



NUTRIENT ANALYSIS

Menu Items highlighted in pink meet the guidelines set forth by the Heart Center Dining Program of Wake Forest University Baptist Medical Center.

| Menu Items | Calories | Fat Calories | Total Fat, g | Saturated Fat, g | Cholesterol, mg | Sodium mg | Total Carbs, g | Dietary Fiber, g | Sugars g | Protein g |
|----------------------------------|----------|--------------|--------------|------------------|-----------------|-----------|----------------|------------------|----------|-----------|
| SALADS - FRUIT SALADS | | | | | | | | | | |
| Angel Flake Delight | 176 | 45 | 5 | 5 | 0 | 48 | 33 | 2 | 26 | 2 |
| Apple & Pineapple Salad | 102 | 36 | 4 | 1 | 2 | 40 | 19 | 2 | 17 | 0 |
| Apple September Salad | 193 | 99 | 11 | 3 | 9 | 154 | 22 | 2 | 25 | 4 |
| Avocado | 264 | 207 | 23 | 5 | 218 | 173 | 6 | 0 | 1 | 10 |
| Cantaloupe | 54 | 0 | 0 | 0 | 0 | 14 | 13 | 1 | 13 | 1 |
| Cantaloupe, half | 119 | 9 | 1 | 0 | 0 | 31 | 28 | 2 | 28 | 3 |
| Carrot & Apple | 181 | 108 | 12 | 2 | 8 | 13 | 19 | 4 | 13 | 2 |
| Carrot-Raisin Ambrosia | 154 | 63 | 7 | 6 | 0 | 67 | 23 | 3 | 16 | 2 |
| Cottage Cheese & Fruit | 120 | 36 | 4 | 2 | 13 | 347 | 11 | 0 | 9 | 11 |
| Cranapple Salad | 190 | 18 | 2 | 2 | 0 | 20 | 45 | 4 | 31 | 1 |
| Fancy Apple Salad | 174 | 90 | 10 | 7 | 8 | 46 | 22 | 3 | 17 | 1 |
| Hawaiian Rice | 133 | 18 | 2 | 2 | 0 | 26 | 28 | 1 | 15 | 2 |
| Heavenly Hash | 414 | 270 | 30 | 24 | 41 | 145 | 36 | 2 | 23 | 4 |
| Honeydew Melon, half | 149 | 0 | 0 | 0 | 0 | 42 | 39 | 3 | 35 | 2 |
| Honeydew Melon | 60 | 0 | 0 | 0 | 0 | 17 | 16 | 1 | 14 | 1 |
| Kiwi Fruit Plate | 81 | 9 | 1 | 0 | 0 | 12 | 20 | 3 | 16 | 1 |
| Mixed Fruit | 143 | 0 | 0 | 0 | 0 | 9 | 38 | 3 | 35 | 1 |
| Peaches | 195 | 0 | 0 | 0 | 0 | 16 | 53 | 0 | 1 | 1 |
| Pineapple Delight | 347 | 225 | 25 | 20 | 32 | 136 | 30 | 2 | 18 | 4 |
| Prunes | 148 | 0 | 0 | 0 | 0 | 4 | 39 | 5 | -1 | 1 |
| Tropical Fruit Salad | 143 | 45 | 5 | 5 | 0 | 37 | 25 | 2 | 21 | 1 |
| Waldorf Salad | 217 | 144 | 16 | 4 | 7 | 104 | 20 | 3 | 15 | 1 |
| Watermelon | 82 | 9 | 1 | 0 | 0 | 5 | 1 | 1 | 17 | 2 |
| VEGETABLE SALADS | | | | | | | | | | |
| Beet Salad | 35 | 9 | 1 | 0 | 0 | 610 | 6 | 1 | 4 | 1 |
| Beets, Pickled | 51 | 0 | 0 | 0 | 0 | 43 | 12 | 2 | 10 | 1 |
| Broccoli & Cauliflower Salad | 164 | 135 | 15 | 4 | 8 | 214 | 8 | 3 | 2 | 3 |
