

## Tips for Wise Choices at the Deli Station

- Choose lean meats such as turkey or grilled chicken
- Choose 100% whole wheat breads and rolls
- Choose a broth or tomato-based soup as a starter or as a meal
- Opt for low-fat spreads such as mustard, salsa, or low-fat mayo
- Ask the server to go “light” on spreads and condiments
- Load up your sandwich with fresh veggies
- Order a half sandwich and pair it with a fresh green side salad or a small low-fat soup
- Choose carrot sticks rather than potato chips
- Save calories, fat, and sodium by skipping cheese and adding veggies

## Did you know?

- We offer a Balanced Choices tuna salad made with low fat mayonnaise daily at the deli station.

  
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## Deli Station

### **Nutrition Information**

Use this brochure as a stepping-stone to help you choose the best choices to support your personal goals. Due to recipe differences and availability of nutrition information from food suppliers, we are not able to provide nutrition information of all foods that are served at the Café.

# Deli Station Selections

DELI SELECTIONS	Serving Size	Calories	Protein (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Carbs (g)	Sodium (mg)	Fiber (g)
<b>FILLING</b>										
Buffet Ham, Smoked	4 oz	120	15	3	1	0	47	8	1600	0
Pastrami, Beef	4 oz	140	20	7	3	*	60	0	1320	0
Roast Beef	4 oz	123	21	3	1	*	47	0	841	*
Turkey Breast	4 oz	100	22	2	0	0	50	0	780	0
American Cheese	1 oz	110	6	9	5	0	20	1	360	0
Fresh Mozzarella Cheese	1 oz	80	6	6	3.5	0	20	0	0	0
Mild Cheddar Cheese	1 oz	110	7	9	5	0	30	1	180	0
Muenster Cheese	1 oz	110	7	9	6	0	30	0	180	0
Pepperjack Cheese	1 oz	100	7	8	5	0	30	1	170	0
Provolone Cheese	1 oz	100	7	8	4	0	20	1	240	0
Swiss Cheese	1 oz	100	8	8	5	0	25	1	60	0
<b>BREAD</b>										
Rye Bread	2 slices	167	6	2	0	*	0	31	428	4
Wheat Bread	2 slices	202	8	3	1	*	0	36	396	3
White Bread	2 slices	139	4	2	0	0	*	26	356	1
Kaiser Roll	1 ea/3.5"	167	6	2.5	0	*	0	30	310	1
Wheat Sub Roll	3 oz/ 6"	190	6	0.5	0	0	0	38	470	3
White Sub Roll	3 oz/ 6"	230	8	3	0	*	45	43	480	2
French Demi Baguette	2 oz	130	4	0	0	0	0	28	340	<1g
Garlic Herb Tortilla	1 ea	310	8	7	3	0	0	52	950	2
Jalapeno Tortilla	1 ea	310	8	7	3	0	0	50	1100	2
Spinach Tortilla	1 ea	310	9	7	3	0	0	51	740	2
Tomato Basil Tortilla	1 ea	310	8	7	3	0	0	52	890	2
White Flour Tortilla	1 ea	310	8	7	3	0	0	52	740	2
Whole Wheat Tortilla	1 ea	290	9	7	3	0	0	50	750	6
<b>CONDIMENTS</b>										
Romaine Lettuce	1 piece	2	0	0	0	0	0	<1	1	0
Tomato	2 slices	7.2	1	0	0	0	0	2	2	1
Dijon Mustard	1 tsp	5	0	0	0	0	0	0	120	*
Spicy Brown Mustard (Guldens)	1 tsp	5	0	0	0	0	0	0	50	*
Yellow Mustard	1 tsp	0	0	0	0	0	0	0	55	0
Kraft Light Mayonnaise	1 T	45	0	5	0.5	0	5	<1	100	0
Barbeque Sauce	2 T	60	0	0	0	0	0	14	370	0
Golden Barbeque Sauce	2 T	60	0	0	0	0	0	14	380	<1
Jalapeno Peppers, sliced	2 T	10	0	0	0	0	0	2	400	0
Banana Peppers	2 T	4	0	0	0	0	0	1	69	0
Hot Pepper Relish	1 T	0	0	0	0	0	0	<1	280	0
Relish	1 T	15	0	0	0	0	0	4	140	0
Carrot Sticks (4 sticks)	1.5 oz	18	1	0	0	0	0	5	30	2
Chips, Housemade	2 oz	300	3	19	3	0	0	30	67	3
Pickle Spear	1 spear	4	0	0	0	0	0	1	306	<1

\* Missing, incomplete, or unavailable data

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SAMPLE COMPLETE SANDWICHES	Calories	Protein (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Carbs (g)	Sodium (mg)	Fiber (g)
Roast Beef and swiss cheese on wheat bread with 2 tsp yellow mustard	425	37	14	7	*	72	37	1407	*3
Roast Beef on wheat bread with 2 tsp yellow mustard	325	29	6	2	*	47	36	1347	*3
Smoked Turkey Breast with American cheese on wheat bread with 1 T light Mayonnaise	457	36	19	6	*	75	37	1636	3
Roast Turkey Breast on wheat bread with 1 T light Mayonnaise	347	30	10	1	*	55	36	1276	3

We attempt to provide nutrition information that is as complete as possible. The nutritional values are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the Unit level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.