

Nutritious Info

	SERVING SIZE	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	PROTEIN (g)	FIBER (g)
DELI BAR									
Cheese									
American Cheese	1 oz	106	8.9	5.6	27	406	0.5	6.3	0
Cheddar Cheese	1 oz	114	9.4	6	30	176	0.4	7.1	0
Gouda Cheese (plain)	1/4 cup	101	7.8	5	32	232	0.6	7.1	0
Monterey Jack Cheese	1 oz	110	9	5	20	150	0	7.0	0
Parmesan Cheese	1 Tbsp	23	1.5	1	4	93	0.2	2.1	0
Pepperjack Cheese	1 oz	90	8	5	20	430	1	5	0
Provolone Cheese	1 oz	100	7.5	4.8	20	248	0.6	7.3	0
Swiss Cheese	1 oz	107	7.8	5	26	74	1	8.1	0
Lunchmeat									
Bologna	1 oz	72	6.6	2.8	13	226	0.6	3	0
Chicken Salad	1/2 cup	210	13.5	2.25	37.5	370	10.5	10.5	2
Egg Salad	1/2 cup	105	6	4	210	200	6	6.5	0
Ham	1 oz	51	3.3	1.2	14	329	0.8	4.5	0
Pastrami	1 oz	99	8.3	3	26	348	0.9	4.9	0
Pepperoni	5 pieces	47.6	4.4	1.7	8.3	182.6	0	1.8	0
Roast Beef	1 oz	86	7.3	3.1	18	372	0	4	0
Salami	1 slice	60	4.8	2.1	15	270	0.6	3.5	0
Tuna Salad	1/2 cup	383	19	3.2	27	824	19.3	32.9	0
Turkey	1 oz	27	0.5	0.2	10	312	2.2	7.7	0
Turkey (smoked)	1 oz	28	0.6	0.1	12	307	0.4	0.4	0
Bread									
Bagel	1 whole	195	1.1	0.2	0	379	37.9	7.5	1.6
Bread, Hazelnut	1 slice	120	4	0.2	0	170	3	4	2
Bread, Raisin	1 slice	71	1.1	0.3	0	90	14	2.1	1.1
Bread, Rye	1 slice	83	1.1	0.2	0	211	15.5	2.7	1.9
Bread, Sourdough	1 slice	93	0.8	0	0	230	20.7	3.7	1
Bread, White or Wheat	1 slice	60	0.9	0.2	0	133	15	2.0	0.6
Bread, Whole Grain	1 slice	69	1.2	0.3	0	148	12.9	2.7	1.9
Croissant	1 each	117	5.9	0	0	166	13.4	2.6	0
English Muffin	1 whole	134	1	0.1	0	264	26.2	4.4	1.5
French Bread	1 slice	69	0.8	0.2	0	152	13	2.2	0.8