

I have created this list of selected items from Olive Garden 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)	Trans Fat (g)	Sodium (mg)	Fiber (g)
<b>Appetizers</b>					
Breadstick (with garlic-butter spread)	140	2	n/a	370	2
<b>Soups &amp; Salads</b>					
Pasta e Fagioli (one serving)	130	2.5	n/a	680	6
Garden-Fresh Salad (one serving without dressing)	60	2	n/a	270	2
<b>Lighter Italian Fare (Lunch)</b>					
Linguine alla Marinara (plain)	310	4	n/a	670	5
<b>Lighter Italian Fare (Dinner)</b>					
Herb-Grilled Salmon	480	24 (only 5 of these are saturated)	n/a	360	0

Nutrition information for Olive Garden is © 2013 Darden Concepts, Inc.. Trans fat content was not reported. Selected nutrition information is provided here as a service to Dr. Gourmet readers. View the complete nutrition information at [http://olivegarden.com/core\\_content/pdfs/olive\\_garden\\_nutrition.pdf](http://olivegarden.com/core_content/pdfs/olive_garden_nutrition.pdf)