



**Healthy
Alternative**



ARNOLD VENDING - TIFFIN, OHIO 44883 (419) 448-4545

HEALTHY ALTERNATIVE NUTRITIONAL GUIDE

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT (G)	SAT. FAT (G)	FIBER (G)	WEIGHT WATCHERS POINTS
APPLE	72	0	0	0	3	0.8
APPLE PIE - NO SUGAR ADDED	350	90	10	2.5	2.5	7.3
APPLE SAUCE	80	0	0	0	4	0.8
BAKED POTATO W/BROCCOLI & CHEESE	347	19	2	1	9	6.3
BAKED POTATO W/BUTTER & MARGARINE	343	68	6.5	2.5	7	6.6
BBQ CHICKEN BREAST ON WHEAT BUN	310	36	4	0	3	5.9
BUFFALO CHICKEN SALAD ON MULTIGRAIN BUN	300	125	13.5	1	2	6.7
CARROTS & CELERY	43	2	0	0	4	0.1
CHEF SALAD W/TURKEY & FF RANCH	235	100	11	5	3	5.0
CHERRY JELLO - NO SUGAR ADDED	20	0	0	0	0	0.4
CHICKEN BREAST W/LETTUCE & TOMATO ON WHEAT	276	33	3	0	3	5.2
CHICKEN BREAST W/ONION & TOMATO	274	33	3	0	3	5.1
CHICKEN BREAST W/SWISS ON MULTIGRAIN BUN	324	73	7.5	3	2	6.7
CITRUS FRUIT SALAD	200	0	0	0	0	4.0
COTTAGE CHEESE & PINEAPPLE	255	82	10	6	1	5.7
CRAB STICKS W/COCKTAIL SAUCE	222	7	0.5	0	0	4.5
CREAM OF BROCCOLI SOUP	200	126	14	6	1	5.0
EGG BEATERS W/H.C. HAM ON ENGLISH MUFFIN	220	25	2.5	0.5	2	4.2
FAT FREE CHOCOLATE PUDDING	120	0	0	0	1	2.2
FRUIT & YOGURT SALAD	205	10	2	1	1	4.1
FRUIT SALAD	120	0	0	0	4	1.6
GRAPES	93	5	0	0	1.5	1.6
H.C. CHICKEN ON WHEAT	190	30	3	0.5	2	3.7
H.C. CHICKEN W/LETTUCE & TOMATO ON WHEAT	202	30	3	0.5	3	3.7
H.C. DELI COMBO	185	38	2.75	0.5	2	3.5
H.C. HAM & TURKEY ON RYE	185	25	3	0.5	1	3.8
H.C. HAM ON WHEAT BUN	160	25	2.5	0.5	2	3.0
H.C. MACARONI & CHEESE	220	54	6	2	2	4.5
H.C. ROAST BEEF & PROVOLONE	250	70	7.5	3	2	5.2
H.C. ROAST BEEF ON WHEAT BUN	200	35	3.5	1	2	3.9
H.C. TURKEY	190	25	2.5	0	2	3.6
H.C. TURKEY & SWISS W/LETT. & TOM. ON ONION BAGEL	328	55	4.5	2.5	4	6.1
H.C. TURKEY CLUB	202	25	2.5	0	3	3.6
H.C. TURKEY MULTIGRAIN BUN	200	30	3	0	2	3.9
HONEY ROASTED TURKEY & SWISS ON ONION BAGEL	288	41	4.5	2.5	2	5.7
LEAN CUISINE SWEET & SOUR CHICKEN OVER RICE	293	12	1	1	3	5.3
ORANGE	70	0	0	0	7	0.6
PINEAPPLE CHUNKS	180	0	0	0	2	3.2
RASPBERRY JELLO - NO SUGAR ADDED	20	0	0	0	0	0.4
SMOKED TURKEY & SWISS ON ONION BAGEL	320	60	6.5	2.5	2	6.5
SMOKED TURKEY ON WHEAT BAGEL	238	9	1	0	2	4.4
SPICY TURKEY W/PEPPER JACK	280	80	9	4	2	6.0
SPINACH SALAD W/FAT FREE RANCH	60	38	5	3	2	1.2
STRAWBERRY JELLO - NO SUGAR ADDED	20	0	0	0	0	0.4
STRAWBERRY JELLO W/FRUIT	130	0	0	0	1	2.4
SWEET & TANGY CHICKEN BREAST	310	36	4	0	3	5.9
TOSSED SALAD W/FAT FREE 1000 ISLAND	77	1	0	0	3	0.9
TOSSED SALAD W/FAT FREE RANCH	65	1	0	0	3	0.7
TURKEY PASTRAMI & SWISS ON RYE	254	78	9	6	1	5.6
VEGETABLES & DIP	84	3	0	0	5	0.9
WHOLE DILL PICKLE	4	0	0	0	0	0.1