

Know Your Nutrients

Calorie: The energy value of the food or beverage. The amount you choose to eat during the day is dependent upon your stage of life, your physical activity level and your health promotion/disease prevention goals.

Fat: A concentrated source of energy for the body. It's essential to eat and can be beneficial to the health of your body when you eat it in the form of oil, nuts, seeds, and avocado. For most people staying below 65 grams a day can be a prudent guideline to reduce your risk of chronic diseases.

Saturated Fat: Solid at room temperature (i.e.: butter, lard, sour cream, cream cheese) and found in the marbling meats and animal protein. Although, saturated fat gives flavor to food it can contribute to heart disease by raising your cholesterol levels. It is important to use sparingly. A prudent guideline is less than 10 grams per day.

Sodium: It's an important nutrient for our nervous system and muscular-skeletal system. Salt contains sodium. Sodium is used as a preservative in packaged and processed foods-. Overall, too much sodium can lead to heart disease and stroke. Read food labels, and restaurant information *before* making choices. Keep your daily sodium intake to less than 2,300 mg.

Plan Your Nutrition: Go to www.myplate.gov and create a profile. You'll get a personalized plan with the recommended amount of calories; and the number of servings from each food group. Click the SuperTracker icon. That will help analyze all the food you eat each day, and track your physical activity.

For more information: Regarding the Café Services, please contact Mr. Peter Vlandis at pvlandis@norwalk.edu. For more information about the Wellness Committee, please contact Dr. Paul Gallo, Director of Exercise Science and Wellness at Paul Gallo at pgallo@norwalk.edu



<http://norwalk.edu/dept/healthwellnesscenter/WAB.asp>

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NCC CAFÉ NUTRITION CHART

Sponsored by:

The Norwalk Community College

Wellness Committee



NCC Campus Café Menu/Nutrition Chart

| Item | Serving | Cal | Fat (g) | Sat Fat (g) | Sodium (mg) |
|--|---------|-----|---------|-------------|-------------|
| Toast (slice) | 1 | 69 | 1 | 0.2 | 132 |
| Hard Roll | 1 | 140 | 1 | 0 | 340 |
| Bagel | 1 | 289 | 2 | 0.5 | 538 |
| Bagel w/ cream cheese (1oz.) | 1 | 389 | 11 | 3 | 643 |
| Muffin | 1 | 410 | 10 | 2 | 620 |
| Croissant | 1 | 339 | 17 | 12 | 339 |
| Danish | 1 | 180 | 9 | 3 | 160 |
| Ham (2oz.) | 1 | 60 | 1 | 1 | 580 |
| Bacon (2oz.) | 1 | 70 | 5 | 3 | 280 |
| Sausage (2oz.) | 1 | 170 | 15 | 6 | 260 |
| Home Fries (4oz) | 1 | 160 | 5 | 1 | 665 |
| Pancake | 1 | 175 | 8 | 2 | 338 |
| Egg | 1 | 72 | 3 | 1 | 70 |
| Breakfast Special: eggs, meat (2oz), home fries (4oz), toast (slice) | 1 | 616 | 27 | 9 | 1197 |
| Egg on hard roll | 1 | 213 | 4 | 1 | 410 |
| Egg & cheese on hard roll | 1 | 307 | 10 | 5 | 683 |
| Egg & ham (2oz) on hard roll | 1 | 273 | 5 | 2 | 990 |
| Egg & bacon (2oz) on hard roll | 1. | 283 | 9 | 4 | 690 |
| Egg & sausage (2oz) on hard roll | 1 | 383 | 19 | 7 | 670 |

| Item | Serving | Cal | Fat (g) | Sat Fat (g) | Sodium (mg) |
|---|---------|-----|---------|-------------|-------------|
| Small French Fries (2oz) | 1 | 213 | 11 | 2 | 439 |
| Small Onion Rings (2oz) | 1 | 276 | 16 | 7 | 430 |
| Mozzarella Sticks | 4 | 710 | 41 | 24 | 710 |
| Cheese Pizza (slice) | 1 | 215 | 8 | 4 | 451 |
| Pepperoni Pizza (slice) | 1 | 290 | 11 | 5 | 611 |
| Grilled Cheese (2 slices) bread/ cheese (2 slices) | 1 | 326 | 16 | 9 | 810 |
| Egg Salad (4oz) | 1 | 270 | 23 | 5 | 330 |
| Chicken Salad (4oz) | 1 | 280 | 25 | 25 | 310 |
| Tuna Salad (4oz) | 1 | 240 | 17 | 3 | 320 |
| Ham (4oz) & Cheese (2 slices) | 1 | 446 | 18 | 11 | 1410 |
| Turkey (4oz) & Cheese (2 slices) | 1 | 406 | 17 | 9 | 1260 |
| Salami (4oz) & Cheese (2 slices) | 1 | 446 | 38 | 13 | 1290 |
| Hot dog (3oz) w/ bun | 1 | 240 | 14 | 6 | 680 |
| Hamburger (6oz) w/ bun | 1 | 356 | 20 | 5 | 338 |
| Cheeseburger (6oz), cheese (2 slices) w/ bun | 1 | 544 | 34 | 13 | 884 |
| Waldorf Salad: grilled chicken (8oz), romaine, walnuts, chopped bacon, tomatoes | 1 | 650 | 28 | 7 | 160 |