



NUTRITION GUIDE

PROTEIN	GLUTEN FREE	GL/SCOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Ahi Tuna	✓		82	2g	1g	0g	15mg	20mg	2g	0g	12g	32%	0%	0%	4%
Salmon	✓		118	7g	1g	0g	31mg	34mg	0g	0g	12g	1%	0%	0%	2%
Albacore Tuna	✓		70	2g	0g	0g	30mg	20mg	0g	0g	10g	0%	0%	0%	4%
Spicy Salmon			130	9g	2g	0g	30mg	78mg	1g	11g	12g	2%	0%	2%	1%
Shrimp	✓		67	1g	0g	0g	114mg	306mg	0g	0g	10g	2%	0%	2%	8%
Scallops	✓		50	0g	0g	0g	18mg	90mg	1g	0g	10g	0%	0%	2%	0%
Free Range Chicken	✓		60	1g	1g	0g	45mg	270mg	0g	0g	13g	0%	0%	2%	4%
Organic Tofu	✓		46	2g	1g	0g	0mg	77mg	1g	0g	5g	0%	0%	4%	4%

*Regular = 2 protein choices, Large = 3 protein choices

BASE	GLUTEN FREE	GL/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Swahi Rice	✓	8	288	0g	0g	0g	0mg	774mg	67g	9g	4g	0%	0%	0%	0%
Brown Rice	✓	8	320	0g	0g	0g	0mg	887mg	69g	0g	8g	0%	0%	0%	0%
Quinoa	✓	6	204	3g	1g	0g	0mg	12mg	30g	1g	7g	0%	0%	0%	10%
Salad Mix	✓	2	14	0g	0g	0g	0mg	34mg	2g	0g	1g	21%	8%	0%	6%
Burrito		10	310	0g	0g	0g	0mg	502mg	68g	9g	5g	0%	15%	0%	4%
Kale Noodles		4	318	3g	1g	0g	0mg	829mg	62g	2g	11g	0%	0%	0%	0%
Cabbage Mix	✓	1	7	0g	0g	0g	0mg	5mg	1g	1g	0g	0%	17%	6%	0%
Seaweed Wrap		2	20	0g	0g	0g	0mg	85mg	1g	0g	1g	0%	15%	0%	4%

ARIZ-INS	GLUTEN FREE	GL/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Cilantro	✓	1/4	2	0g	0g	0g	0mg	3mg	0g	0g	0g	9%	3%	0%	0%
Cucumber	✓	1	3	0g	0g	0g	0mg	1mg	1g	0g	0g	0%	0%	0%	0%
Diced Mango	✓	1	17	0g	0g	0g	0mg	0mg	4g	4g	0g	2%	17%	0%	0%
Edamame	✓	1	34	1g	0g	0g	0mg	2mg	2g	1g	3g	1%	1%	2%	3%
Hot Chili Seaweed	✓	1/4	10	0g	0g	0g	0mg	582mg	3g	0g	1g	2%	2%	4%	17%
Jalapeno	✓	1	9	0g	0g	0g	0mg	0mg	2g	0g	0g	5%	21%	0%	1%
Avocado	✓	1	11	0g	0g	0g	0mg	1mg	2g	0g	0g	0%	10%	0%	1%
Kale	✓	1	8	0g	0g	0g	0mg	7mg	1g	0g	0g	0%	0%	4%	3%
Mamaderin Oranges	✓	2	20	0g	0g	0g	0mg	0mg	0g	2g	0g	4%	30%	1%	0%
Onion Seaweed	✓	1/4	1	0g	0g	0g	0mg	105mg	3g	0g	0g	0%	0%	24%	5%
Shiso Leaves	✓	1/4	1	0g	0g	0g	0mg	1mg	1g	0g	0g	0%	1%	1%	5%
Sweet Onion	✓	3/4	7	0g	0g	0g	0mg	2mg	1g	1g	0g	0%	2%	0%	0%

TOPPINGS	GLUTEN FREE	GL/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Avocado	✓	1 1/2	72	6g	0g	0g	0mg	3mg	1g	0g	0g	0%	0%	0%	0%
Green Onion	✓	1/5	2	0g	0g	0g	0mg	1mg	0g	0g	0g	1%	2%	1%	5%
Miso		1/2	19	0g	0g	0g	40mg	375mg	3g	3g	1g	0%	0%	0%	0%
Pickled Ginger	✓	1	6	0g	0g	0g	0mg	257mg	1g	0g	0g	0%	0%	0%	2%
Seaweed Salad		1	30	1g	0g	0g	0mg	233mg	4g	1g	0g	0%	0%	0%	4%
Sesame Seeds	✓	1/6	26	2g	0g	0g	0mg	1mg	1g	0g	1g	0%	0%	3%	2.5%
Spicy Furikake		1/7	10	1g	0g	0g	0mg	105mg	1g	1g	0g	0%	0%	0%	3%
Surimi Salad		1	44	2g	1g	0g	6mg	155mg	4g	1g	2g	0%	0%	1%	1%
Thai Chili	✓	1/6	5	0g	0g	0g	17mg	11mg	0g	0g	0g	2%	4%	3%	0%
Wasabi	✓	1/4	2	0g	0g	0g	0mg	1mg	0g	0g	0g	2%	19%	1%	2%
Wasabi Tsubiko		1/2	41	1g	0g	0g	0mg	475mg	6g	2g	0g	0%	0%	1%	5%

