

Tips for Wise Choices at the Salad Bar

- Keep portion size in mind when fixing a salad at the salad bar. Calories can add up quickly without even realizing it. Salad dressing and toppings such as croutons, crunchy noodles and bacon bits might add up to more calories than you think.
- Opt for lean, nutrient-rich items such as:
 - Dark green lettuces
 - Fresh vegetables such as peppers, tomatoes, and broccoli
 - Fresh fruit
 - Lean proteins such as grilled chicken or turkey breast, tuna, or 1% cottage cheese
 - Beans, tofu, nuts, and seeds
- Choose fat-free or light salad dressing and put it on the side
- Limit your use of:
 - Mixed salads containing mayonnaise or oil
 - Crunchy toppings
 - Cheese

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.



Salad Bar 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.

Salad Bar Selections

SALAD BAR DRESSINGS (KRAFT)											
	Serving Weight	Calories	Protein (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Carbs (g)	Sodium (mg)	Fiber (g)	
Creamy Caesar	2T	130	2	13	2.5	0	15	2	330	0	
Honey Mustard	2T	110	0	8	1	0	*	9	270	0	
Blue Cheese	2T	130	*	14	2.5	0	15	1	280	0	
Creamy French	2T	130	0	12	1.5	0	0	6	270	0	
Buttermilk Ranch	2T	150	0	16	2.5	0	10	2	280	0	
Creamy Ranch	2T	160	0	17	2.5	0	10	1	250	0	
Italian, Fat Free	2T	20	0	0	0	0	0	4	380	0	
Ranch, Fat Free	2T	50	0	0	0	0	0	11	330	0	
Raspberry Vinaigrette, Fat Free	2T	30	0	0	0	0	0	7	290	0	
Oil, Canola/Olive Oil Blend	2T	255	0	28	3	0	0	0	0	0	
Vinegar, Balsamic	2T	28	0	0	0	0	0	5	7	0	
Vinegar, Red Wine	2T	6	0	0	0	0	0	0	2	0	
SALAD BAR ITEMS											
	Approximate Size	Serving Weight	Calories	Protein (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Carbs (g)	Sodium (mg)	Fiber (g)
Asparagus	2 1/2 spears	1 oz	6	1	0	0	0	0	1	1	<1
Bacon, Crumbled	1 1/2 slices	0.5 oz	77	6	6	2	*	16	0	328	0
Barley, Pearled	3 Tbsp	1 oz	34	1	0	0	0	0	8	1	1
Garbanzo Beans	3 Tbsp	1 oz	34	1	0	0	0	0	6	85	1
Kidney Beans	2 Tbsp	1 oz	24	2	0	0	0	0	4	100	2
Beets	1/3 cup	1 oz	12	0	0	0	0	0	3	22	<1
Broccoli	3 Tbsp	0.5 oz	4	0	0	0	0	0	<1	4	<1
Carrots	2 Tbsp	0.5 oz	6	0	0	0	0	0	2	10	<1
Cauliflower	1/4 cup	1 oz	7	1	0	0	0	0	2	9	<1
Celery	2 Tbsp	0.5 oz	3	0	0	0	0	0	<1	12	<1
Cheese, Cheddar	1 Tbsp	0.25 oz	28	2	2	1	0	8	0	45	0
Cheese, Feta	3 Tbsp	1 oz	70	4	6	3.5	0	15	1	350	0
Cheese, Grated Parmesan	2 tsp		20	2	1.5	1	0	5	0	75	0
Chicken Tender, Fried		1 oz	98	5	5.5	0.5	0	10	7	135	<1
Chicken Breast, Grilled		1 oz	47	9	1	0	*	25	0	20	0
Cottage Cheese, 1%	2 Tbsp	1 oz	20	4	0	0	0	1	1	115	0
Cucumbers	1/4 cup	1 oz	3	0	0	0	0	0	<1	1	0
Egg, Hard Cooked	3 Tbsp	1 oz	44	4	3	1	0	120	<1	35	0
Green Beans	2 Tbsp	0.5 oz	5	0	0	0	0	0	1	0	<1
Lettuce, Mixed Greens	3/4 cup	1 oz	4	0	0	0	0	0	<1	1	<1
Lettuce, Romaine	1/2 cup	1 oz	5	0	0	0	0	0	<1	2	<1
Lettuce, Spinach	1 cup	1 oz	7	1	0	0	0	0	1	22	<1
Lentils	2 Tbsp	1 oz	33	3	0	0	0	0	6	<1	2
Mushrooms	3 Tbsp	0.5 oz	3	0	0	0	0	0	0	0	<1
Olives, Black	7 olives	1 oz	33	0	3	0	0	0	2	247	<1
Olives, Green, Stuffed	7 olives	1 oz	47	0	5	0	0	0	0	624	<1
Olives, Kalamata, Pitted	7 olives	1 oz	47	0	5	0	0	0	0	624	<1
Onions, Red	2 Tbsp	0.5 oz	6	0	0	0	0	0	2	0	<1
Peas, Green	3 Tbsp	1 oz	22	1	0	0	0	0	4	0	2
Pepperoncini	3 Tbsp	1 oz	6	0	0	0	0	0	1	113	<1
Peppers, Sweet Bell	2 1/2 Tbsp	0.5 oz	4	0	0	0	0	0	1	0	<1
Radishes	2 1/2 Tbsp	0.5 oz	3	0	0	0	0	0	0	6	<1
Raisins	1 1/2 Tbsp	0.5 oz	43	0	0	0	0	0	11	2	<1
Squash, Yellow	2 Tbsp	0.5 oz	3	0	0	0	0	0	0	<1	<1
Squash, Zucchini	2 Tbsp	0.5 oz	3	0	0	0	0	0	0	2	<1
Sunflower Seeds	1 1/2 Tbsp	0.5 oz	88	3	8	1	*	0	<1	0	0
Tofu, Plain	2 Tbsp	1 oz	22	2	1	0	*	0	<1	2	0
Tomatoes	2 Tbsp	0.5 oz	3	0	0	0	0	0	<1	<1	<1
Turkey Breast	3 Tbsp	0.5 oz	13	3	0	0	0	7	<1	98	0
Walnuts	2 Tbsp	0.5 oz	93	2	9	0.5	*	0	2	0	1

* Missing, incomplete, or unavailable data

Updated 11/2010