



# 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%   |
| Ogo 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

**Norman J. Temple, Ted Wilson, George  
A. Bray**



## **Restaurant Nutrition Guide Lets:**

**Let's Eat Out** Stewart, Hayden, 2005      *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

**Cumulative Index to the Catalog of the Food and Nutrition Information and Education Material Center 1973-1975** National Agricultural Library (U.S.), 1975      **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      Food and Nutrition Information and Educational Materials Center Catalog Food and Nutrition Information Center (U.S.), 1976      **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      *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      **Leadership Education and Training (LET) 4**, 2001      **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 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 **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 *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

*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 **Nutrient Balance Diet** Jenny Smith,AI,2025-02-13 Nutrient Balance Diet explores how to nourish your body properly by achieving a balanced intake of essential nutrients from various food groups It highlights the importance of understanding both macronutrients like proteins fats and carbohydrates and micronutrients vitamins and minerals and how they function within the body The book emphasizes that many people unknowingly suffer from nutrient deficiencies due to processed foods and fad diets ultimately impacting their overall health This book uniquely places contemporary dietary challenges within the context of evolving nutritional science It guides readers through creating meal plans that meet nutritional needs while aligning with personal tastes and lifestyles The book

progresses across three distinct sections the initial chapters introduce core concepts related to macro and micronutrients the middle explores the practical aspects of building a balanced diet with meal planning and portion control and the concluding section focuses on specific dietary needs for different life stages      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

Food and Nutrition Information and Educational Materials Center Catalog Food and Nutrition Information and Educational Materials Center (U.S.), 1973      Baking for Special Diets Richard J. Coppedge, Jr., The Culinary Institute of America (CIA), 2016-02-29 Baking for Special Diets teaches readers how to widen the scope of their offerings and create flavorful recipes to meet all kinds of dietary needs This text explains the wide range of dietary challenges of which pastry chefs and bakers should be conscious including celiac disease diabetes high blood pressure high cholesterol kosher diets and more Introductory chapters cover general nutrition information ingredient substitutions The text also explains through examples how to convert your own recipes to meet the needs of a particular customer Subsequent chapters provide recipes for a wide range of dietary concerns from vegetarian vegan and low fat baked goods to delectable desserts that are gluten lactose or sugar free From Low Fat Vanilla Mousse and Reduced Calorie Linzer Cookies to Sugar Free Cr me Caramel and Vegan Boston Cream Pie Baking for Special Diets provides chefs with an arsenal of recipes that are healthy versatile and always delicious      Catalog. Supplement Food and Nutrition Information Center (U.S.), 1973 Includes bibliography and indexes subject personal author corporate author title and media index

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