CRUNCH	GLUTEN FREE	GL/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Garlic Crips		1/2	67	3g	1g	0g	0mg	56mg	8g	0g	2g	0%	0%	0%	0%
Lotus Crips		1	30	1g	0g	0g	0mg	60mg	5g	1g	1g	0%	0%	0%	0%
Macadamia Nuts	✓	1	204	21g	3g	0g	0mg	5mg	4g	1g	2g	0%	0%	1%	3%
Onion Crips		1/2	75	4g	1g	0g	0mg	45mg	9g	3g	0g	0%	0%	3%	0%
Shredded Nori		1/4	1	0g	0g	0g	0mg	2mg	0g	0g	0g	4%	2%	0%	0%
Toasted Rice Puffs		1/4	26	0g	0g	0g	0mg	60mg	6g	5g	0g	0%	0%	1%	2.5%
Wonton Crips		1/2	30	2g	2g	2g	2mg	64mg	2g	0g	2g	0%	0%	1%	3%

SALUCE	GLUTEN FREE	GL/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Poke Works Classic		2	310	19g	2g	1g	0mg	618mg	10g	9g	1g	0%	1%	0%	0%
Classic Salt	✓	2	119	14g	2g	0g	0mg	87mg	0g	0g	0g	0%	0%	0%	1%
Ponzu Fresh		2	40	0g	0g	0g	0mg	8831mg	4g	4g	4g	0%	1%	0%	4%
Spicy Ginger	✓	2	204	16g	1g	0g	0mg	260mg	14g	11g	1g	0%	23%	1%	2%
Sriracha Aioli	✓	2	238	24g	3g	0g	17mg	482mg	5g	4g	1g	0%	26%	3%	2%
Sweet Chili Gochujang	✓	2	130	5g	1g	0g	0mg	901mg	19g	16g	2g	0%	1%	2%	3%
Umaami Shoyu		2	79	3g	1g	0g	1mg	1170mg	11g	9g	0g	0%	3%	0%	0%
Wasabi Aioli	✓	2	261	28g	4g	0g	20mg	266mg	1g	0g	1g	0%	20%	1%	1%

SIDES	GLUTEN FREE	GL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Miso Soup*		8	85	4g	2g	0g	0mg	800mg	10g	2g	8g	0%	0%	4%	0%

*Gluten Free option available upon request

	Regular	Large
Signature Works*	Calories	Calories
Hawaiian Classic	550	630
Umaami Classic	290	370
Spicy Ahi	455	540
Shiso Salmon	345	455
Spicy Ponzu Albacore	240	310
Wasabi Shrimp & Scallops	435	490
Sweet Ginger Chicken	395	455
Sweet Chili Tofu (v)	290	340

*Calorie range does not include base

ALLERGENS						
Egg	Fish	Gluten	Gluten Free	Milk	Shellfish	Soy
		X				X
	X	X				X
X		X				X
	X	X				X
X		X			X	X
			X			X
			X			X

Restaurant Nutrition Guide Lets

Stewart, Hayden



Restaurant Nutrition Guide Lets:

