

NCS NUTRITION GUIDE

| Item | Portion Size | Calories | Sodium mg | Protein g | Carb g | Total Fat g | Sat. Fat g | Tr-Fat g | Fiber g | Sugar g |
|-----------------------------|--------------|----------|-----------|-----------|--------|-------------|------------|----------|---------|---------|
| Small Teriyaki Chicken Bowl | 198 g | 300 | 430 | 17 | 42 | 6 | 1.5 | 0 | 0 | 10 |
| Large Teriyaki Chicken Bowl | 425 g | 550 | 530 | 31 | 80 | 10 | 2.5 | 0 | 2 | 13 |
| Small Teriyaki Steak Bowl | 198 g | 290 | 600 | 13 | 42 | 4 | 1.5 | 0 | 0 | 10 |
| Large Teriyaki Steak Bowl | 425g | 520 | 510 | 28 | 81 | 9 | 3.5 | 0 | 2 | 15 |
| Asian Salad | 439g | 560 | 1040 | 37 | 54 | 22 | 5 | 0 | 8 | 17 |
| | | | | | | | | | | |
| Chick-fil-A 6 count nugget | 6 | 200 | 740 | 21 | 8 | 9 | 2 | 0 | 1 | 1 |
| Chick-fil-A Sandwich | 1 | 440 | 1400 | 30 | 42 | 16 | 3.5 | 0 | 2 | 6 |
| Chick-fil-A Spicy Sandwich | 1 | 450 | 1620 | 29 | 41 | 19 | 4 | 0 | 1 | 5 |
| | | | | | | | | | | |
| Small Pepperoni Pizza | | 503 | 675 | 25 | 67 | 16.5 | 7.1 | | 3 | |
| Large Pepperoni Pizza | | 670 | 900 | 33 | 89 | 22 | 9.5 | | 4 | |
| | | | | | | | | | | |

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|-----------------------------|--------------|----------|-----------|-----------|--------|-------------|------------|----------|---------|---------|
| Macaroni and Cheese | 198 g | 310 | 550 | 11 | 45 | 9 | 2.5 | 0 | 2 | 8 |
| | | | | | | | | | | |
| Tuna Salad with Crackers | 3.5 oz | 300 | 435 | 8 | 18 | 22 | 3.5 | 0 | 1 | 5 |
| | | | | | | | | | | |
| White Milk (1%) | 8 oz | 100 | 125 | 8 | 12 | 25 | 1.5 | 0 | 0 | 12 |
| Chocolate Milk (Skim) | 8 oz | 130 | 210 | 8 | 24 | 0 | 0 | 0 | 0 | 22 |
| Tropicana 100% Orange Juice | 10 oz | 140 | 20 | 2 | 33 | 0 | 0 | 0 | - | 28 |
| Minute Maid 100% Juice Box | 6.75 oz | 100 | 15 | 0 | 25 | 0 | 0 | 0 | - | 23 |
| Gatorade | 12 oz | 80 | 160 | 0 | 21 | 0 | 0 | 0 | - | 21 |
| Gatorade | 20 oz | 130 | 270 | 0 | 34 | 0 | 0 | 0 | - | 34 |

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|-------------------------------|--------------|----------|-----------|-----------|--------|-------------|------------|----------|---------|---------|
| Doritos | 1 oz | 140 | 210 | 2 | 16 | 8 | 1 | 0 | 1 | 0 |
| Pretzels | 1.5 oz | 160 | 350 | 4 | 35 | 0 | 0 | 0 | 1 | 1 |
| Cheetos | 1 oz | 150 | 250 | 2 | 13 | 10 | 1.5 | 0 | <1 | 1 |
| Cheez-its | 1.5 oz | 210 | 320 | 5 | 24 | 11 | 2.5 | 0 | 1 | 0 |
| Lays Potato Chips | 1 oz | 160 | 170 | 2 | 15 | 10 | 1.5 | 0 | 1 | <1 |
| Salt and Vinegar | 1.5 oz | 230 | 340 | 2 | 23 | 15 | 2 | 0 | 2 | 1 |
| Sun Chips | 1.5 oz | 210 | 180 | 3 | 29 | 10 | 1.5 | 0 | 4 | 3 |
| | | | | | | | | | | |
| | | | | | | | | | | |
| Famous Amos | 2 oz | 280 | 200 | 3 | 38 | 13 | 5 | 0 | 2 | 18 |
| Grandma Chocolate Chip Cookie | 1 cookie | 170 | 110 | 2 | 22 | 9 | 3 | 0 | >1 | 11 |
| Toll House Ice Cream Sandwich | 3.3 oz | 220 | 115 | 3 | 30 | 10 | 4 | 0 | >1 | 20 |
| Fat Boy Ice Cream Sandwich | 5 oz | 210 | 120 | 3 | 30 | 9 | 5 | 0 | 1 | 16 |