



NIH Clinical Center

# Room Service Menu



fall & winter ♪ 2012-2013

Están disponibles menú en español

## At Your Service

The Nutrition Department wants to make your visit as pleasant as possible by providing you with room service.

We also offer weekly meal specials, typically on Thursday.

The specials are created by our Certified Executive Chef, specially designed for our Clinical Center patients.

Room Service is for Clinical Center patients only. Cafeterias

and coffee shops are available for visitors. Vending machines outside the second floor cafeteria are available 24 hours per day. Food in these locations is provided by a food service contractor.



## HOW TO PLACE YOUR ORDER

# 1

*Dial*  
**301-451-FOOD (3663)**  
*between the hours of*  
*6:30am and 6:30pm.*

# 2

*Identify yourself to the Room*  
*Service Attendant who will verify*  
*your name, room number and the*  
*diet ordered by your physician.*

# 3

*Place your order.*  
*Enjoy!*

To assist with service and delivery, please limit meals to one tray per call. The Room Service Attendant will inform you when an order has exceeded one tray. If necessary, we will be happy to prepare and deliver a second tray if you want to call back again later.

Your meal will be prepared to your specifications and served to you within 45 minutes of your request.

Won't be back until after 6:30pm? Call in advance to order from the deli menu. We will package your meal and leave it in the refrigerator on your unit.



### FOR YOUR HEALTH, SAFETY, AND INTEREST

Food safety is of utmost importance to us. For general food safety information, please see [www.foodsafety.gov](http://www.foodsafety.gov).

Our omelets, scrambled eggs, hard boiled eggs, and fried eggs (including sunny side up and over easy), are pasteurized and safe for consumption.

All of our menu items are free of added trans fat.

All of our milk is free of added growth hormones.

Our coffees are Fair Trade. Fair Trade aims to help producers

from developing countries seek greater equity in international trade and promote sustainability on exports, such as coffee.

Items denoted with a  indicate a Vegetarian item (no meat, poultry, seafood, but may contain dairy and/or eggs).

If you have a weakened immune system (immunosuppression) due to a treatment or condition, you may be asked to avoid specific foods due to your increased risk of food borne illness. More information is available from your dietitian.

Please note that not all menu items are appropriate for all diets. If you are on a special/restricted diet, our Room Service Attendant will assist you with your meal selections.

If you take insulin, please let your nurse know that you are ordering a meal.

The Nutrition Department is committed to providing you with excellent service. Feel free to let your Room Service Attendant know how we can help meet all of your food service needs.

# Breakfast

## FRUIT

Fresh Whole Fruit: Apple, Banana, Grapes, Orange  
(fresh fruit can be quartered if desired)

Seasonal Fruit Cup  
Peaches in Fruit Juice  
Pineapple Tidbits  
Mixed Tropical Fruit  
Stewed Prunes  
Applesauce  
Dried Apricots  
Raisins

## YOGURT

Lowfat: Plain, Vanilla, Blueberry  
Non-Fat/No Sugar  
Added: Strawberry, Peach  
Yogurt Parfait (*granola, vanilla yogurt, and strawberry*)

Our omelets, scrambled eggs, hard boiled eggs, and fried eggs (including sunny side up and over easy), are pasteurized and safe for consumption.

## ENTRÉES

Scrambled Eggs (*Cheese may be added, low cholesterol eggs available upon request*)  
Fried Eggs (*Sunny Side Up, Over Easy, Hard Fried*)  
Hard Boiled Egg  
Omelet (*low cholesterol eggs available upon request*) with your choice of: Tomatoes, Onions, Green Peppers, Mushrooms, Spinach, Ham, Monterey Jack Blend, Swiss Cheese, American Cheese, Fat-Free American Cheese  
Breakfast Panini (*grilled sandwich with bacon, eggs, and cheese*)  
Buttermilk Pancakes  
Cinnamon French Toast

## CEREAL

Oatmeal  
Cream of Wheat  
Grits  
Honey Nut Cheerios  
Raisin Bran  
Corn Flakes

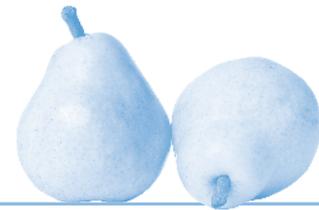
Low-Fat Granola  
Corn Pops  
Froot Loops  
Rice Chex  
Crispy Rice  
(*toasted rice cereal*)

## SIDES

Tater Tots  
Bacon  
Turkey Bacon  
Pork Sausage  
Turkey Sausage  
Veggie Sausage   
Cottage Cheese

## BAKERY

Homemade Banana Bread  
Blueberry Muffin  
Cinnamon Roll  
Croissant  
English Muffin  
Bagel: Plain, Cinnamon Raisin



# Beverages

## COFFEE

(*regular/decaf*)  
Flavored creamers:  
French Vanilla, Hazelnut  
Half & Half  
Non-Dairy Creamer

## TEA

Black (*regular/decaf*)  
Green (*regular/decaf*)  
Earl Grey  
Vanilla Chai

## MILK

Skim, 2%, Whole  
(*4 ounces or 8 ounces*)  
Chocolate  
Lactaid  
Soy

## HERBAL TEA

Chamomile  
Cinnamon Apple  
Lemon  
Mint  
Orange  
Raspberry

## HOT CHOCOLATE

(*regular or sugar free*)

