

Menu

Recommended For Your Health

Look for the Healthy Recommendations Logo Next to the Menu Items And You will be able to Select The Recommended Choice for a Healthy Lifestyle!

-  Smaller portions
-  Less fried food
-  Less fat
-  Less salt
-  Become a nutrition label expert
-  Chew your food slowly
-  Drink plenty of water
-  Request condiments on the side
-  All foods in moderation
-  Select foods in a rainbow of colors
-  Select fruits, vegetables, and whole grain foods
-  Treat yourself occasionally



Nutrition Facts
 Serving Size 10 pieces (20 g)
 Servings Per Container About 6.5

Amount Per Serving		Calories from Fat 35	
		% Daily Value*	
Calories 120			
Total Fat 3.5 g		7%	
Saturated Fat 0g		0%	
Trans Fat 0g		0%	
Cholesterol 2mg		3%	
Sodium 100 mg		5%	
Total Carbohydrates 35g		12%	
Dietary Fiber 1.5g		5%	
Sugars 4g			
Protein 3g			
Vitamin A 2%	/	Vitamin C 0%	
Calcium 10%	/	Iron 3%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

This nutrition information chart is fictitious for use as an example only. Please consult the nutrition label of the product you are using for accurate information about your product.

Ask Your Server or the Manager for More Information

Look for information about upcoming **“Healthy Recommendation Chats.”**

Affix Your Logo Here