CONDIMENTS/FRUIT

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
CONDIMENTS									
A-1 Steak Sauce ▲	1 T.	15	0 g	0%	0 mg	0 g	3 g	0 g	280
BBQ Sauce ▲	2 T.	30	0 g	0%	0 mg	0 g	8 g	0 g	410 mg
Butter ■	1 T.	82	9.2 g	100%	25 mg	0 g	0 g	0 g	94 mg
Cocktail Sauce	2 T.	23	0 g	0%	0 mg	0.5 g	5 g	0 g	375 mg
Cream Cheese ■	2 T.	70	7 g	90%	25 mg	1 g	0.5 g	0 g	85 mg
Duck Sauce ▲	2 T.	50	0 g	0%	0 mg	0 g	13 g	0 g	290 mg
Grape Jelly ▲	1 T.	50	0 g	0%	0 mg	0 g	13 g	0 g	7 mg
Honey ■	1 T.	64	0 g	0%	0 mg	0 g	16 g	0 g	1 mg
Honey Mustard Sauce ■	2 T.	100	6 g	54%	5 mg	0 g	11 g	0 g	280 mg
Hot Pepper Relish	1 T.	10	0 g	0%	0 mg	0 g	2 g	0 g	280 mg
Hot Sauce ▲	1 t.	0	0 g	0%	0 mg	0 g	0 g	0 g	210 mg
Ketchup ▲	2 T.	40	0 g	0%	0 mg	0 g	10 g	0 g	420 mg
Low Fat Cream Cheese ■	2 T.	70	6 g	77%	16 mg	3 g	2 g	0 g	88 mg
Low Fat Mayonnaise ■	2 T.	50	2 g	36%	0 mg	0 g	8 g	0 g	280 mg
Margarine ■	1 T.	64	7.2 g	100%	0 mg	0 g	0 g	0 g	97 mg
Mayonnaise ■	2 T.	200	22 g	100%	12 mg	0 g	0 g	0 g	180 mg
Mustard ▲	1 t.	0	0 g	0%	0 mg	0 g	0 g	0 g	60 mg
Peanut Butter ▲	2 T.	190	16 g	77%	0 mg	8 g	6 g	2 g	149 mg
Pickle Relish ▲	1 T.	15	0 g	0%	0 mg	0 g	4 g	0 g	140 mg
Strawberry Jam ▲	1 T.	48	0 g	0%	0 mg	0 g	13 g	0 g	8 mg
Taco Sauce ▲	2 T.	10	0 g	0%	0 mg	0 g	2 g	0 g	100 mg
Tartar Sauce ■	2 T.	100	10 g	90%	10 mg	0 g	4 g	0 g	250 mg

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Vitamin C
FRUIT									
Apple ▲	1	80	0 g	0%	0 mg	0 g	21 g	3.7 g	8 mg
Banana ▲	1	108	0 g	0%	0 mg	1.2 g	28 g	2.8 g	11 mg
Grapes ▲	17	60	0 g	0%	0 mg	0.5 g	15 g	0.8 g	9 mg
Kiwi ▲	1	46	0 g	0%	0 mg	0.8 g	11 g	2.6 g	75 mg
Orange ▲	1	60	0 g	0%	0 mg	1.2 g	15 g	3 g	70 mg
Pear ▲	1	85	0 g	0%	0 mg	1 g	21 g	3.6 g	6 mg

■ *These items contain no meat, poultry or fish, but may contain eggs, milk or cheese.*
▲ *These items contain no meat, poultry, fish, eggs, milk, cheese, honey or gelatin.*

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Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Vitamin C

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