



NUTRITIONAL INFORMATION

Menu Item (List is a complete entrée unless otherwise noted)	Calories	Total Fat (g)	Calories from fat	% of Daily Fat	Sat. Fat (g)	% sat fat	Chol. (mg)	Sodium (mg)	Protein (g)	Calories from Prot.	Carbs (g)	Calories from Carbs	Dietary Fiber (g)
eMart Vegetable Cup (Carrots, Celery, Broccoli, Tomatoes)	50	trace	5	0%	trace	0%	0	97	2	13	11	82	4
eMart Fruit & Yogurt Parfait Cup (French Vanilla Yogurt, Seasonal Fruit)	150	6	35	9%	4	18%	22	80	6	17	19	48	3
eMart Turkey Sandwich (Hand-Carved Turkey Breast, Wheat Bread, Swiss Cheese, Lettuce, Tomato)	312	11	30	16%	5	27%	63	1023	27	34	28	36	3
eMart Ham Sandwich (Ham, White Bread, Lettuce, Tomato)	421	19	41	29%	9	44%	70	1716	25	24	36	35	4
eMart Fruit & Cheese Cup (Red Seedless Grapes, Cheddar Cheese, Monterey Jack Cheese)	526	34.42	303.75	84%	22.27	n/a	121.5	722.23	28.34	n/a	22.72	n/a	0.9
eMart Italian Sandwich (Roast Beef, Salami, Ham, Bun, Provolone Cheese, Lettuce, Tomato)	529	25	37	38%	10	50%	76	2197	34	22	61	41	7

NOTE: While these nutritional values are an excellent guide, they are approximations taken from an average of many government and commercial sources.