

TRACTOR EVERYDAY HEALTHY FOODS - NUTRITION GUIDE

As of March 2016

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)
SALADS									
Broccoli Asparagus	118	169	13	2.3	158	10	2	2	6
Broccoli Asparagus - no dressing	110	134	10	2	95	10	2	2	6
Beets and Green Beans	150	129	6	1.7	277	16	5	11	4
Beets and Green Beans - no dressing	141	89	2	1.3	204	15	5	10	4
Cauliflower Orzo	150	178	9	1	275	19	2	2	5
Cauliflower Orzo - no dressing	139	113	3	0.3	179	18	2	1.4	5
Couscous Roasted Yams	140	395	17	2	575	55	5	8	7
Couscous Roasted Yam - no dressing	128	304	7	1	415	54	5	6	7
Kale Apple	56	68	5	0.5	113	5	1	2	1
Kale Apple - no dressing	43	19	0.2	0	11	4	1	1	1
Kimchi Green Onions	120	135	10	1	429	11	3	6	2
Kimchi Green Onions - no dressing	112	51	1	0.1	169	10	3	5	2
Lemon Kale Radicchio	85	163	11	2.3	150	14	3	5	5
Lemon Kale Radicchio - no dressing	75	101	4	1.3	107	13	2	4	5
Mushroom Ditalini Pasta	150	264	12	2.7	402	27	2	5	8
Mushroom Ditalini Pasta - no dressing	142	222	8	2.3	263	26	2	4	8
Arugula Pears	88	225	17	3.2	278	17	3	11	4
Arugula Pears - no dressing	80	158	10	2.6	157	16	4	10	4
Brussels Sprouts Radicchio	105	117	7	0.7	137	12	3	5	3
Brussels Sprouts Radicchio - no dressing	90	38	0	0	25	8	3	2	3
Summer Quinoa Blueberries	115	196	7	0.7	191	28	4	3	5
Summer Quinoa Blueberries - no dressing	98	145	2	0.3	8	27	3	2	5
Winter Quinoa Pomegranate	115	213	8	0.8	192	32	4	6	6
Winter Quinoa Pomegranate - no dressing	99	162	2	0.3	8	31	4	5	6
Kale Tahini	85	171	10	1.6	282	17	2	3	6
Kale Tahini - no dressing	68	116	5	1.2	172	14	2	0	6
Watermelon Feta	193	216	13	3.5	223	23	2	17	7
Watermelon Feta - no dressing	185	174	8	3	154	22	2	17	7
Quinoa Portobello Mushrooms	150	267	12	3.2	258	27	3	3	9
Quinoa Portobello Mushrooms - no dressing	140	204	6	3	84	24	3	1	9
ENTRÉE SALADS									
Kale Chicken Caesar	315	546	37	8.7	1093	25	5	6	32
Kale Chicken Caesar - no dressing	265	270	8.6	4.3	800	22	5	3	31
Kale Chicken Caesar - no chicken	230	440	35	8	538	23	5	6	10
Kale Chicken Caesar - no chicken, no dressing	185	163	7	3.7	245	20	5	3	10
SOUPS									
Butternut Squash	310	89	0.3	0	452	23	4	6	2
Lentil Sweet Potato	350	352	11	9	801	53	17	4	15
Manhattan Clam Chowder	362	91	1	0	460	15	4	5	7
STEWES									
Moroccan Chicken	347	196	2	0.4	935	32	4	12	15
Thai Veggie	359	341	26	20	434	20	5	7	12
Turkey Chilli	348	266	4	1.1	793	16	8	4.5	33
SANDWICHES									
Chicken Sandwich - half	140	296	12	3.7	727	30	1.5	3.5	19
Chicken Sandwich - whole	285	592	23	7.4	1454	59	3	7	39
Tuna Melt - half	134	283	12.5	4	496	23	3	3.5	19
Tuna Melt - whole	270	566	25	8	991	45	5.5	7	38
Turkey Sandwich - half	260	330	9	3.2	567	33	1	8	28
Turkey Sandwich - whole	130	659	18	6.5	1133	66	3	16	56
Veggie Sandwich - half	135	231	13	4	472	21	3	3	8
Veggie Sandwich - whole	276	461	27	8.1	943	42	6	5.6	16
GRILL									
Half Avocado	80	179	17	2.5	6	7.5	6	0.5	2
Chicken Breast	115	142	2.4	0.8	740	3	0	0	28
Tofu	50	145	10.5	1.8	35	1	0	0.5	10
Tuna - 1 piece	57	62	0.3	0.1	26	-	-	-	14
Tuna - 2 pieces	114	124	0.6	0.2	52	-	-	-	28
SNACKS									
Everyday Bar (Peanut Butter and Oats)	130	482	28	3.7	8	45	7	16	14
Double Chocolate Pistachio Gluten-free Cookies	70	308	20	5.3	12	30	4	23	5

Daily Calories and Sodium Requirements: Healthy adults should aim for 1500 to 2300 milligrams of sodium per day.

Children and Seniors need less. Healthy adults should aim for 2000 to 2400 calories per day. Individual needs vary depending on age, activity level and gender.

Source of Information: Optimum Control