

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

Item	Calories	Fat (g)	Sodium (mg)	Fiber (g)
Asian				
Bangkok Curry (Small)	250	6	430	3
Chinese Chop Salad (Small)	150	7	180	3
Mediterranean				
Penne Rosa (Small)	420	13	550	8
Pasta Fresca (Small)	420	12	450	3
The Med Salad (Small)	150	6	480	2
American				
Spaghetti (Small)	30	9	590	5
Caesar Salad (Small)	160	14	390	1
Proteins				
Parmesan-Crusted Chicken Breast	190	8	620	0
Sauteed Beef	210	12	480	0
Braised Beef	190	10	370	0
Sauteed Shrimp	35	0	190	0
Organic Tofu	180	11	220	0
Extras				
Cucumber Tomato Salad	80	0	190	2
Tossed Green Salad	60	6	140	1
Tossed Green Salad (w/Fat Free Asian)	30	0	50	1
Ciabatta Roll	160	1.5	430	2
Flat Bread	210	3.5	370	2

Nutrition information for Noodles & Company is © 2007 Noodles & Company. Selected nutrition information is provided here as a service to Dr. Gourmet readers. View the complete nutrition information at <http://www.noodles.com>