## MILKSHAKE

Vanilla, Chocolate, Strawberry

## REFRESHING DRINKS

Decaf Iced Tea (*unsweetened*)  
Lemonade  
Crystal Lite Lemonade  
Fruit Punch

## JUICE

Apple Prune  
Orange Tomato  
Cranberry Low Sodium V-8  
Grape

## SODA

Pepsi  
Diet Pepsi  
Schweppes Gingerale  
Diet Schweppes Gingerale  
Sierra Mist (*lemon-lime*)  
Shasta Diet Lime-Lemon  
Dr. Pepper

# Lunch &

## GRILLED PANINI SANDWICHES

Turkey (with provolone, chipotle mayonnaise, and bacon on wheat)

Roast Beef (with provolone, sliced onion, mustard, mayonnaise, on multigrain)

Pepperoni (with sliced tomatoes and mozzarella on white flatbread)

## DELI SANDWICH Whole or Half

### CHOICE OF:

Turkey<sup>Ⓢ</sup>

Ham<sup>Ⓢ</sup>

Roast Beef<sup>Ⓢ</sup>

Chicken Salad

Tuna Salad

Egg Salad <sup>Ⓢ</sup>

Peanut Butter & Jelly <sup>Ⓢ</sup>

BLT

(Bacon, Lettuce & Tomato)

<sup>Ⓢ</sup> Cold deli meats are not recommended for immunosuppressed individuals. Heated deli meats are available at your request.

### CHEESE

Swiss

American

Fat Free American

Provolone

### BREADS

White

Whole Wheat

Multi-Grain

Rye

Hoagie Roll

Flour Tortilla

### ACCOMPANIMENTS

Lettuce

Tomato

Onion

## GRILL

Cheese Steak Sub

(with peppers and onions)

Hamburger

Cheeseburger

Veggie Burger <sup>Ⓢ</sup>

Hot Dog\*

Chicken Fingers

Caesar-marinated Grilled

Chicken Sandwich

Grilled Cheese Sandwich\*

on white, whole wheat, or rye <sup>Ⓢ</sup>

Fried Chicken Wings

Fish Sticks

## SALAD BAR

### SMALL

0-4 toppings

### MEDIUM

5-8 toppings

### LARGE (entrée)

9+ toppings

### CHOICE OF:

Spring Mix

Romaine Lettuce

Baby Spinach

Iceberg Lettuce

Sliced Mushrooms

Sliced Cucumbers

Matchstick Carrots

Diced Tomatoes

Diced Red Onions

Red and Green Peppers

Crumbled Bacon

Diced Hard Boiled Eggs

Shredded Monterey

Jack Cheese Blend

Grilled Chicken

Turkey

Ham

Chickpeas

Black Beans

Sliced Black Olives

Craisins

Sunflower Seeds

Croutons

### SALAD DRESSINGS

Ranch

Thousand Island

Honey Mustard

Balsamic Vinegar

French

Blue Cheese

Italian

Caesar

Olive Oil

Lite Italian

Fat-Free Ranch



## SNACKS

Potato Chips

Baked Potato Chips

Pretzels

Saltine Crackers

Corn Tortilla Chips

Peanuts (salted)

## CONDIMENTS

Ketchup

Mustard

Mayonnaise\*

Relish

Pickle Chips

Tartar Sauce

Lemon Packet

Lemon Wedge

Salt

Pepper

Mrs. Dash

Sour Cream

Parmesan Cheese

Barbecue Sauce

Hot Sauce

Soy Sauce

Sweet 'n Sour Sauce

Guacamole <sup>Ⓢ</sup>

Salsa

Jalapenos

Hummus <sup>Ⓢ</sup>

Half & Half

French Vanilla Creamer

Hazelnut Creamer

Non-Dairy Creamer

Sugar

Equal

Splenda

Peanut Butter

Cream Cheese

Butter

Margarine

Strawberry Jelly

Grape Jelly

Diet Strawberry Jelly

Pancake Syrup

Diet Pancake Syrup

Honey

Brown Sugar

Ground Cinnamon

\*Lower sodium, fat and/or calorie versions of these foods are available.

<sup>Ⓢ</sup> Vegetarian item (no meat, poultry, seafood, but may contain dairy and/or eggs)

# Dinner

## APPETIZERS

### SOUP

- Chicken Noodle
- Tomato 
- Vegetable 
- Beef and Black Bean Chili

## SIDE SALADS

- Tossed Side Salad
- Fresh Vegetable Plate

## ENTRÉE SALADS

- Grilled Chicken Caesar
- Char-grilled Java Steak
- Classic Cobb



## PASTA

### CHOICE OF PASTA:

- Spaghetti
- Penne
- Whole Wheat Spaghetti

## CHOICE OF SAUCE & MEAT:

- Marinara Sauce 
- Meat Sauce
- Garlic Infused Olive Oil 
- Turkey Meatballs  
*(choose sauce)*