Let's Eat Out Stewart, Hayden, 2005 *Catalog. Supplement - Food and Nutrition Information and Educational Materials Center* Food and Nutrition Information and Educational Materials Center (U.S.), 1975 Supplements 3 8 include bibliography and indexes subject personal author corporate author title and media index *Cumulative Index to the Catalog of the Food and Nutrition Information and Educational Materials Center, 1973-1975* Food and Nutrition Information and Educational Materials Center (U.S.), 1975 **Food and Nutrition Information and Educational Materials Center Catalog** Food and Nutrition Information Center (U.S.), 1976 *Cumulative Index to the Catalog of the Food and Nutrition Information and Education Material Center 1973-1975* National Agricultural Library (U.S.), 1975 **Nutrition Decisions** Carolyn Dunn (PhD.), 2013 Nutrition Decisions Eat Smart Move More encourages personal health behavior change for a lifetime of good habits and good health among students The text employs the Theory of Planned Behavior to empower students to make positive changes in their lives to improve their health The most current research based information on each concept is presented as well as specific strategies that can be employed for behavior change Information is presented in modules that include one specific topic of instruction within the field of nutrition physical activity or other aspect of health and wellness The material is research based and well referenced but is presented in an applied and consumer oriented method that makes it easy for a non science major to understand Students are encouraged to check their own behavior based on the module content Instructors will be given instructions on how to track a specific behavior for example record beverage consumption over 3 days Suggestions will be given as to how students can make specific positive changes Students will record their goal and how they intend to improve their overall health on their personal record sheet which will be presented in the text as well as on the companion website All chapters will include suggestions about how students can make incremental changes in their health behaviors There will also be a myth versus fact section that will discuss the most common myths about foods and nutrition Leadership Education and Training (LET) 4, 2001 **Complete Guide to Carb Counting** Hope S. Warshaw, Karmeen Kulkarni, 2011-05-09 The completely revised Complete Guide to Carb Counting 3rd edition by the American Diabetes Association provides you with the knowledge and the tools to put carbohydrate counting into practice Rewritten and reorganized to introduce and explain carb counting concepts as you ll need them in your diabetes care plan you ll learn why carb counting helps you manage your blood sugar the amount of carb to eat how to count the carbohydrates in meals and how to count carbs using food labels restaurant menus and your eyes too This is THE meal planning system every carb counting person with diabetes needs to manage their blood glucose Complete Guide to Carb Counting Hope Warshaw, Karmeen Kulkarni, 2011-05-31 The completely revised Complete Guide to Carb Counting 3rd edition by the American Diabetes Association provides you with the knowledge and the tools to put carbohydrate counting into practice Rewritten and reorganized to introduce and explain carb counting concepts as you ll need them in your diabetes

care plan you ll learn why carb counting helps you manage your blood sugar the amount of carb to eat how to count the carbohydrates in meals and how to count carbs using food labels restaurant menus and your eyes too This is THE meal planning system every carb counting person with diabetes needs to manage their blood glucose

Nutrition Guide for Physicians and Related Healthcare Professionals Norman J. Temple, Ted Wilson, George A. Bray, 2017-03-31 This second edition volume is a desktop reference guide on nutrition and its clinical implications for health and disease Presented in a new softcover format and user friendly style it serves as a valuable resource of practical information on nutrition for physicians and other healthcare professionals in their daily practice The book covers all important aspects of nutrition including basic nutritional principles nutrition through the lifecycle and optimal nutrition patterns through all stages of development and diet and its role in prevention cause and treatment of disease Nutrition Guide for Physicians and Related Healthcare Professionals is thoroughly updated from its predecessor Nutrition Guide for Physicians and provides a wide perspective of the impact that nutrition has upon medical practice and will be an indispensable resource for primary care physicians and other medical professionals

Catalog. Supplement Food and Nutrition Information and Educational Materials Center (U.S.), 1977 Includes bibliography and indexes subject personal author corporate author title and media index

Catalog Food and Nutrition Information Center (U.S.), 1974

Eat Out, Eat Well Hope Warshaw, 2015-02-10 The average American will eat out at a restaurant five times this week and while there are healthy choices available at restaurants it s not always clear what they are Fortunately Hope S Warshaw has created the ultimate guide to eating healthy and eating well in restaurants for people with diabetes prediabetes heart health or those just looking to lose a few pounds In Eat Out Eat Well Hope has created individual strategy guides for a wide variety of cuisines ranging from everyday burger shops to ethnic choices Each style of restaurant includes healthy meal options which recommend certain dishes and portion sizes There s information on what to avoid and how to go about the making special requests Each restaurant style also includes nutrient counts to help identify healthy choices For anyone trying to manage their diabetes but looking to have dinner out this is an indispensable guide

Catalog. Supplement Food and Nutrition Information Center (U.S.), 1973 Includes bibliography and indexes subject personal author corporate author title and media index

Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center Food and Nutrition Information Center (U.S.), 1977

Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center, 1977

Black Meetings & Tourism, 1999

Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.), 1975

Formal and Informal Approaches to Food Policy William Aspray, George Royer, Melissa G. Ocepek, 2014-04-17 Formal approaches are those taken by government bodies through laws court decisions and actions of government regulatory bodies Informal approaches are those taken by individuals non profit organizations industries working at self regulation etc Because the

formal means are tied to a particular legal system this kind of approach is nation specific and the book focuses on the United States But many of the things the authors have to say about US food policy and the interactions between formal and informal approaches would also be of interest to policymakers and food industry professionals in other countries Coverage includes the regulation of food advertising on children s television and the internet regulation of school lunch programs and the influence of Eleanor Roosevelt and Michelle Obama *Nutrition and Obesity* Alexandra Kazaks, Judith S. Stern, 2013
Provides an up to date scientifically accurate study of the causes consequences and potential of individual and public responses to the serious health issue of obesity Presents major concepts about obesity including health risks energy balance eating behaviours the biology of hunger and satiety and pharmacotherapy and surgery as treatment

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