

I have created this list of selected items from Ruby Tuesday 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	Fiber	Sodium
Smart Eating Choices				
Creole Catch	277	13	1	303
Plain Grilled Chicken	260	3	0	150
Plain Grilled Salmon	167	9	0	30
Fresh Steamed Broccoli	84	6	3	222
Lite Ranch Dressing	50	5	0	300
White Cheddar Mashed Potatoes	169	10	2	520
Baked Potato - Plain	282	2	10	113
Sugar Snap Peas	113	6	3	202
Brown-Rice Pilaf	226	7	2	585
Sauteed Baby Portabella Mushrooms	98	4	0	353
Appetizers (per serving, w/4 servings per item)				
Asian Dumplings	114	5	1	295
Buffalo Shrimp	126	6	1	580
Chicken Strips - Boston Barbecue	115	4	0	367
Chicken Strips - Buffalo	114	6	1	375
Chicken Strips - Thai Phoon	179	13	0	297
Chicken Strips - Traditional	94	4	0	222
Jumbo Lump Crab Cake	68	4	1	201
Southwestern Spring Rolls	173	10	1	324
Thai Phoon Shrimp	191	13	1	502
Premium Seafood				
Creole Catch	277	13	1	303
Signature Sides				
Baked Potato - Plain	282	2	10	113
Entrée Bread	140	7	1	210
Fresh Steamed Broccoli	84	6	3	222
Brown-Rice Pilaf	226	7	2	585
Sauteed Baby Portabella Mushrooms	98	4	0	353
Sugar Snap Peas	113	6	3	202
Kids' Menu				
Kids Chicken Breast	134	2	0	550
Kids Chicken Tenders	226	10	0	533
Dressings & Sauces (per ounce)				
BBQ Sauce	50	0	0	330
Boston BBQ Sauce	42	0	0	289
Italian Dressing	60	6	0	330
Lite Ranch Dressing	50	5	0	300
Marinara Sauce	17	1	1	43
Parmesan Cream Sauce	64	6	0	181
Salsa	8	0	0	170
Sour Cream	35	2	0	16
Thousand Island Dressing	70	7	0	220

Nutrition information for Ruby Tuesday is © 2010 Ruby Tuesday, Inc.. Selected nutrition information is provided here as a service to Dr. Gourmet readers. View the complete nutrition information at <http://rubytuesday.com/content/files/nutrition.pdf>