## SPECIALTY PIZZA

- Steak & Cheese
- Buffalo Chicken
- Garlic Spinach 
- Hawaiian Pizza *(ham and pineapple)*

## PERSONAL PIZZA WITH CHOICE OF:

- Cheese
- Pepperoni
- Mushrooms
- Green Peppers
- Pineapple
- Diced Tomato
- Onions
- Ham
- Diced Chicken



## CHEF'S FAVORITES

### TILAPIA • BONELESS CHICKEN BREAST

*with choice of seasoning:*  
Cajun, Mrs. Dash, Lemon Pepper,  
or Olive Oil-Lemon Juice

Pork Chop

Asian Noodles and Steamed Vegetables   
*Plain , with Chicken, or with Shrimp*

Grilled Vegetable Lasagna 

Petite Beef Tender Roast with (or without) Gravy\*

Roast Turkey with (or without) Gravy\*

Biscuit Topped Chicken Pot Pie

Burrito, choice of: Beef, Chicken, Shrimp,  
Vegetable  or Bean and Cheese 

## ON THE SIDE

- Fresh Steamed Baby Carrots
- Fresh Steamed Broccoli
- Sautéed Garlic Spinach
- Succotash Medley
- Hot Cinnamon Apples
- Baked Sweet Potato
- Baked Potato
- French Fries *(small or large)*
- Tater Tots
- Mashed Potatoes
- Macaroni & Cheese
- Buttered Egg Noodles
- Basmati (White) Rice
- Brown Wild Rice Blend
- Rice and Beans
- Seasoned Black Beans
- Dinner Roll

# Dessert

## ICE CREAM & SHERBET

- Vanilla
- Strawberry
- Chocolate
- No Sugar Added
- Vanilla
- Orange Sherbet

## POPSICLE

- Grape, Cherry,  
Orange

## GELATIN CUP

- Orange
- Strawberry
- Sugar-Free  
Strawberry

## FRUIT ICE

- Lemon, Cherry

## CAKES & PIES

- Chocolate Cake
- Angel Food Cake
- Apple Pie

## PUDDING

- Vanilla
- Chocolate
- Rice Pudding
- No Sugar Added  
Chocolate

## COOKIES

- Chocolate Chip
- Oatmeal Raisin
- Carmel Apple
- Sugar
- Graham Crackers



To Order Meals Call: 301-451-FOOD (3663)

# Clear Liquids

## BROTHS

Beef\*, Chicken\*, Vegetable

## JUICE, FRUIT DRINKS & SODA

Apple  
Cranberry  
Grape  
Fruit Punch  
Lemonade  
Diet Lemonade  
Ginger Ale  
Diet Ginger Ale



## TEA

Black (*regular/decaf*)  
Green (*regular/decaf*)  
Earl Grey  
Vanilla Chai

## HERBAL TEAS

Chamomile  
Cinnamon Apple  
Lemon  
Mint  
Orange  
Raspberry

## COFFEE (*regular/decaf*)

## DECAF ICED TEA (*unsweetened*)

## GELATIN CUP

Orange  
Strawberry  
Sugar-Free Strawberry

## FRUIT ICE Lemon, Cherry

## POPSICLE

Grape, Cherry, Orange

# Full Liquids

Clear liquid items are usually allowed on full liquid diet.

## SOUP

Tomato  
Blended Chicken Noodle

## HOT CEREAL

Cream of Wheat  
Cream of Rice

## YOGURT

Plain, Vanilla

## JUICE

Tomato  
Low Sodium V-8

## ICE CREAM & SHERBET

Vanilla  
Chocolate  
Strawberry  
No Sugar Added Vanilla  
Orange Sherbet

## PUDDING

Vanilla  
Chocolate  
No Sugar Added Chocolate

## MILK

Skim, 2%, Whole  
(*4 ounces or 8 ounces*)  
Chocolate  
Lactaid  
Soy  
Boost: Vanilla, Chocolate,  
Strawberry

## MILKSHAKE

Vanilla, Chocolate, Strawberry



# Puréed Foods

Clear liquid and full liquid items are usually allowed on pureed foods diet.

Cream of Wheat, Grits, Oatmeal  
Puréed Bananas, Peaches, Pears  
Applesauce

Puréed Chicken Breast  
Puréed Beef Steak  
Puréed Seafood Filet

Mashed Potatoes  
Puréed Carrots, Green Beans,  
Peas, Corn

\*Lower sodium, fat and/or calorie versions of these foods are available.