| Carrot & Apple Salad | 181 | 108 | 12 | 2 | 8 | 130 | 19 | 4 | 13 | 2 |
| Carrot & Raisin Ambrosia | 154 | 63 | 7 | 6 | 0 | 67 | 23 | 3 | 16 | 2 |
| Carrot & Raisin Salad (chopped) | 202 | 126 | 14 | 2 | 10 | 128 | 21 | 3 | 16 | 1 |
| Carrot & Raisin Salad (shredded) | 119 | 45 | 5 | 1 | 3 | 84 | 20 | 3 | 14 | 1 |
| Coleslaw, Homemade | 79 | 54 | 6 | 1 | 4 | 106 | 6 | 2 | 2 | 1 |
| Coleslaw, K&W Original Marinated | 192 | 162 | 18 | 2 | 8 | 264 | 8 | 2 | 6 | 1 |
| Copper Pennies | 78 | 27 | 3 | 0 | 0 | 382 | 13 | 2 | 7 | 1 |
| Cucumber, Marinated | 32 | 9 | 1 | 0 | 0 | 199 | 5 | 0 | 2 | 1 |
| Garden Pea Salad | 131 | 81 | 9 | 2 | 31 | 357 | 8 | 3 | 3 | 4 |
| Potato Salad | 176 | 126 | 14 | 2 | 22 | 238 | 13 | 1 | 1 | 2 |
| Slaw, Barbecue | 39 | 0 | 0 | 0 | 0 | 186 | 10 | 1 | 7 | 1 |
| Slaw, Sweet & Sour | 179 | 36 | 4 | 1 | 0 | 801 | 37 | 2 | 32 | 1 |
| Tomatoes, Basil Marinated Roma | 113 | 81 | 9 | 1 | 0 | 54 | 7 | 1 | 4 | 1 |
| Tomatoes, Sliced | 39 | 9 | 1 | 0 | 0 | 17 | 9 | 2 | 5 | 2 |
| Tomatoes, Stuffed | 150 | 90 | 10 | 3 | 13 | 364 | 9 | 2 | 4 | 7 |
| Vegetables, Marinated-Mixed | 99 | 63 | 7 | 1 | 0 | 287 | 9 | 2 | 5 | 2 |

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|------------------------------|----------|-----------------|-----------------|---------------------|----------------------|--------------|-------------------|---------------------|-------------|--------------|
| CONGEAL SALADS | | | | | | | | | | |
| Apple Congeal | 221 | 0 | 0 | 0 | 0 | 158 | 56 | 1 | 51 | 2 |
| Bananas & Pecan Congeal | 180 | 9 | 1 | 0 | 0 | 155 | 42 | 0 | 41 | 2 |
| Coconut & Pecan Congeal | 225 | 72 | 8 | 3 | 0 | 214 | 37 | 1 | 35 | 3 |
| Cottage Cheese Congeal | 161 | 18 | 2 | 1 | 2 | 220 | 33 | 0 | 32 | 4 |
| Cranberry Congeal | 252 | 9 | 1 | 0 | 0 | 180 | 60 | 1 | 34 | 2 |
| Hawaiian Congeal | 301 | 135 | 15 | 4 | 19 | 247 | 40 | 0 | 42 | 2 |
| Jello | 122 | 0 | 0 | 0 | 0 | 144 | 30 | -1 | 30 | 2 |
| Jello, Sugar Free | 11 | 0 | 0 | 0 | 0 | 85 | 0 | 0 | 0 | 1 |
| Lemon Chiffon Congeal | 425 | 162 | 18 | 6 | 21 | 421 | 64 | 1 | 50 | 5 |
| Mandarin Oranges Congeal | 174 | 0 | 0 | 0 | 0 | 160 | 43 | 0 | 32 | 3 |
| Marshmallow Congeal | 201 | 0 | 0 | 0 | 0 | 162 | 50 | 0 | 45 | 2 |
| Orange Chiffon Congeal | 226 | 54 | 6 | 3 | 20 | 166 | 44 | 0 | 32 | 3 |
| Peach Congeal | 219 | 0 | 0 | 0 | 0 | 161 | 56 | 1 | 54 | 2 |
