

Fill Better



Feel Better

# Make Better Salad Bar Choices



indicates a *better* choice!

	Item	Serving Size	Kcal	Carb	Pro	Fiber	Fat	Sat Fat	Chol	Sodium	
	<b>Greens</b>										
👍	Romaine Lettuce	1 Cup	6	1 g	0 g	1g	0 g	0 g	0 mg	8mg	
👍	Spring Mix	1 Cup	8	2 g	1 g	1g	0 g	0 g	0 mg	10mg	
👍	Iceberg	1 cup	8	2 g	0 g	1 g	0 g	0 g	0 mg	6mg	
👍	Spinach	1 cup	7	1 g	1 g	1 g	0g	0 g	0 mg	24mg	
	<b>Vegetables</b>										
👍	Cherry Tomatoes	2	3	1 g	0 g	0 g	0 g	0 g	0 mg	1mg	
👍	Shredded Carrots	1/4 cup	11	3 g	0 g	1 g	0 g	0 g	0 mg	19mg	
👍	Green Peas	1/4 cup	29	5 g	2 g	2 g	0 g	0 g	0 mg	2mg	
👍	Sliced Black Olives	1/4 cup	35	2 g	0 g	1 g	3 g	0 g	0 mg	297mg	
👍	Sliced Green Olives	1/4 cup	48	1 g	0 g	1 g	5 g	1 g	0 mg	517mg	
👍	Canned Beets	1/4 cup	13	3 g	0 g	1 g	0 g	0 g	0 mg	82mg	
👍	Garbonzo Beans	1/4 cup	74	12 g	4 g	4 g	1 g	0 g	0 mg	100mg	
👍	Black beans	1/4 cup	49	9 g	3 g	2 g	0 g	0 g	0 mg	92mg	
👍	Kidney Beans	1/4 cup	54	10 g	4 g	3 g	0 g	0 g	0 mg	100mg	
👍	Canellini beans	1/4 cup	60	11 g	4 g	3 g	0 g	0 g	0 mg	104mg	
👍	Lima Beans	1/4 cup	52	10 g	4 g	3 g	0 g	0 g	0 mg	107mg	
👍	Green Beans	1/4 cup	11	2 g	1 g	1 g	0 g	0 g	0 mg	0mg	
👍	Edamame	1/4 cup	47	4 g	4 g	2 g	2 g	0 g	0 mg	2mg	
👍	Bell Pepper	1/4 cup	7	2 g	0 g	1 g	0 g	0 g	0 mg	1mg	
👍	Sweet Corn	1/4 cup	39	9 g	1 g	1 g	1 g	0 g	0 mg	95mg	
👍	Red Onions	1/4 cup	8	2 g	0 g	1 g	0 g	0 g	0 mg	4mg	
👍	Asparagus	1/4 cup	10	2 g	1 g	1 g	0 g	0 g	0 mg	6mg	
	<b>Proteins</b>										
👍	Chopped Chicken	3oz	138	0 g	26 g	0 g	3 g	1 g	71mg	333mg	
👍	Tuna	3oz	99	0 g	22 g	0 g	1 g	0 g	26mg	287mg	
👍	Crab	3oz	84	0 g	17 g	0 g	1 g	0 g	76mg	283mg	