Vegetarian item (no meat, poultry, seafood, but may contain dairy and/or eggs)

To Order Meals Call: 301-451-FOOD (3663)

# Nutrition Information

## BREAKFAST, CONTINUED

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Yogurt, Blueberry, Low Fat	6 oz	170	2	2	32	0	5	80
Yogurt, Parfait	1 Serving	370	4	2	76	3	10	208
Yogurt, Peach, Nonfat, No Sugar Added	6 oz	100	0	0	19	0	5	85
Yogurt, Plain, Low Fat	6 oz	107	3	2	12	0	9	119
Yogurt, Strawberry, Nonfat, No Sugar Added	6 oz	100	0	0	19	0	5	85
Yogurt, Vanilla, Low Fat	4 oz	110	2	1	19	0	5	70

## CHEF'S FAVORITES

Asian Noodles and Chicken	1 Serving	607	14	2	80	7	40	683
Asian Noodles and Shrimp	1 Serving	533	11	1	81	7	28	961
Asian Noodles and Vegetables	1 Serving	476	11	1	80	7	15	624
Burrito, Bean and Cheese	Burrito	538	14	6	79	22	26	1250
Burrito, Beef	Burrito	369	13	6	40	6	23	557
Burrito, Chicken	Burrito	405	13	6	40	6	32	576
Burrito, Shrimp	Burrito	312	8	4	41	6	20	685
Burrito, Vegetable	Burrito	353	11	5	50	8	15	535
Chicken Pot Pie, Biscuit Topped	6 oz	268	10	8	32	2	13	779
Chicken, Cajun	3 oz	131	3	1	0	0	25	106
Chicken, Lemon Pepper	3 oz	132	3	1	0	0	25	151
Chicken, Mrs. Dash	3 oz	132	3	1	0	0	25	59
Chicken, Olive-Oil Lemon Juice	3 oz	137	3	1	0	0	25	59
Chicken, Plain	3 oz	131	3	1	0	0	25	59
Gravy, Brown	1 oz	26	2	0	2	0	0	180
Gravy, Brown, Low Sodium, Low Fat	1 oz	13	0	0	2	0	1	115
Gravy, Cream	1 oz	26	2	0	2	0	0	106
Gravy, Cream Low Sodium, Low Fat	1 oz	3	0	0	1	0	0	4
Grilled Vegetable Lasagna	1 Portion	292	9	4	15	3	15	750
Petite Beef Tender Roast	4 oz	201	9	3	0	0	29	603
Pork Chop	4 oz	189	11	4	1	0	21	429
Roast Turkey	4 oz	142	1	0	0	0	30	71
Tilapia, Cajun	1 Fillet	139	2	1	0	0	32	440
Tilapia, Lemon Pepper	1 Fillet	142	2	1	0	0	32	429
Tilapia, Mrs. Dash	1 Fillet	144	2	1	1	0	32	61
Tilapia, Olive-Oil Lemon Juice	1 Fillet	162	4	1	0	0	32	61
Tilapia, Plain	1 Fillet	139	2	1	0	0	32	60

## CONDIMENTS

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Barbecue Sauce	Packet	21	1	0	4	0	1	231
Black Pepper	Packet	1	0	0	0	0	0	0
Butter, Salted	Packet	36	4	3	0	0	0	29
Cinnamon, Ground	1 Tsp	6	0	0	2	1	0	1
Cream Cheese	Packet	72	7	4	1	0	1	67
Creamer, French Vanilla	Each	36	2	0	5	0	0	11
Creamer, Half & Half	Each	14	1	0	0	0	0	4
Creamer, Hazelnut	Each	27	1	0	4	0	0	9
Creamer, Non-Dairy	Each	15	1	0	1	0	0	8
Creamer, Powdered	Packet	10	1	0	2	0	0	0
Equal	Packet	5	0	0	1	0	0	0
Guacamole	1 oz	60	5	1	3	0	0	150
Honey	Packet	27	0	0	7	0	0	0
Hot Sauce	Packet	0	0	0	1	0	0	100
Jalapeño Slices	7 slices	2	0	0	0	0	0	179
Jelly, Grape	Packet	38	0	0	10	0	0	4
Jelly, Strawberry	Packet	38	0	0	10	0	0	4
Jelly, Strawberry, Diet	Packet	10	0	0	3	0	0	0
Ketchup	Packet	9	0	0	2	0	0	100
Lemon Juice	Packet	1	0	0	0	0	0	1
Lemon Wedge	1 Each	4	0	0	2	1	0	1
Margarine	Packet	36	4	1	0	0	0	54
Mayonnaise	Packet	86	10	0	0	0	0	72
Mayonnaise Low Fat	Packet	40	4	0	0	0	0	85
Mrs Dash	Packet	2	0	0	0	0	0	1
Mustard	Packet	4	0	0	0	0	0	62
Parmesan Cheese	Packet	15	1	1	0	0	1	54
Peanut Butter	Packet	125	11	2	4	1	5	98
Pickle Chips	4 slices	0	0	0	0	0	0	195
Pickle Relish	Packet	12	0	0	3	0	0	73
Salsa	Packet	21	0	0	4	1	1	514
Salt	Packet	0	0	0	0	0	0	233
Sour Cream	1 oz	61	6	4	1	0	1	15
Soy Sauce	Packet	5	0	0	1	0	1	507
Splenda	Packet	0	0	0	0	0	0	0
Sugar	Packet	12	0	0	3	0	0	0
Sugar, Brown	1 oz	65	0	0	17	0	0	5
Sweet/Sour Sauce	Packet	26	1	0	5	0	0	75
Syrup, Pancake	Packet	113	0	0	30	0	0	26
Syrup, Pancake Diet	Packet	33	0	0	8	0	0	12
Tartar Sauce	Packet	62	6	1	2	0	0	82
With Hummus	1/2 Cup	251	15	2	22	9	12	573



