



CALIFORNIA HEALTH
&
LONGEVITY INSTITUTE

FARMER'S MARKET SALAD

Ingredients:

1 gal. shredded romaine lettuce
1 gal. baby spinach salad mix
2 qts. diced tomato
2 qts. shredded carrot
4 qts. kidney beans, drained and rinsed
4 cups raisins
2 qts. shredded cheddar cheese
4 cups salted sunflower seeds
Lite ranch dressing

Directions: For each individual salad:

1. Place 1 cup lettuce and 1 cup baby spinach in salad container.
2. Top with 1/4 cup tomato, 1/4 cup shredded carrot, 1/2 cup beans, 2 Tbsp. raisins, 1/4 cup cheddar cheese, and 2 Tbsp. sunflower seeds.
3. Serve with 1/4 cup lite ranch dressing on side.

Serves: 30

Salad Bar

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Home / Rod's / Golden Italian Dressing (Reduced) Nutrition

GOLDEN ITALIAN DRESSING (REDUCED) ROD'S

Submitted on Jan 15, 2008

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NO IMAGE

There are 35 calories in Golden Italian Dressing (reduced)

Track Golden Italian Dressing (reduced) calories and reach your health goals with the [Calorie Tracker](#)

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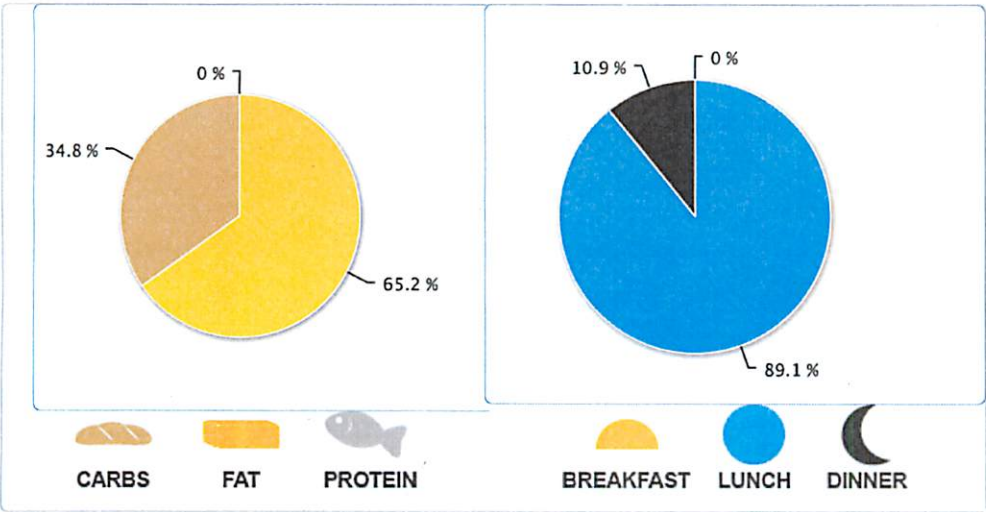
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Nutrition Facts	
Serving Size: 1 pouch	
Amount per Serving	Calories from Fat 22.5
Calories 35	
% Daily Value *	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 560mg	23%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	0%
Est. Percent of Calories from:	
Fat	65.2%
Carbs	34.8%
Protein	%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

NUTRITION PROFILE

WHEN EATEN



REQUENTLY EATEN WITH ROD'S GOLDEN

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Calories in Rods Buttermilk Ranch Dressing

Nutrition Facts

Search our food database by name:

Rods - Buttermilk Ranch Dressing

SEARCH

Servings: 1 1 packet (42g)

Calories	150	Sodium	300 mg
Total Fat	17 g	Potassium	0 mg
Saturated	4 g	Total Carbs	1 g
unsaturated	0 g	Dietary Fiber	0 g
unsaturated	0 g	Sugars	1 g
Trans	0 g	Protein	1 g
Cholesterol	10 mg		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

More from Rods

Other Brands

- Pretzel Rods
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- Peppermint Crunch: White Frosted Pretzel Rods
- Pretzel Rods
- Pretzel Rods
- Pretzel Rods

- Hobbs, Suzanne Havala nutrition
- Mizuho mixed cracker nutrition
- Looneyspoons Collection nutrition
- Mrs. Butterworth's Lite Reduced calories nutrition
- Winsom's Walla Walla nutrition
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Calories in Rod's Creamy Caesar Dressing (Peter Piper Pizza)

