

Deli Nutritional Facts

Meat	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Fiber (g)
Roast Beef (4oz.)	116	3	50	1060	1	20	0
Ham (4 oz.)	120	4	40	1460	4	14	0
Turkey (4 oz.)	100	2	40	840	4	18	0
Tuna Salad (3 oz.)	148	12	20	276	1	9	0
Egg Salad (3 oz.)	94	7	155	308	4	5	0
Chicken Salad (3 oz.)	237	18	51	234	12	12	0
Salami (2 oz.)	216	19	52	1016	2	6	0
Bologna (2 oz.)	178	16	40	620	1	6	0
Cheese							
Swiss (1 oz.)	100	8	25	60	1	8	0
American (1 oz.)	100	9	25	510	<1	5	0
Provolone (1 oz.)	100	8	20	240	1	7	0
Bread							
White Bulky	160	2.5	0	300	29	6	1
Whole Wheat Bulky	170	2	0	350	35	7	2
Whole Wheat Bread	120	0	0	280	28	6	4
Wheat Bread (2 slices)	140	1	0	150	13	3	<1
White Bread (2 slices)	140	1	0	150	14	2	0
Sub Roll	150	2	0	310	30	5	2
Spinach Tortilla	290	8	0	650	47	7	3
Tomato Tortilla	310	9	0	580	49	7	3