# Nutrition Information

DELI SANDWICH	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Bacon	2 slices	90	7	3	0	0	5	320
Bread, Flour Tortilla	Tortilla	175	2	0	35	5	6	350
Bread, Hoagie Roll	Roll	192	2	0	39	2	7	374
Bread, Multigrain	2 Slices	195	3	1	35	3	8	455
Bread, Rye	2 Slices	199	3	0	40	4	8	459
Bread, White	2 Slices	162	2	0	32	0	4	324
Bread, Whole Wheat	2 Slices	200	3	0	36	6	10	360
Chicken Salad	1/2 Cup	211	12	2	1	0	25	595
Egg Salad	1/2 Cup	228	19	4	1	0	13	329
Ham	2 oz	57	2	1	0	0	10	559
Panini, Pepperoni and Mozzarella	1 Each	305	13	5	34	2	12	626
Panini, Roast Beef	1 Each	443	18	7	41	4	29	1387
Panini, Turkey	1 Each	456	19	6	38	6	33	1447
Peanut Butter and Jelly on White	1 Each	389	17	3	51	2	12	477
Roast Beef	2 oz	60	1	0	1	0	11	477
Tuna Salad	1/2 Cup	161	9	1	3	0	17	687
Turkey	2 oz	57	1	0	1	0	12	522
With American	1 Slice	71	6	4	0	0	4	283
With American, Low Fat	1 Slice	51	3	1	2	0	4	294
With Lettuce	1 Leaf	3	0	0	0	0	0	5
With Onions	2 Slices	16	0	0	4	1	0	2
With Provolone	1 Slice	80	6	3	1	0	5	180
With Swiss	Slice	54	4	3	1	0	4	27
With Tomato Slice	2 Slices	6	0	0	1	0	0	2

## DESSERTS

Cake, Angel Food	1 Slice	105	0	0	23	0	2	112
Cake, Chocolate	1 Slice	233	10	2	34	1	2	257
Cookie, Caramel Apple	1 Cookie	190	8	3	28	1	2	79
Cookie, Chocolate Chip	1 Cookie	160	8	4	23	0	2	120
Cookie, Oatmeal Raisin	1 Cookie	150	7	4	23	2	2	130
Cookie, Sugar	1 Cookie	160	7	4	23	0	2	140
Cracker, Graham	Packet	59	1	0	11	0	1	92
Fruit Ice, Cherry	4 oz	70	0	0	18	0	0	15
Fruit Ice, Lemon	4 oz	68	0	0	17	0	0	0
Ice Cream, Chocolate	4 oz	130	6	4	18	1	2	50
Ice Cream, Strawberry	4 oz	130	6	4	16	0	2	50
Ice Cream, Vanilla	4 oz	130	7	5	15	0	2	50
Ice Cream, Vanilla, No Sugar Added	4 oz	110	7	4	14	0	2	55
Jello, Diet Strawberry	1/2 Cup	2	0	0	1	0	0	12
Jello, Orange	1/2 Cup	78	0	0	19	0	1	97
Jello, Strawb	1/2 Cup	81	0	0	19	0	2	102
Orange Sherbet	4 oz	110	1	1	25	0	1	20
Pie, Apple	1 Slice	250	10	5	39	1	2	240
Popsicle, Assorted	1.75 oz	38	0	0	10	0	0	5
Pudding, Chocolate	4 oz	136	2	2	24	0	2	153
Pudding, Chocolate, No Sugar Added	4 oz	90	3	2	11	5	3	110
Pudding, Rice	4 oz	133	3	2	22	0	4	133
Pudding, Vanilla	4 oz	147	4	2	25	0	3	153

## FRUIT

FRUIT	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Apple	Each	70	0	0	19	3	0	1
Applesauce	4 oz	50	0	0	12	2	0	20
Apricot Halves, Dried	5 each	50	0	0	13	2	1	0
Banana	1 Each	101	0	0	26	3	1	1
Grapes	1/2 Cup	58	0	0	15	1	1	2
Mixed Tropical Fruit	4 oz	81	0	0	19	1	0	0
Orange	1 Each	67	0	0	17	3	1	1
Peaches in Fruit Juice	4 oz	70	0	0	18	0	0	5
Pineapple Tidbits	4 oz	52	0	0	13	1	0	8
Prunes Stewed	1/4 Cup	62	0	0	16	2	1	1
Raisins	1 oz	92	0	0	22	1	1	7
Seasonal Fruit Cup	4 oz	121	0	0	30	5	2	34