Nutrition Facts

Rod's - Creamy Caesar Dressing (Peter Piper Pizza)

Servings: 1 1 packet (1.5 oz)

Calories	160	Sodium	300 mg
Total Fat	18 g	Potassium	0 mg
Saturated	3 g	Total Carbs	0 g
Polyunsaturated	0 g	Dietary Fiber	0 g
unsaturated	0 g	Sugars	0 g
Trans	0 g	Protein	0 g
Cholesterol	5 mg		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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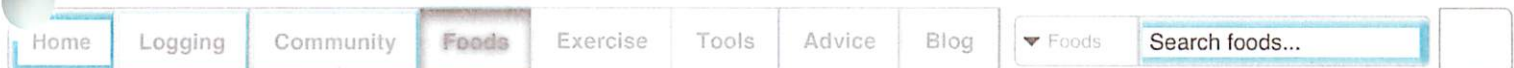
Chocolate Fudge Covered Pretzel Rods
Pretzle Rods
Classic Style Rod Pretzels
Penny Rod Pretzels
Selleri, Rod, Rà
Chocolate Pretzel Rod - Dipped In Hershey's Milk
Chocol...

Other Brands

Newman's Own Organics, Dark Chocolate Bar, 54%
cocoa nutrition information
It's-It Ice Cream nutrition information
Kim's Lighten Up nutrition information
Bernardo's nutrition information
sauce rosée crèmeuse aux tomates nutrition
information
Sno Pac Organic Mixed Vegetables nutrition
information



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Foods > Vegetables > Fruit Vegetables > Cucumber



Calories in Cucumber

With Peel, Raw

Tags: [cucumber](#), [vegetables](#), [salad](#), [veggies](#), [snack](#)

Wondering how many calories are in Cucumber?
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1/2 x cup slices(52.0 g)

Nutrition Grade Calories

A

8

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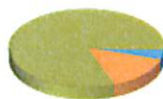
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Nutritional Analysis

Breakdown



Daily Values



Legend: ■ Fat ■ Protein ■ Carbs ■ Alcohol ■ Other

Good points

- Low in [saturated fat](#)
- No [cholesterol](#)
- Very low in [sodium](#)
- High in [calcium](#)

Nutrition Facts

Serving Size 1/2 cup slices (52.0 g)

Amount Per Serving

	Calories from Fat 1
Calories 8	% Daily Value*
Total Fat 0.1g	0%
Saturated Fat 0.0g	0%
Polyunsaturated Fat 0.0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrates 1.9g	1%
Dietary Fiber 0.3g	1%
Sugars 0.9g	
Protein 0.3g	
Vitamin A 1%	Vitamin C 2%
Calcium 1%	Iron 1%

* Based on a 2000 calorie diet

[See more extended nutritional details](#)

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Calories in Croutons, Plain

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1/2 x

Nutrition Grade

Calories

B+

58

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Nutrition Facts

Serving Size 1/2 oz (14.2 g)

Amount Per Serving

Calories 58 Calories from Fat 8

% Daily Value*

Total Fat 0.9g **1%**

Saturated Fat 0.2g **1%**

Polyunsaturated Fat 0.2g

Monounsaturated Fat 0.4g

Cholesterol 0mg **0%**

Sodium 99mg **4%**

Total Carbohydrates 10.4g **3%**

Dietary Fiber 0.7g **3%**

Protein 1.7g

Vitamin A 0% Vitamin C 0%

Calcium 1% Iron 3%

* Based on a 2000 calorie diet

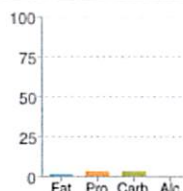
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Nutritional Analysis

Breakdown



Daily Values



Legend: ■ Fat ■ Protein ■ Carbs ■ Alcohol ■ Other

Good points

- Low in [saturated fat](#)
- No [cholesterol](#)
- No [sugar](#)
- High in [selenium](#)

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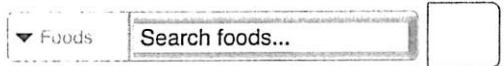
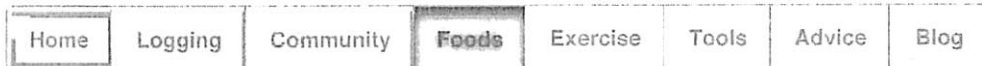
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Foods > Vegetables > Leafy Vegetables > Lettuce



Calories in Romaine Lettuce

Fresh Vegetables
Manufactured by Dole

Tags: romaine lettuce, salad, romaine, lettuce, vegetables

Free calorie and nutrition data information for Romaine Lettuce.