| Pear Congeal | 219 | 0 | 0 | 0 | 0 | 160 | 55 | 2 | 50 | 2 |
| Pineapple Congeal | 162 | 0 | 0 | 0 | 0 | 155 | 40 | 0 | 42 | 2 |
| Pineapple & Cheese Congeal | 180 | 27 | 3 | 2 | 6 | 274 | 36 | 0 | 38 | 4 |
| Tomato Aspic | 481 | 9 | 1 | 0 | 0 | 2259 | 117 | 7 | 99 | 7 |
| Tomato Aspic (sweet) | 111 | 0 | 0 | 0 | 0 | 636 | 27 | 1 | 26 | 2 |
| Waldorf Congeal | 175 | 0 | 0 | 0 | 0 | 162 | 43 | 1 | 41 | 2 |
| PASTA SALADS | | | | | | | | | | |
| Garden Ranch Pasta | 292 | 144 | 16 | 2 | 11 | 248 | 32 | 2 | 3 | 6 |
| Italian Pasta | 133 | 9 | 1 | 0 | 0 | 363 | 27 | 2 | 3 | 5 |
| Macaroni Salad | 202 | 117 | 13 | 4 | 30 | 475 | 16 | 1 | 2 | 5 |
| Pasta Oriental | 144 | 45 | 5 | 1 | 0 | 161 | 22 | 2 | 3 | 4 |
| Pecan Pesto Linguine | 357 | 162 | 18 | 3 | 4 | 411 | 41 | 3 | 3 | 10 |
| Pizza Salad | 453 | 261 | 29 | 7 | 8 | 1009 | 37 | 3 | 4 | 12 |
| Tomato Basil Pasta | 190 | 45 | 5 | 1 | 0 | 128 | 32 | 2 | 3 | 5 |
| LETTUCE SALADS | | | | | | | | | | |
| Caesar | 151 | 108 | 12 | 3 | 31 | 204 | 7 | 2 | 3 | 4 |
| Combination | 111 | 81 | 9 | 1 | 16 | 76 | 7 | 2 | 3 | 2 |
| Greek | 74 | 45 | 5 | 1 | 27 | 287 | 6 | 2 | 4 | 2 |
| Italian | 61 | 36 | 4 | 1 | 18 | 220 | 5 | 1 | 4 | 2 |
| Lettuce Wedge | 21 | 0 | 0 | 0 | 0 | 10 | 4 | 1 | 3 | 1 |
| Mixed Greens w/Roma Tomatoes | 60 | 36 | 4 | 0 | 0 | 53 | 6 | 2 | 3 | 2 |
| Orange Almond | 95 | 63 | 7 | 1 | 4 | 58 | 8 | 2 | 2 | 2 |
| Seven Layer | 120 | 81 | 9 | 3 | 11 | 256 | 7 | 1 | 3 | 4 |
| Shredded Lettuce | 32 | 9 | 1 | 1 | 3 | 58 | 4 | 1 | 3 | 2 |
| Spinach (large) | 445 | 378 | 42 | 8 | 142 | 482 | 11 | 3 | 4 | 10 |
| Spinach (small) | 222 | 189 | 21 | 4 | 71 | 241 | 5 | 2 | 2 | 5 |
| Toni Salad | 126 | 81 | 9 | 2 | 10 | 410 | 8 | 2 | 5 | 5 |
| Tossed Salad | 23 | 0 | 0 | 0 | 0 | 18 | 5 | 2 | 3 | 1 |
| MEAT SALADS | | | | | | | | | | |
| Chicken Salad | 178 | 90 | 10 | 2 | 95 | 410 | 7 | 1 | 1 | 15 |
| Deviled Eggs | 102 | 63 | 7 | 2 | 214 | 161 | 2 | 0 | 0 | 6 |
| Ham Salad | 157 | 90 | 10 | 2 | 58 | 645 | 8 | 1 | 1 | 9 |
| Hawaiian Chicken Salad | 236 | 126 | 14 | 2 | 46 | 192 | 14 | 1 | 14 | 15 |
| Italian Seafood | 116 | 18 | 2 | 0 | 30 | 1273 | 12 | 1 | 0 | 11 |

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|--------------------------------|----------|-----------------|-----------------|---------------------|----------------------|--------------|-------------------|---------------------|-------------|--------------|
