

I have created this list of selected items from Fresh Choice for you to use when you must eat out. The items listed fall generally under 400 calories, 15 grams of fat and 600 milligrams of sodium.

| Item  | Calories | Fat (g) | Trans Fat (g) | Fiber | Sodium (mg) |
|---|----------|---------|---------------|-------|-------------|
| <b>Specialty Salads</b>                                 |          |         |               |       |             |
| Apple Walnut Blues (1 cup)                              | 112      | 10      | 0             | 2     | 94          |
| Aunt Mary's Almond Craisin Delight (1 cup)              | 200      | 12      | 0             | 3     | 104         |
| Barlett Blue w/Apple Vinaigrette (1 cup)                | 165      | 14      | 0             | 2     | 137         |
| Cayley's Classic Caesar (1 cup)                         | 62       | 4       | 0             | 1     | 164         |
| Classic Shrimp Louie (1 cup)                            | 98       | 7       | 0             | 1     | 178         |
| Cool Napa Crunch  | 154      | 11      | 0             | 2     | 53          |
| D'Anjou Blue w/Champagne Vinaigrette (1 cup)            | 165      | 140     | 0             | 2     | 137         |
| Farm Fresh Peach and Berry Toss (1 cup)                 | 77       | 4       | 0             | 2     | 25          |
| Insalata Caprese (1 cup)                                | 131      | 4       | 0             | 2     | 134         |
| Mandarin Spinach w/Toasted Almonds (1 cup)              | 81       | 2       | 0             | 2     | 133         |
| Strawberry Fields Spinach Salad (1 cup)                 | 200      | 12      | 0             | 3     | 104         |
| Summer Endives & Apple Medley (1 cup)                   | 112      | 10      | 0             | 2     | 94          |
| <b>Prepared Salads *</b>                                |          |         |               |       |             |
| Ginger Soy Long Noodles (1 cup)                         | 286      | 10      | 0             | 2     | 236         |
| Lemon Garlic Pasta (1 cup)                              | 184      | 2       | 0             | 2     | 194         |
| Marinated Cucumber (1 cup)                              | 38       | 0       | 0             | 2     | 8           |
| Roasted Potato and Vegetable Bistro (1 cup)             | 276      | 12      | 0             | 4     | 202         |
| Tabbouleh (1 cup)                                       | 148      | 8       | 0             | 4     | 156         |
| <b>Dressings</b>  |          |         |               |       |             |
| Azteca Dressing (2 Tbsp.)                               | 72       | 6       | 0             | 0     | 124         |
| Fat Free Honey Mustard (2 Tbsp.)                        | 50       | 0       | 0             | 0     | 290         |
| Fat Free Italian (2 Tbsp.)                              | 15       | 0       | 0             | 0     | 300         |
| Roasted Garlic Vinaigrette (2 Tbsp.)                    | 105      | 10      | 0             | 0     | 111         |
| Roasted Garlic Balsamic Vinaigrette (2 Tbsp.)           | 105      | 10      | 0             | 0     | 111         |
| <b>Soup</b>   |          |         |               |       |             |
| Broccoli Cheese Soup (1 cup)                            | 152      | 9       | 0             | 3     | 215         |
| Fresh Harvest Vegetable Soup (1 cup)                    | 74       | 1       | 0             | 3     | 102         |
| Garden Patch Lentil & Barley (1 cup)                    | 65       | 0       | 0             | 4     | 118         |
| Hearty Garden Vegetable Barley (1 cup)                  | 79       | 1       | 0             | 4     | 122         |
| Old World Vegetable Minestrone                          | 55       | 0       | 0             | 2     | 98          |
| Roasted Vegetable & Butternut Squash Medley (1 cup)     | 117      | 3       | 0             | 2     | 148         |
| Rustic Country Vegetable (1 cup)                        | 90       | 0       | 0             | 3     | 174         |
| Summer Vegetables & Dumplings (1 cup)                   | 102      | 1       |               | 3     | 102         |
| Sweet Potato Corn Chowder (1 cup)                       | 103      | 0       | 0             | 3     | 124         |
| <b>Additional Items</b>                                 |          |         |               |       |             |
| Autumn Greens w/Roasted Beets (1 cup)                   | 244      | 11      | 0             | 4     | 43          |
| Roasted Butternut Squash w/Sage and Cranberries (1 cup) | 105      | 6       | 0             | 3     | 120         |
| Black-Eyed Pea & Tomato (1 cup)                         | 168      | 3       | 0             | 4     | 10          |
| <b>Pasta, Rice and Hot Veggies Sauces</b>               |          |         |               |       |             |
| Garden Marinara (1/4 cup)                               | 17       | 0       | 0             | 0     | 52          |
| Italian Meat Sauce (1/4 cup)                            | 37       | 0       | 0             | 1     | 149         |
| Pomodoro (1/4 cup)                                      | 17       | 0       | 0             | 0     | 52          |

|  |     |    |   |   |     |
|--|-----|----|---|---|-----|
| <b>Prepared Pasta/Rice</b>               |     |    |   |   |     |
| Chicken & Bowtie Primavera (1 cup)       | 180 | 10 | 0 | 2 | 250 |
| Chicken Pesto Penne (1 cup)              | 205 | 13 | 0 | 2 | 340 |
| Creamy Lemon Caper Chicken (1 cup)       | 207 | 14 | 0 | 3 | 298 |
| Plain Pasta (1/2 cup)                    | 110 | 1  | 0 | 1 | 1   |
| White Rice (1/2 cup)                     | 116 | 0  | 0 | 0 | 4   |
| Roasted Fingerling Potatoes (1/2 cup)    | 74  | 2  | 0 | 1 | 31  |
| Roasted Winter Vegetables (1/2 cup)      | 138 | 6  | 0 | 2 | 101 |
| Squash Ratatouille (1 cup)               | 45  | 3  | 0 | 1 | 51  |
| <b>Pizza</b>                             |     |    |   |   |     |
| California Fresh Veggie Pizza (1 piece)  | 138 | 4  | 0 | 1 | 267 |
| Cheese Pizza (1 piece)                   | 124 | 5  | 0 | 1 | 212 |
| Country Sausage & Mushroom (1 piece)     | 136 | 6  | 0 | 1 | 245 |
| Elena's Grilled Onion Focaccia (1 piece) | 101 | 3  | 0 | 1 | 180 |
| Fresh Tomato & Basil Pizza (1 piece)     | 127 | 5  | 0 | 1 | 218 |
| Pepperoni Pizza (1 piece)                | 110 | 4  | 0 | 0 | 219 |
| Peppery Onions & Sausage (1 piece)       | 141 | 6  | 0 | 1 | 245 |
| <b>Protein Toppers</b>                   |     |    |   |   |     |
| Icelandic Shrimp (2 oz.)                 | 78  | 1  | 0 | 0 | 259 |
| <b>Additional Items</b>                  |     |    |   |   |     |
| Chicken Marinara (1 cup)                 | 158 | 5  | 0 | 2 | 197 |
| Mama Mia's Meat Sauce (1/4 cup)          | 58  | 4  | 0 | 1 | 220 |

Nutrition information for Fresh Choice is © 2010 Fresh Choice and is current as of June 2010. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at [http://freshchoice.com/Nutritional\\_Information.html](http://freshchoice.com/Nutritional_Information.html)

\*The standard serving size for Prepared Salads is given as 1/2 cup. Nutrition values for 1 cup are given here because that is a more realistic serving size.