

Usdan Dining Hall Nutrient Information Tables*

Washoku: Core Menu Jan '10

values in red exceed criteria for Eat Well Selection

Item	Portion	Eat Well Selection ?	Calories	Fat (gms)	Protein (gms)	Carbs (gms)	Fiber (gms)	Sodium (mgs)	Chol (mgs)
California roll	6 pcs	N	290	8	9	45	6	830	10
Tekka maki	6pcs	N	240	3	18	35	2	620	25
Tamago	6pcs	N	380	15	12	46	3	1130	215
Sake maki	6pcs	Y	250	6	15	32	2	380	35
Tobiko roll									
New Yorker	6 pcs	N	250	3	14	40	3	790	15
Boston roll									
Vegetable roll	6 pcs	Y	260	8	6	42	7	370	0
Whole edamame	7 oz	N	320	20	21	20	6	290	0
BBQ tofu	7 oz	N	440	18	23	63	12	375	0

*The nutritional information provided may vary. Dining Services may at times substitute ingredients based on product availability. Portion size can also affect the nutritional accuracy. For further information, please contact the Food Service Manager or Campus Nutritionist.