

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, 14 grams of fat and 600 milligrams of sodium.

	Calories	Fat (g)	Fiber (g)	Sodium (mg)
Fit & Trim Choices (Served with Fresh Grilled Zucchini & Roasted Spaghetti Squash)				
Fresh Grilled Asparagus (when in season) - F&T	78	5	3	218
Fresh Grilled Zucchini - F&T	41	2	1	321
Fresh Grilled Green Beans - F&T	45	2	2	145
Fresh Steamed Broccoli - F&T	53	2	3	82
Roasted Spaghetti Squash - F&T	54	3	2	69
Sliced Tomatoes with balsamic vinaigrette - F&T	52	1	0	293
Sugar Snap Peas - F&T	113	6	3	164
Petite Creole Catch - F&T	306	14	5	580
Ruby Tuesday's Smart Eating Choices				
Creole Catch	240	10	0	280
Plain Grilled Chicken	190	4	0	220
Plain Grilled Top Sirloin*	231	9	0	607
Fresh Steamed Broccoli	53	2	3	82
Lite Ranch Dressing	70	5	0	230
Baked Potato - Plain	259	2	10	103
Sugar Snap Peas	113	6	3	164
Sauteed Baby Portabella Mushrooms	140	10	4	460
Shareables per serving (with 4 servings per appetizer)				
Asian Dumplings	64	2	1	243
Key West Coconut Shrimp	88	4	1	69
Crab Bites	90	6	0	180
Fried Mozzarella	135	8	0	420
Southwestern Spring Rolls	158	8	1	305
Jumbo Lump Crab Cake	68	4	1	210
Petite Lunch Plates (Served with White Cheddar Mashed Potatoes and Fresh Steamed Broccoli)				
Petite Creole Catch	306	14	5	580
Fresh All-Natural Chicken				
Hickory Bourbon Chicken	250	4	0	410
Fresh. Fresh. Sides.				
Baked Potato - Plain	259	2	10	103
Garlic Cheese Biscuit	110	5	0	310
Fresh Steamed Broccoli	53	2	3	82
Fresh Grilled Asparagus (when in season)	78	5	3	218
Fresh Grilled Green Beans	45	2	2	145
Fresh Grilled Zucchini	41	2	1	321
Roasted Spaghetti Squash	54	3	2	69
Sliced Tomatoes with balsamic vinaigrette	52	1	0	293
Sweet Potato Fries	330	12	9	540
Sugar Snap Peas	113	6	3	164
Sauteed Baby Portabella Mushrooms	140	10	4	460

Dressings & Sauces (per ounce)				
Hickory Bourbon BBQ Sauce	60	0	0	190
Honey Mustard Dressing	90	8	0	150
Lemon Butter Sauce	87	9	0	160
Marinara Sauce	17	1	0	131
Parmesan Cream Sauce	64	6	0	181
Peach Bourbon BBQ	50	0	1	160
Ranch Dressing	90	9	0	240
Salsa	8	0	0	170
Sour Cream	18	1	0	9
Sriracha Ranch	75	8	0	273
Thousand Island Dressing	80	7	0	240

Nutrition information for Ruby Tuesday is © 2013 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>