





# Nutrition Guide

## Tractor Everyday Healthy Foods

Spring/Summer 2023

	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fiber, dietary	Sugars, total	Protein
<b>Drinks</b>	g	kcal	g	g	g	mg	mg	g	g	g	g
Classic Lemonade (320 mL)	320	109	0.0	0.0	0.0	0	0	28	0.3	28.1	0.2
Strawberry Lemonade (320 mL)	320	96	0.0	0.0	0.0	0	0	25	0.4	25.3	0.2
Blueberry Lemonade (320 mL)	320	100	0.0	0.0	0.0	0	0	26	0.6	25.1	0.2
Kombucha (400 mL)	400	124	5.0	0.0	0.0	0	0	13	7.0	7.0	3.3
Loop Juice - Undercover	355	150	0.1	0.2	0.0	0	65	27	1.0	21.0	2.0
Loop Juice - Beach Bum	355	200	0.1	0.0	0.0	0	10	35	1.0	26.0	2.0
Loop Juice - Morning Glory	355	210	0.1	0.0	0.0	0	4	39	1.0	32.0	2.0

	g	kcal	g	g	g	mg	mg	g	g	g	g
<b>Breakfast</b>											
Vegan Parfait	240	453	25.7	14.5	0.0	0	78	56	7.3	25.6	8.9
Power Parfait	270	423	21.4	10.6	0.0	11	114	53	6.4	24.0	11.2
Bacon Breakfast Sandwich	248	566	28.5	10.0	0.0	304	1660	50	1.2	12.9	29.7
Sausage Breakfast Sandwich	260	513	23.5	8.1	0.0	299	1448	52	1.2	14.4	26.7
Avocado Breakfast Sandwich	255	487	23.1	7.7	0.0	282	1328	51	2.4	13.0	22.1
Southwest Breakfast Wrap	209	579	32.0	9.0	0.0	25	661	53	5.0	3.0	20.0
Farm Fresh Egg	1 egg	78	5.0	1.6	0.0	187	62	1	0.0	0.6	6.0

*Daily Calories and Sodium Requirements:*

*Healthy adults should aim for 1500 to 2300 mg 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, and gender.*

*Source of Information: Cook Keep Book*