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2 x cups(80.9 g)

Nutrition Grade Calories

A 15

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Nutrition Facts

Serving Size 2 cups (81g)

Amount Per Serving

Calories 15 Calories from Fat 0

% Daily Value*

Total Fat 0.0g **0%**

Saturated Fat 0.0g **0%**

Trans Fat 0.0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrates 3.0g **1%**

Dietary Fiber 2.0g **8%**

Sugars 1.0g

Protein 1.0g

Vitamin A 140% Vitamin C 30%

Calcium 2% Iron 4%

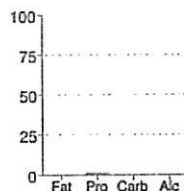
*Based on a 2000 calorie diet

Nutritional Analysis

Breakdown



Daily Values



Legend: ■ Fat ■ Protein ■ Carbs ■ Alcohol ■ Other

Good points

- No saturated fat
- No cholesterol
- High in calcium
- Very high in dietary fiber
- Very high in iron

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Calories in Tomato Cherry

5 each raw

Manufactured by Whole Foods Market

Tags: [cherry tomato](#), [vegetables](#), [salad](#), [tomato](#), [cherry tomatoes](#)

Free calorie and nutrition data information for Tomato Cherry .

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5 x ea. Raw(85.0 g)

Nutrition Grade

Calories

A

20

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Nutrition Facts

Serving Size 5 ea. Raw (85.0 g)

Amount Per Serving

Calories 20

% Daily Value*

Sodium 10mg 0%

Total Carbohydrates 4.0g 1%

Dietary Fiber 1.0g 4%

Sugars 2.0g

Protein 1.0g

Vitamin A 10% Vitamin C 15%

Calcium 0% Iron 2%

* Based on a 2000 calorie diet

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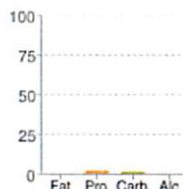
[www.GlendaleLaserGroup.com](#)

Nutritional Analysis

Breakdown



Daily Values



Legend: Fat Protein Carbs Alcohol Other

Good points

- Low in sodium
- High in dietary fiber
- High in manganese
- Very high in potassium
- High in riboflavin

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Lost 47 lbs



Randomwhale
Lost 145 lbs



Snacker_Chris
Lost 102 lbs



bnjionrek
Lost 130 lbs



Spnicander
Lost 227 lbs



Lionpaw
Lost 105 lbs

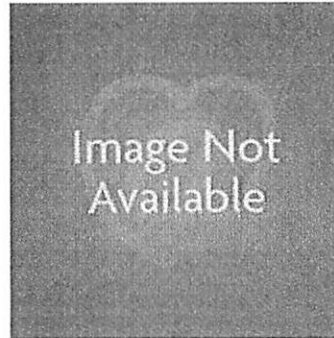
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**Diced Chicken Meat, Fully Cooked**

Product Code: 3481-328

UPC Code: 00023700463395

- Yields 100% because it's boneless, skinless, and fully cooked
- Reduces labor and food-safety concerns going from freezer to recipe without thawing
- Applies all across your menu, from pizza topper, to salad bar & pastas
- Great as an ingredient.

PREPARATION

Product is precooked.

PIECE COUNT

8/5.0000 LB (s) per Case

MASTER CASE

Gross Weight	42.365 LB	Width:	15.625 IN
Net Weight	40 LB	Length:	23.5 IN
Cube:	1.78 FT	Height:	8.375 IN

PALLET CONFIGURATION

Ti:	5	Hi:	8
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INGREDIENTS

Fully cooked, 1/2" diced chicken meat.

CONTAINS NO ALLERGENS

STORAGE

Shelf Life:	270 days
Storage Temp:	0 F
Storage Method:	Frozen

Nutrition Facts

Serving Size: 3 OZ. (84g)
Servings Per Container: About 213

Amount Per Serving	Calories from Fat 30
Calories 130	
<hr/>	
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 80mg	27%
Sodium 40mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 26g	52%
<hr/>	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

CN Label: No

To obtain a signed copy of the CN statement for this item, please contact the Tyson Food Service Concierge via e-mail or call 1-800-248-9766.



