50	1 g	0 g	11 g	0.5g	0 g	0 g	25 mg	570 mg
	Turkey Pastrami	2 oz	70	3 g	0 g	9 g	2.5g	1 g	0 g	40 mg	700 mg
	Bacon	2 Slices	87	0 g	0 g	6 g	7g	2 g	0 g	18 mg	370 mg
	Chicken Salad	4 oz	208	1 g	0 g	15 g	16g	3 g	0 g	50 mg	144 mg
	Tuna Salad	4 oz	191	7 g	0 g	15 g	12g	2 g	0 g	22 mg	404 mg
	Chicken Breast	2 oz	92	0 g	0 g	17 g	2 g	1 g	0 g	47 mg	222 mg

	Item	Serving Size	kcal	CHO	Fiber	PRO	Fat	Sat. Fat	trans fat	CHOL	Sodium
	Cheeses										
	American	2 slices	70	3 g	0 g	6 g	4 g	2.5 g	0 g	15 mg	350 mg
	Baby Swiss	1 slice	110	0 g	0 g	6 g	9 g	6 g	0 g	25 mg	125 mg
	Cheddar	1 slice	114	0 g	0 g	7 g	9 g	6 g	0 g	30 mg	176 mg
	Provolone	1 slice	100	0 g	0 g	7 g	8 g	4.5 g	0 g	20 mg	200 mg
	Spreads										
	Light Mayo	1 Tbsp	45	0 g	0 g	0 g	5 g	0.5 g	0 g	5 mg	100 mg
	Miracle Whip	1 Tbsp	60	2 g	0 g	0 g	6 g	1 g	0 g	5 mg	100 mg
	Spicy Mustard	1 tsp	5	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	50 mg
	Regular Mustard	1 tsp	5	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	60 mg
	Pesto Mayo	1 tbsp	51	1 g	0 g	1 g	5 g	1 g	0 g	4 mg	87 mg
	Chipotle Mayo	1 tbsp	40	2 g	0 g	0 g	4 g	0.5 g	0 g	2.5mg	120 mg
	Vegetables										
	Onion Slice	2 slices	6	1 g	0 g	0 g	0 g	0 g	0 g	0 mg	1 mg
	Tomato Slice	2 slices	7	2 g	0 g	0 g	0 g	0 g	0 g	0 mg	2 mg
	Lettuce Leaf	2 leaves	3	1 g	0 g	0 g	0 g	0 g	0 g	0 mg	3 mg
	Cucumber Slices	4 slices	3	1 g	0 g	0 g	0 g	0 g	0 g	0 mg	1 mg
	Banana Pepper Rings	12 rings	5	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	480 mg
	Dill Pickle Spear	1 spear	5	1 g	0 g	0 g	0 g	0 g	0 g	0 mg	210 mg

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	Breads										
👍	Honey Whole Wheat	1 slice	150	43 g	2.8 g	8.7g	2.8g	0.75 g	0.02 g	0 mg	404 mg
👍	Whole Wheat	1 slice	100	19 g	3 g	5 g	1 g	0 g	0 g	0 mg	115 mg
⚠️	Texas Toast	1 slice	90	19 g	0 g	3 g	1 g	0 g	0 g	0 mg	180 mg
👍	Vegetable	1 slice	150	46 g	1.8 g	7.8g	3.2g	0.8 g	0.03 g	0 mg	450 mg
👍	Wrap	1 wrap	150	30 g	5 g	6 g	1 g	0 g	0 g	0 mg	180 mg
	Meats										
	Ham	2 oz	60	3 g	0 g	9 g	1.5 g	.5 g	0 g	30 mg	280 mg
👍	Roasted Turkey	2 oz	50	1 g	0 g	11 g	1 g	0 g	0 g	20 mg	540 mg
👍	Roast Beef	2 oz	70	1 g	0 g	10 g	2 g	0.5 g	n/a	25 mg	410 mg
👍	Smoked Turkey	2 oz	50	1 g	0 g	11 g	0.5g	0 g	0 g	25 mg	570 mg
👍	Turkey Pastrami	2 oz	70	3 g	0 g	9 g	2.5g	1 g	0 g	40 mg	700 mg
⚠️	Bacon	2 Slices	87	0 g	0 g	6 g	7g	2 g	0 g	18 mg	370 mg
	Chicken Salad	4 oz	208	1 g	0 g	15 g	16g	3 g	0 g	50 mg	144 mg
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⚠️	Baby Swiss	1 slice	110	0 g	0 g	6 g	9 g	6 g	0 g	25 mg	125 mg
⚠️	Cheddar	1 slice	114	0 g	0 g	7 g	9 g	6 g	0 g	30 mg	176 mg
⚠️	Smoked Gouda	1 Slice	100	1 g	1 g	6 g	8 g	5 g	0 g	15 mg	380 mg
⚠️	Provolone	1 slice	100	0 g	0 g	7 g	8 g	4.5 g	0 g	20 mg	200 mg
	Spreads										
⚠️	Light Mayo	1 Tbsp	45	0 g	0 g	0 g	5 g	0.5 g	0 g	5 mg	100 mg
⚠️	Miracle Whip	1 Tbsp	60	2 g	0 g	0 g	6 g	1 g	0 g	5 mg	100 mg
👍	Spicy Mustard	1 tsp	5	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	50 mg
👍	Regular Mustard	1 tsp	5	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	60 mg
⚠️	Pesto Mayo	1 tbsp	51	1 g	0 g	1 g	5 g	1 g	0 g	4 mg	87 mg
⚠️	Chipotle Mayo	1 tbsp	40	2 g	0 g	0 g	4 g	0.5 g	0 g	2.5mg	120 mg
	Vegetables										
👍	Onion Slice	2 slices	6	1 g	0 g	0 g	0 g	0 g	0 g	0 mg	1 mg
👍	Tomato Slice	2 slices	7	2 g	0 g	0 g	0 g	0 g	0 g	0 mg	2 mg
👍	Lettuce Leaf	2	3	1 g	0 g	0 g	0 g	0 g	0 g	0 mg	3 mg
👍	Cucumber Slices	4 slices	3	1 g	0 g	0 g	0 g	0 g	0 g	0 mg	1 mg
👍	Banana Pepper Rings	12 rings	5	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	480 mg
👍	Dill Pickle Spear	1 spear	5	1 g	0 g	0 g	0 g	0 g	0 g	0 mg	210 mg

