

BOUDIN

- **You are Lowering Fat Intake**

Fat is necessary in a healthy diet. Together with protein, fats help to form muscles, nerves, blood vessels and other important structures in the body. However, too much fat increases the risks of serious health problems, such as high blood pressure, heart disease, stroke, and diabetes, to name a few.

If you are looking to lower your intake, we recommend the following menu items:

- SOUPS (in a bowl, *not* a bread bowl; side of bread and butter not included):
 - Clam Chowder in a Bowl: 10 g fat/4 g saturated fat
 - French Onion Soup in a Bowl: 12 g fat/5 g saturated fat
 - Carrot Ginger Soup in a Bowl: 16 g fat/8 g saturated fat
- SALADS (bread not included):
 - Small Pasta Salad: 12 g fat/3.5 g saturated fat
 - Small Caesar Salad without Dressing: 6 g fat/1.5 g saturated fat
 - Small Caesar Salad with Dressing: 19 g fat/4 g saturated fat
 - Small Spring Salad without Dressing: 6 g fat/2 g saturated fat
 - Small Spring Salad with Dressing: 21 g fat/4 g saturated fat
- SANDWICHES: (excludes condiments)
 - Half Sandwich – Tuna: 10 g fat/1.5 g saturated fat
 - Half Sandwich – Tender Roast Beef: 3 g fat/2 g saturated fat
 - Half Sandwich – Turkey Cranberry: 2 g fat/1.5 g saturated fat
 - Half Sandwich – Pesto Roast Beef: 6 g fat/3 g saturated fat
 - Half Sandwich – Ham & Swiss: 6 g fat/3 g saturated fat
- PIZZAS:
 - Half Pizza – Tomato Basil Garlic Pizza: 15 g fat/8 g saturated fat