



HEALTHY ALTERNATIVE NUTRITIONAL GUIDE

ITEM	CALORIES	CAL FROM FAT	TOTAL FAT (G)	SAT. FAT (G)	FIBER (G)	WWP
APPLE	72	0	0	0	3	0.8
BBQ CHICKEN BREAST ON WHEAT BUN	310	36	4	0	3	5.9
BLACK FORREST HAM & SWISS	240	71	8	4	1	5
BUFFALO TURKEY BURGER	290	100	11	0	2	6
CARROT AND CELERY/DIP	191	121	13	2	5	4
CARROTS WITH DIP	70	45	5	0	1	2
CHEF SALAD W/HAM & FF CALIFORNIA FRENCH	174	49	5	3	4	3.0
CHEF SALAD W/HAM & LIGHT ITALIAN DRESSING	139	54	6	3	3	3.0
CHEF SALAD W/TURKEY & FF RANCH DRESSING	189	69	7	3	4	4.0
CHEF SALAD W/TURKEY & LIGHT ITALIAN DRESSING	154	74	8	3	3	3.0
CHERRY YOGURT	170	14	2	1	0	4
CHICKEN BREAST W/LETTUCE & TOMATO ON WHEAT	276	33	3	0	3	5.2
CHICKEN BREAST W/SWISS ON MULTI GRAIN BUN	324	73	7.5	3	2	6.7
CHICKEN SALAD ON FLAT BREAD	300	130	15	3	3	7
CHIPOTLE TURKEY & SWISS ON WHEAT	280	80	9	4	2	6.0
DELI CHICKEN & SWISS ON RYE BUN	230	56	6.5	2.5	1	4.9
HEALTHY CHOICE TURKEY & SWISS ON BUN	240	61	6.5	2.5	2	5.0
HEALTHY CHOICE CHICKEN ON WHEAT	190	30	3	0.5	2	3.7
HEALTHY CHOICE DELI COMBO	185	38	2.75	0.5	2	3.5
HEALTHY CHOICE HAM & TURKEY ON RYE	185	25	3	0.5	1	3.8
HEALTHY CHOICE HAM ON WHEAT BUN	160	25	2.5	0.5	2	3.0
HEALTHY CHOICE ROAST BEEF & PROVOLONE	250	70	7.5	3	2	5.2
HEALTHY CHOICE ROAST BEEF ON WHEAT BUN	200	35	3.5	1	2	3.9
HEALTHY CHOICE TURKEY CLUB	202	25	2.5	0	3	3.6
HEALTHY CHOICE TURKEY MULTI GRAIN BUN	200	30	3	0	2	3.9
HEALTHY CHOICE TURKEY ON WHEAT BUN	190	25	2.5	0	2	3.6
HAM & SWISS ON WHOLE GRAIN FLAT BREAD	260	97	10.5	5.5	2	6.0
HONEY ROASTED TURKEY & SWISS ON ONION BAGEL	288	41	4.5	2.5	2	5.7
MIXED BERRY YOGURT	170	14	2	1	0	4
ORANGE	70	0	0	0	7	1
PEACHES & CREAM YOGURT	140	23	3	2	0	4
ROAST BEEF & PROVOLONE ON ONION BAGEL	348	85	9.5	4.5	0	7.8
SMALL TOSSED SALAD W/FF CALIFORNIA FRENCH	67	0	0	0	2	1.0
SMALL TOSSED SALAD W/FF RANCH DRESSING	67	0	0	0	2	1.0
SMALL TOSSED SALAD W/LIGHT ITALIAN DRESSING	32	6	1	0	1	1.0
SMOKED TURKEY & PROVOLONE ON ONION BAGEL	288	44	5	2	2	5.8
SMOKED TURKEY & SWISS ON ONION BAGEL	320	60	6.5	2.5	2	6.5
SPICY TURKEY W/PEPPERJACK	280	80	9	4	2	6.0
STRAWBERRY YOGURT	170	14	2	1	0	4
SWEET & TANGY CHICKEN BREAST	310	36	4	0	3	5.9
TURKEY & SWISS ON WHEAT BAGEL	348	97	11	6	2	7.5
TURKEY BOLOGNA ON WHITE BUN	230	80	8	2	2	5.0
TURKEY PASTRAMI & SWISS ON RYE	254	78	9	6	1	5.6
WHOLE DILL PICKLE	4	0	0	0	0	0.1



GO HEALTHY!