## GRILL

Caesar-Marinated Chicken Sandwich	1 Each	308	7	2	30	1	29	586
Cheeseburger	1 Each	406	18	8	29	1	32	541
Cheesesteak Sub	1 Each	666	37	16	50	3	36	799
Chicken Fingers	2 Each	328	19	3	18	1	21	972
Fish Sticks	4 each	270	12	2	23	0	15	446
Fried Chicken Wingettes	5 Each	211	12	12	9	0	18	645
Grilled Cheese, American on Wheat Bread	1 Each	443	25	9	37	6	19	1031
Grilled Cheese, American on White Bread	1 Each	405	25	9	33	0	12	995
Grilled Cheese, Low Fat American on Wheat Bread	1 Each	341	12	4	41	6	8	951
Grilled Cheese, Low Fat American on White Bread	1 Each	303	11	4	38	0	12	914
Hamburger on Bun	1 Each	360	16	6	29	1	26	270
Hot Dog on Bun	1 Each	309	19	7	25	0	10	817
Hot Dog on Bun, Turkey	1 Each	175	2	0	29	0	10	670
Veggie Burger on Bun	1 Each	301	3	2	39	5	24	855
With Lettuce	1 Leaf	3	0	0	0	0	0	5
With Onions Sliced	2 Slices	16	0	0	4	1	0	2
With Tomato Slice	2 Slices	6	0	0	1	0	0	2

## ON THE SIDE

Baby Carrots	1/2 Cup	40	0	0	9	3	1	88
Basmati Rice	1/2 Cup	107	0	0	24	0	3	0
Broccoli	1/2 Cup	12	0	0	2	1	1	12
Brown and Wild Rice Blend	1/2 Cup	121	1	0	25	2	3	216
Dinner Roll	1 Roll	100	0	0	20	1	4	270
French Fries	10 Fries	209	15	2	18	2	2	248
Hot Cinnamon Apples	4 oz	147	0	0	37	2	0	156
Macaroni & Cheese	6 oz	262	12	5	27	2	12	756
Macaroni & Cheese, Low Fat, Low Sodium	6 oz	202	4	2	29	1	11	383
Noodles Egg Buttered	1/2 Cup	63	2	0	9	0	2	78
Potato, Baked	1 Potato	120	0	0	32	2	4	5

# Nutrition Information

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
<b>APPETIZERS</b>								
Salad, Tossed Garden	1 Cup	19	0	0	4	1	1	19
Soup, Beef and Black Bean Chili	6 OZ	387	17	7	28	10	29	764
Soup, Chicken Noodle	6 OZ	118	2	1	13	1	11	219
Soup, Tomato	3/4 Cup	66	1	0	13	1	1	433
Soup, Tomato, Low Sodium	1 Cup	68	1	0	15	1	2	54
Soup, Vegetable	6 OZ	37	2	0	5	1	1	186
Vegetable Plate	1 Plate	24	0	0	5	2	1	57

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
<b>BEVERAGES</b>								
Coffee	8 oz	4	0	0	0	0	0	0
Coffee Decaf	8 oz	9	0	0	2	0	0	1
Gatorade, All Flavors	11.6 oz	79	0	0	20	0	0	161
Hot Chocolate	8 oz	113	4	3	21	1	1	241
Hot Chocolate, Diet	8 oz	55	0	0	8	1	4	142
Juice, Apple	4 oz	60	0	0	14	0	0	15
Juice, Cranberry	4 oz	75	0	0	19	0	0	1
Juice, Fruit Punch	4 oz	66	0	0	17	0	0	1
Juice, Grape	4 oz	81	0	0	18	0	1	15
Juice, Orange	4 oz	50	0	0	12	0	1	15
Juice, Prune	4 oz	91	0	0	23	0	1	20
Juice, Tomato	5.5 oz	30	0	0	6	1	1	470
Juice, V-8 Low, Sodium	5.5 oz	30	0	0	7	1	1	80
Lemonade	4 oz	60	0	0	16	0	1	1
Lemonade, Diet	8 oz	0	0	0	0	0	0	0
Milk, 2%	8 oz	129	5	0	14	0	9	125
Milk, Chocolate	8 oz	170	2	0	28	0	9	204
Milk, Lactaid	8 oz	79	0	0	14	0	9	125
Milk, Skim	8 oz	86	0	0	12	0	8	120
Milk, Soy	8 oz	130	4	1	19	1	6	120
Milk, Whole	8 oz	148	8	4	12	0	8	123
Milkshake, Chocolate	8 oz	333	10	0	46	0	15	231
Milkshake, Strawberry	8 oz	337	10	0	49	0	15	220
Milkshake, Vanilla	8 oz	290	10	0	36	0	15	220
Soda, Diet Lime-Lemon	8 oz	0	0	0	0	0	0	54
Soda, Diet Pepsi	8 oz	0	0	0	0	0	0	22
Soda, Dr. Pepper	8 oz	88	0	0	23	0	0	16
Soda, Gingerale	8 oz	76	0	0	22	0	0	38
Soda, Gingerale Diet	8 oz	0	0	0	0	0	0	29
Soda, Pepsi	8 oz	96	0	0	26	0	0	22
Soda, Sierra Mist	8 oz	96	0	0	25	0	0	22
Tea, Assorted	8 oz	0	0	0	0	0	0	7

