



MAY 2003



Selections contain less than 15 gm fat
Food Exchange Values

	Serving Size (oz.)	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Iron (% D. V.)	Calcium (% D. V.)	Vit. A (% D. V.)	Vit. C (% D. V.)	
Slim Slam™ (w/o topping) ²	12	438	6	2.6	50	2417	56	2	15	32	27	5	12	0	4 CHO, 4 L meat
Pg3/toppings(cherry,blueberry,strawberry)															
Oatmeal Deluxe	19	460	6	3	11	87	95	7	63	13	15	25	8	20	3 CHO, 2.5 fruit, 1 fat
Toast, dry	1	92	1	0	0	166	17	1	1	3	4	3	0	0	1 carbohydrate
English Muffin, dry	4	125	1	0	0	198	24	1	0	5	10	8	0	0	1.5 carbohydrate
Bagel, dry	4	274	3	1	0	566	55	2	7	10	83	0	0	0	3.5 carbohydrate
Choice: Oatmeal	4	100	2	0	0	175	18	3	0	5	5	1	0	0	1 carbohydrate
Grits	4	80	0	0	0	520	18	0	0	2	4	0	0	0	1 carbohydrate
Cereal (average)	1	100	0	0	0	276	23	1	5	2	19	0	35	16	1.5 carbohydrate
2% Milk	5	87	5	3	19	70	7	0	7	5	0	15	9	0	½ milk, 1 fat
Choice: Applesauce	3	60	0	0	0	13	15	1	15	0	0	0	0	0	1 fruit
Cantaloupe	3	32	0	0	0	16	8	1	7	1	1	1	63	50	½ fruit
Grapefruit, half	5	60	0	0	0	0	16	6	10	1	0	2	15	110	1 fruit
Grapes	3	55	1	0	0	0	15	1	14	1	1	1	1	15	1 fruit
Honeydew	3	31	0	0	0	22	8	1	7	1	1	0	1	27	½ fruit
Banana (1)	4	110	0	0	0	0	29	4	21	1	2	0	1	15	2 fruit
Choice: Apple Juice	10	126	0	0	0	24	33	0	33	0	14	0	0	4	2 fruit
Ruby Red Grapefruit Juice	10	162	0	0	0	43	41	0	41	0	0	0	0	125	2 fruit
Orange Juice	10	126	0	0	0	31	31	0	24	2	1	2	0	175	2 fruit
Tomato Juice	10	56	0	0	0	921	11	2	0	2	11	1	19	49	2 vegetable
Garden Salad w/Chicken Breast 1	14	264	11	5	89	714	10	4	5	32	11	22	30	36	3 veg, 4 VL meat, 1fat
Side Garden Salad (w/o dressing)	7	113	4	1	0	147	16	3	4	3	7	4	36	39	1 veg
Vegetable Beef Soup	8	79	1	1	5	820	11	2	2	6	4	2	0	1	1 vegetable, ½ CHO, 1 fat
Chicken Noodle	8	60	2	0	10	640	8	0	0	2	1	1	1	0	½ carbohydrate, ½ fat
Sl. Turkey Sand/Multigrain w/o Mayo	7	277	4	1	15	1609	41	5	6	23	19	9	6	14	2.5 CHO, 2.5 MF Meat, 2.5 Fat
Grilled Chicken Breast Dinner ²	4	130	4	1	67	566	0	0	0	24	2	1	1	2	3.5 very lean meat
Pot Roast Dinner ² (includes gravy)	7	292	11	5	87	927	5	0	0	42	10	0	8	0	6VL meat, 1 fat, 1/2 CHO
Roast Turkey & Stuffing ² (includes gravy)	14	388	3	1	116	2467	38	2	17	46	20	4	4	10	2.5 CHO, 5.5 VL meat
Baked Potato, plain w/skin	7	220	0	0	0	16	51	5	3	5	15	2	0	45	3 carbohydrate
Mashed Potatoes	5	168	7	3	8	498	23	2	1	3	1	2	0	8	1.5 carbohydrate, 1 Fat
Corn in butter sauce	4	120	4	2	5	260	19	5	4	3	2	0	8	1	1 carbohydrate, 1 fat
Carrots in honey glaze	4	80	3	1	0	220	12	3	7	1	4	4	380	5	1 veg., ½ CHO, ½ fat
Green Beans with bacon	4	60	4	2	5	390	6	3	2	1	4	4	10	10	1 vegetable, 1 fat
Applesauce Musselman's®	3	60	0	0	0	13	15	1	15	0	0	0	0	0	1 fruit
Sliced Tomatoes	2	13	0	0	0	6	3	1	2	1	1	0	3	19	½ vegetable

The nutrition information provided is based on computerized database analysis & vendor product data. This analysis uses the Operations Manual procedures & portions. The data represents an estimate of nutrient content. For additional information on specific ingredients, please contact our Nutrition Coordinator at 864-597-7396.

1 = Add dressing selection (above) and bread service
2 = Add choice of sides from list this page
3 = Add choice of bread

CHO = carbohydrate
VEG = vegetable

Exchange abbreviations
L = lean
MF = medium fat

VL = very lean
HF = high fat

g=grams
mg=milligrams