| Neptune Seafood | 298 | 171 | 19 | 3 | 28 | 818 | 21 | 1 | 1 | 12 |
| Ranch Seafood | 227 | 144 | 16 | 2 | 17 | 853 | 10 | 1 | 1 | 10 |
| Seafood Salad | 206 | 126 | 14 | 2 | 36 | 1104 | 10 | 1 | 1 | 11 |
| Shrimp Salad | 175 | 144 | 16 | 2 | 12 | 472 | 1 | 0 | 0 | 6 |
| Shrimp Cocktail | 107 | 9 | 1 | 0 | 83 | 777 | 14 | 0 | 1 | 10 |
| Stuffed Celery | 159 | 117 | 13 | 5 | 22 | 447 | 6 | 2 | 4 | 6 |
| ENTREE SALADS | | | | | | | | | | |
| Cajun Chicken Salad | 706 | 378 | 42 | 18 | 207 | 590 | 13 | 2 | 6 | 69 |
| Chef Salad | 426 | 198 | 22 | 9 | 510 | 950 | 11 | 3 | 8 | 44 |
| Chicken Fajita Salad | 734 | 342 | 38 | 14 | 120 | 2685 | 50 | 9 | 15 | 61 |
| Citrus-Marinated Chicken Salad | 407 | 117 | 13 | 3 | 129 | 239 | 25 | 4 | 20 | 51 |
| Cobb Salad | 458 | 270 | 30 | 15 | 193 | 1906 | 13 | 3 | 11 | 34 |
| Cold Plate Salad | 607 | 351 | 39 | 10 | 173 | 1671 | 43 | 4 | 8 | 22 |
| Fruit Plate | 224 | 45 | 5 | 2 | 13 | 363 | 36 | 4 | 30 | 12 |
| Grilled Chicken Salad | 422 | 63 | 7 | 2 | 129 | 443 | 34 | 3 | 31 | 49 |
| Hawaiian Chicken & Fruit | 638 | 396 | 44 | 10 | 123 | 394 | 22 | 2 | 12 | 40 |
| Italian Chicken Salad | 351 | 108 | 12 | 3 | 129 | 486 | 10 | 3 | 5 | 50 |
| Marinated Steak Salad | 463 | 216 | 24 | 13 | 142 | 890 | 11 | 3 | 5 | 50 |
| Nacho Salad | 500 | 324 | 36 | 20 | 78 | 1139 | 22 | 3 | 6 | 25 |
| Oriental Salad | 573 | 342 | 38 | 6 | 83 | 1120 | 26 | 8 | 10 | 36 |
| Salad Nicoise | 344 | 180 | 20 | 4 | 170 | 589 | 20 | 7 | 8 | 23 |
| Spicy Chicken Salad w/Fruit | 732 | 468 | 52 | 10 | 135 | 437 | 28 | 4 | 17 | 41 |
| Spinach Salad | 445 | 378 | 42 | 8 | 142 | 482 | 11 | 3 | 4 | 10 |
| DRESSINGS | | | | | | | | | | |
| Blue Cheese | 205 | 198 | 22 | 4 | 18 | 209 | 1 | 0 | 0 | 2 |
| French | 193 | 171 | 19 | 3 | 12 | 364 | 6 | 0 | 2 | 1 |
| Oil & Vinegar | 175 | 153 | 17 | 2 | 0 | 1 | 5 | 0 | 5 | 0 |
| Creamy Parmesan | 204 | 180 | 20 | 5 | 13 | 248 | 3 | 0 | 1 | 2 |
| Poppy Seed | 259 | 252 | 28 | 5 | 23 | 193 | 3 | 0 | 2 | 1 |
| Ranch | 161 | 153 | 17 | 3 | 13 | 217 | 2 | 0 | 1 | 1 |
| Romaine | 177 | 126 | 14 | 2 | 0 | 5 | 12 | 0 | 11 | 1 |
| Spinach (sweet & sour) | 165 | 144 | 16 | 2 | 0 | 30 | 5 | 0 | 4 | 0 |
| Thousand Isand | 125 | 90 | 10 | 1 | 7 | 452 | 11 | 0 | 3 | 1 |
| Tartar Sauce | 289 | 261 | 29 | 4 | 21 | 394 | 8 | 0 | 0 | 1 |