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
<b>BREAKFAST</b>								
Bacon	2 Slices	90	7	3	0	0	5	320
Bacon, Turkey	2 Slices	70	6	2	0	0	4	380
Bagel, Cinnamon Raisin	Whole	232	1	0	47	2	8	274
Bagel, Plain	Whole	168	1	0	33	1	7	292
Bread Wheat	2 Slices	200	3	0	36	6	10	360
Bread, Banana	1 Slice	246	4	1	48	2	5	137
Bread, Muffin, Blueberry	1 Muffin	167	4	1	29	2	3	269
Bread, Muffin, English Toasted	Whole	129	1	0	25	2	5	241
Bread, Multigrain	2 Slices	195	3	1	35	3	8	455
Bread, Rye	2 Slices	199	3	0	40	4	8	459
Bread, White	2 Slices	162	2	0	32	0	4	324
Cereal, Corn Flakes	Box	77	0	0	19	1	1	154
Cereal, Corn Pops Cereal	Box	80	0	0	19	0	1	82
Cereal, Cream of Wheat	1/2 Cup	54	0	0	11	1	2	18
Cereal, Crispy Rice	Box	68	0	0	15	0	1	159
Cereal, Froot Loops	Bowl	80	1	0	18	0	1	95
Cereal, Granola w/Raisin LF	Bowl	242	3	1	51	4	5	156
Cereal, Grits	1/2 Cup	79	1	0	16	1	2	2
Cereal, Honey Nut Cheerios	Bowl	110	2	0	22	2	3	190
Cereal, Oatmeal	1/2 Cup	98	2	0	17	2	4	6
Cereal, Raisin Bran	Box	113	1	0	27	4	3	210
Cereal, Rice Chex	Bowl	75	0	0	17	0	1	173
Cinnamon Roll	2 oz	240	5	5	28	1	4	280
Cottage Cheese, Low Fat	1/2 Cup	88	1	1	6	0	14	473
Croissant	1 Each	230	12	7	26	1	5	422
Egg, Fried	2 Eggs	211	16	4	2	0	15	171
Egg, Hard Boiled	1 Each	72	5	2	0	0	6	70
Egg, Scrambled	2 Eggs	127	9	3	0	0	11	127
Egg, Scrambled with Cheese	2 Eggs	198	15	6	0	0	15	410
Egg, Scrambled with Low Cholesterol Eggs	2 Eggs	48	0	0	2	0	10	128
French Toast	2 Slices	260	7	3	42	3	11	380
Omelet, Cheese	2 Egg	237	18	8	0	0	18	307
Omelet, Low Cholesterol Eggs	2 Eggs	48	0	0	2	0	10	128
Omelet, Plain	2 Eggs	127	9	3	0	0	11	127
Pancakes Buttermilk	2 Each	114	1	0	22	1	3	367
Panini, Breakfast	1 Each	450	24	9	33	0	24	1054
Sausage, Pork	2 Each	180	17	6	0	0	7	320
Sausage, Turkey	1 Each	90	5	7	0	0	10	298
Sausage, Veggie	2 Each	80	3	0	3	2	9	300
With Cheese Swiss	Slice	54	4	3	1	0	4	27
With Cheese, America	1 oz	71	6	4	0	0	4	283
With Cheese, Cheddar-Mont Jack	1 oz	110	9	5	0	0	7	180
With Cheese, Low Fat American	Slice	51	3	1	2	0	4	294
With Chopped Tomato	1 oz	5	0	0	1	0	0	1
With Diced Ham	1 oz	30	1	0	0	0	5	294
With Green Pepper	1 oz	5	0	0	1	0	0	1
With Mushrooms Sliced	1 oz	6	0	0	1	0	1	1
With Onions Chopped	1 oz	10	0	0	2	0	0	1
With Spinach	1 oz	7	0	0	1	1	1	22

*The Nutrition Department strives to ensure that the nutritional information is accurate; however variations due to product or preparation changes may slightly alter these values.*

# Nutrition Information

## ON THE SIDE, CONTINUED

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Potato, Mashed	1/2 Cup	81	1	0	17	2	2	394
Potato, Mashed, Low Sodium	1/2 Cup	110	3	1	22	1	3	17
Rice and Beans	1/2 Cup	164	2	0	30	8	7	358
Seasoned Black Beans	1/2 Cup	230	4	1	38	15	12	716
Spinach, Garlic Sautéed	1/2 Cup	30	1	0	4	3	3	134
Succotash Medley	4 oz	98	1	0	21	4	5	154
Sweet Potato, Baked	1 Potato	170	0	0	40	6	3	109
Tater Tots	10 Tots	170	11	3	15	1	4	234

## PASTA & PIZZA

Garlic Infused Olive Oil	1 Tbsp	138	15	1	0	0	0	0
Pasta, Penne	1/2 Cup	281	2	0	55	3	10	2
Pasta, Spaghetti	1 Cup	252	1	0	50	3	8	0
Pasta, Spaghetti Whole Wheat	1 Cup	252	2	0	49	6	8	0
Pizza, Buffalo Chicken	1 Pizza	404	13	5	33	2	36	978
Pizza, Cheese	1 Pizza	372	17	8	36	2	18	787
Pizza, Garlic Spinach	1 Pizza	284	11	5	33	2	12	488
Pizza, Hawaiian	1 Pizza	349	12	5	43	3	17	904
Pizza, Pepperoni	1 Pizza	415	21	10	36	2	20	932
Pizza, Steak and Cheese	1 Pizza	429	17	7	41	3	27	1262
Sauce, Marinara	2 oz	30	0	0	6	1	1	260
Sauce, Meat	2 oz	181	10	4	6	1	15	339
Turkey Meatballs	6 ea	180	8	3	7	0	19	480
With Chicken Breast	2.75 oz	158	5	1	1	0	23	386
With Diced Ham	1 oz	30	1	0	0	0	5	294
With Diced Tomato	2 Tbsp	5	0	0	1	0	0	1
With Green Pepper	1 oz	5	0	0	1	0	0	1
With Mushrooms Sliced	1 oz	6	0	0	1	0	1	1
With Onions Chopped	1 oz	10	0	0	2	0	0	1