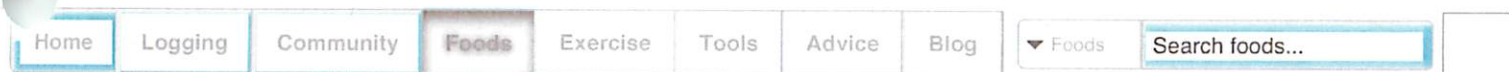
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Foods > Vegetables > Beets

Calories in Beets, No Salt Added

Manufactured by Seneca

Free calorie and nutrition data information for Beets, No Salt Added.

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1/2 x cup(120.0 g)

Nutrition Grade Calories

B+ **40**

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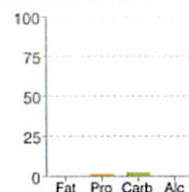
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Nutritional Analysis

Breakdown



Daily Values



Legend: ■ Fat ■ Protein ■ Carbs
■ Alcohol ■ Other

Bad points

- Very high in [sugar](#)

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Lost 102 lbs

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Special Considerations - Vegetarian
Preparation - Stir Fry
Course - Snacks

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

last updated, 05-30-07)

Visit us at www.fns.usda.gov/fdd

B027 – CHEESE, CHEDDAR, REDUCED FAT, YELLOW, SHREDDED, 5 LB

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Reduced fat shredded cheddar cheese is a firm-textured, semi-hard, yellow cheese made from cow's milk. Reduced fat cheddar cheese should contain between ¼ to ⅓ less fat than traditional cheddar cheese.
PACK/YIELD	<ul style="list-style-type: none"> 6/5 lb pouches per case. One 5 lb pouch AP yields about 20 cups shredded cheese and provides about 80.0 1-oz servings shredded cheese. One lb AP yields about 4 cups shredded cheese and provides about 16.0 1-oz servings shredded cheese. CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store cheese in its original container at 41 °F or lower until needed. Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. Shredded cheese tends to mold and dehydrate quicker than block cheese. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Milk Group
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MyPyramid.gov

Nutrition Information

Cheese, cheddar, reduced fat

	1 oz (28 g)
Calories	80
Protein	7.71 g
Carbohydrate	0.57 g
Dietary Fiber	0 g
Sugars	0.16 g
Total Fat	5.19 g
Saturated Fat	3.29 g
Trans Fat	N/A
Cholesterol	16 mg
Iron	0.04 mg
Calcium	257 mg
Sodium	206 mg
Magnesium	10 mg
Potassium	26 mg
Vitamin A	179 IU
Vitamin A	43 RAE
Vitamin C	0 mg
Vitamin E	0.05 mg



200109

Nutrition Facts

Serving Size 1/2 cup (125g)
Servings Per Container: about 24

Amount Per Serving

Calories 80 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 360mg **15%**

Total Carbohydrate 17g **6%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 2g

Vitamin A 0% • Vitamin C 6%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat. Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

INGREDIENTS: CORN, WATER, SUGAR, AND SALT.

DISTRIBUTED BY
SENECA FOODS CORP.
MARION, NY 14505-0997

WHEN CONTACTING US, PLEASE INCLUDE CODE
FROM CONTAINER LID AND UPC CODE.

VISIT OUR WEBSITE AT www.senecafoods.com



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-14-07)

Visit us at www.fns.usda.gov/fdd

A086 – BEANS, CANNED, KIDNEY, DRY, #10

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A canned dry red kidney beans, cooked and packed in salt water.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz kidney beans and liquid. One #10 can AP yields about 63.7 oz (9³/₈ cups) heated, drained kidney beans and provides about 38.1 ¼-cup servings heated, drained kidney beans OR about 19.0 ½-cup servings heated, drained kidney beans OR yields 69.6 oz (about 10½ cups) drained, unheated and provides about 42.5 ¼-cup servings drained, unheated kidney beans OR about 21.2 ½-cup servings drained unheated kidney beans. CN Crediting: ¼ cup drained kidney beans (heated or unheated) provides 1 oz-equivalent meat/meat alternate OR ¼ cup drained kidney beans (heated or unheated) provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none"> Store unopened canned kidney beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned kidney beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Meat & Bean Group
Go lean with protein
MyPyramid.gov