## PURÉED FOODS & SUPPLEMENTS

Boost, Chocolate	8 oz	245	4	1	42	0	10	133
Boost, Strawberry	8 oz	239	4	1	41	0	10	130
Boost, Vanilla	8 oz	245	4	1	42	0	10	133
Pureed Bananas	5 oz	81	0	0	22	2	1	13
Pureed Beef Steak	Serving	140	8	4	4	1	14	410
Pureed Carrots	Serving	138	7	1	17	2	1	231
Pureed Chicken Breast	3 Each	150	9	4	4	0	14	310
Pureed Corn	Serving	157	6	1	23	1	2	267
Pureed Green Beans	Serving	111	6	1	12	1	1	323
Pureed Peaches	4.5 oz	83	0	0	18	2	1	8
Pureed Pears	4.5 oz	52	0	0	14	5	0	3
Pureed Peas	Serving	129	5	1	18	3	3	360
Pureed Seafood Filet	Serving	120	6	3	3	1	14	260

## SALAD BAR

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Baby Spinach	2 Cup	11	0	0	2	1	1	37
Bacon, Crumbled	1 Tbsp	37	3	1	0	0	2	149
Black Beans	2 Tbsp	43	0	0	8	3	3	117
Black Olives, Sliced	2 Tbsp	28	3	0	2	1	0	238
Carrots, Matchstick	2 Tbsp	23	0	0	5	2	1	39
Chicken, Grilled	2 Tbsp	79	3	1	1	0	12	193
Chickpeas	2 Tbsp	36	0	0	7	1	2	91
Crouton Packet	Each	29	0	0	5	0	1	49
Cucumber, Sliced	4 Slices	8	0	0	2	0	0	1
Dressing, Blue Cheese	Packet	200	21	4	2	0	1	420
Dressing, Caesar	Packet	208	23	3	2	0	1	415
Dressing, French	Packet	194	19	2	7	0	0	356
Dressing, Honey Mustard	Packet	140	10	2	11	0	0	330
Dressing, Italian	Packet	198	21	3	4	0	0	405
Dressing, Italian, Lite	Packet	20	0	0	5	1	0	692
Dressing, Olive Oil	Serving	180	21	2	0	0	0	0
Dressing, Ranch	Packet	250	26	4	2	0	0	370
Dressing, Ranch Fat Free	Packet	40	0	0	11	1	0	544
Dressing, Thousand Island	Packet	188	18	3	6	0	0	366
Dried Cranberries, Sweetened	1 Tbsp	23	0	0	6	0	0	0
Ham, Diced	2 Tbsp	32	1	0	0	0	5	311
Hard Boiled Egg, Diced	2 Tbsp	41	3	1	0	0	4	40
Lettuce, Iceberg	2 Cup	13	0	0	3	1	0	13
Lettuce, Romaine Chopped	2 Cup	23	1	0	4	1	1	11
Mushrooms, Sliced	2 Tbsp	3	0	0	1	0	1	1
Red and Green Pepper, Diced	2 Tbsp	3	0	0	1	0	0	0
Red Onion, Diced	2 Tbsp	10	0	0	2	0	0	1
Salad, Chicken Caesar	1 Salad	209	7	1	10	1	25	447
Salad, Cobb	1 Salad	393	21	7	23	8	33	1152
Salad, Char-grilled Java Steak	1 Salad	269	9	3	14	3	32	970
Spring Mix	2 Cup	9	0	0	2	1	1	15
Sunflower Seeds	1 Tbsp	50	4	1	2	1	2	0
Turkey, Diced	2 Tbsp	38	0	0	0	0	8	19
Vinegar Balsamic	1 Tbsp	3	0	0	0	0	0	1
With Cheese, Cheddar-Mont Jack	2 Tbsp	80	6	4	0	0	5	130
With Diced Tomato	2 Tbsp	5	0	0	1	0	0	1

## SNACKS

Crackers, Saltine	2 Each	24	1	0	4	0	1	61
Potato Chips	1 oz	150	7	2	19	3	2	90
Potato Chips, Baked	1.125 oz	130	1	0	26	2	2	170
Potato Chips, Low Sodium	1.25 oz	188	11	2	17	1	2	6
Pretzels	1 oz	110	1	0	23	1	2	581
Salted, Peanuts	1 oz	170	14	2	6	2	7	115
Tortilla Chips	1 oz	142	7	1	18	1	2	85



DEPARTMENT OF HEALTH  
AND HUMAN SERVICES  
National Institutes of Health  
Clinical Center

For Administrative Use  
September 2012

NIH...Turning Discovery Into Health