Nutrition Information

Beans, kidney, red, canned, mature seeds, solids and liquids

	¼ cup (64 g)	½ cup (128 g)
Calories	54	109
Protein	3.36 g	6.72 g
Carbohydrate	9.98 g	19.96 g
Dietary Fiber	4.1 g	8.2 g
Sugars	0.14 g	0.28 g
Total Fat	0.22 g	0.44 g
Saturated Fat	0.03 g	0.06 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.81 mg	1.61 mg
Calcium	15 mg	31 mg
Sodium	218 mg	436 mg
Magnesium	18 mg	36 mg
Potassium	164 mg	329 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.7 mg	1.4 mg
Vitamin E	0.38 mg	0.77 mg

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-14-07)

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A089 – BEANS, CANNED, GARBANZO, DRY, #10

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A canned dry garbanzo beans (chickpeas), cooked and packed in salt water.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz garbanzo beans and liquid. One #10 can AP yields 69.0 oz (about 10$\frac{2}{3}$ cups) drained, unheated beans and provides about 42.4 $\frac{1}{4}$-cup servings drained beans OR about 21.2 $\frac{1}{2}$-cup servings drained, unheated beans. CN Crediting: $\frac{1}{4}$ cup drained garbanzo beans provides 1 oz-equivalent meat/meat alternate OR $\frac{1}{4}$ cup drained garbanzo beans provides $\frac{1}{4}$ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none"> Store unopened canned pink beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned garbanzo beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Meat & Bean Group

Go lean with protein

MyPyramid.gov

Nutrition Information

Chickpeas (garbanzo), mature seeds, solids and liquids

	$\frac{1}{4}$ cup (60 g)	$\frac{1}{2}$ cup (120 g)
Calories	71	143
Protein	2.97 g	5.94 g
Carbohydrate	13.57 g	27.14 g
Dietary Fiber	2.6 g	5.3 g
Sugars	N/A	N/A
Total Fat	0.68 g	1.37 g
Saturated Fat	0.07 g	0.14 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	0.81 mg	1.62 mg
Calcium	19 mg	38 mg
Sodium	179 mg	359 mg
Magnesium	17 mg	35 mg
Potassium	103 mg	206 mg
Vitamin A	14 IU	29 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	2.3 mg	4.6 mg
Vitamin E	N/A	N/A



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Food database and calorie counter

Source: USDA

1 Oz
Carrots**Nutrition Facts**

Serving Size 1 oz

Amount Per Serving

Calories 12

Calories from Fat 1

% Daily Values*

Total Fat 0.07g 0%

Saturated Fat 0.01g 0%

Polyunsaturated Fat 0.033g

Monounsaturated Fat 0.004g

Cholesterol 0mg 0%

Sodium 20mg 1%

Potassium 91mg

Total Carbohydrate 2.72g 1%

Dietary Fiber 0.8g 3%

Sugars 1.29g

Protein 0.26g

Vitamin A 95% • Vitamin C 3%

Calcium 1% • Iron 0%

* Percent Daily Values are based on a 2000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

Nutrition Values are based on USDA Nutrient Database
SR18

1% of RDI*
(12 calories)

Calorie Breakdown:
Carbohydrate (90%)
Fat (5%)
Protein (5%)



* Based on a RDI of 2000 calories

What is my Recommended Daily Intake (RDI)?

Photos

[view more photos](#)**Nutrition summary:**

Calories	Fat	Carbs	Protein
12	0.07g	2.72g	0.26g

There are 12 calories in 1 ounce of Carrots.

Calorie breakdown: 5% fat, 90% carbs, 5% protein.

Other common serving sizes:

Serving Size	Calories
1 strip thin	1
1 slice	1
1 strip medium	2
1 strip large (3" long)	3
1 oz	12
1 small (5-1/2" long)	20
1 medium	25
1 large (7-1/4" to 8-1/2" long)	30
1 carrot (7-1/2")	30
100 g	41
1 cup grated	45
1 cup strips or slices	50
1 cup chopped	52
1 lb	186

Related types of Carrots:

- [Baby Carrots](#)
- [Cooked Carrots](#)
- [Carrots \(Solids and Liquids, Canned\)](#)
- [Low Sodium Carrots \(Canned\)](#)
- [Cooked Carrots \(from Canned\)](#)

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- [Lettuce](#)
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date: Today - 08/14/12

meal: Breakfast

name: Carrots

amount: 1 oz

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