



# Snacks & Baked Goods

## Donuts

Table with 15 columns: Serving Size, Calories (kcal), Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Carbohydrate (g), Fibre (g), Sugars (g), Protein (g), Vitamin A (% DV), Vitamin C (% DV), Calcium (% DV), Iron (% DV). Rows include Apple Fritter, Blueberry Fritter, Caramel Apple Fritter, etc.

## Cake Donuts

Table with 15 columns: Serving Size, Calories (kcal), Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Carbohydrate (g), Fibre (g), Sugars (g), Protein (g), Vitamin A (% DV), Vitamin C (% DV), Calcium (% DV), Iron (% DV). Rows include Chocolate Glazed, Chocolate Mint, Chocolate Peanut Crunch, etc.

## Filled Donuts

Table with 15 columns: Serving Size, Calories (kcal), Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Carbohydrate (g), Fibre (g), Sugars (g), Protein (g), Vitamin A (% DV), Vitamin C (% DV), Calcium (% DV), Iron (% DV). Rows include Banana Cream, Blueberry, Boston Cream, etc.

## Other

Table with 15 columns: Serving Size, Calories (kcal), Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Carbohydrate (g), Fibre (g), Sugars (g), Protein (g), Vitamin A (% DV), Vitamin C (% DV), Calcium (% DV), Iron (% DV). Rows include Game Day Supreme, Honey Cruller, Long John, Walnut Crunch.

## Cookies

Table with 15 columns: Serving Size, Calories (kcal), Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Carbohydrate (g), Fibre (g), Sugars (g), Protein (g), Vitamin A (% DV), Vitamin C (% DV), Calcium (% DV), Iron (% DV). Rows include Caramel Chocolate Pecan, Chocolate Chunk, Ginger Molasses, etc.

# Snacks & Baked Goods

## Timbits®

Table with 15 columns: Serving Size, Calories (kcal), Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Carbohydrate (g), Fibre (g), Sugars (g), Protein (g), Vitamin A (% DV), Vitamin C (% DV), Calcium (% DV), Iron (% DV). Rows include Apple Fritter, Dutchie, Honey Dip.

## Cake Timbits

Table with 15 columns: Serving Size, Calories (kcal), Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Carbohydrate (g), Fibre (g), Sugars (g), Protein (g), Vitamin A (% DV), Vitamin C (% DV), Calcium (% DV), Iron (% DV). Rows include Chocolate Glazed, Chocolate Peanut Crunch, Chocolate Toasted Coconut, etc.

## Filled Timbits

Table with 15 columns: Serving Size, Calories (kcal), Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Carbohydrate (g), Fibre (g), Sugars (g), Protein (g), Vitamin A (% DV), Vitamin C (% DV), Calcium (% DV), Iron (% DV). Rows include Lemon, Raspberry, Spiced Apple, Strawberry, Venetian Cream.

## Muffins

Table with 15 columns: Serving Size, Calories (kcal), Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Carbohydrate (g), Fibre (g), Sugars (g), Protein (g), Vitamin A (% DV), Vitamin C (% DV), Calcium (% DV), Iron (% DV). Rows include Banana Nut, Blueberry, Chocolate Chip, etc.

## Classic Bagels

Table with 15 columns: Serving Size, Calories (kcal), Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Carbohydrate (g), Fibre (g), Sugars (g), Protein (g), Vitamin A (% DV), Vitamin C (% DV), Calcium (% DV), Iron (% DV). Rows include Blueberry, Cheddar Cheese, Cinnamon Raisin, etc.

## Specialty Bagels

Table with 15 columns: Serving Size, Calories (kcal), Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Carbohydrate (g), Fibre (g), Sugars (g), Protein (g), Vitamin A (% DV), Vitamin C (% DV), Calcium (% DV), Iron (% DV). Rows include Jalapeno Asiago Mozzarella, Maple Cinnamon French Toast, Sundried Tomato Asiago Parm.

# Helpful Hints



### Choose a reduced-sodium soup

- Chicken Noodle
• Cream of Broccoli
• Creamy Field Mushroom
• Hearty Potato Bacon
• Hearty Vegetable
• Italian Wedding
• Minestrone
• Split Pea with Ham
• Turkey with Wild Rice

At least 25% less sodium than our original recipe from 2007



### Choose a low fat option

- Try our oatmeal, it's low in fat
• Our Low Fat Muffins contain only 2.5g of fat
• Any size Iced Capp™ made with milk or chocolate milk contains less than 2.5g of fat
• Made with or without yogurt, any size Real Fruit Smoothie contains 1.5g of fat or less

Low in fat – 3g of fat or less



### Choose a source of fibre

- Try our chili, it's a source of fibre
• Bran and Whole Grain muffins are sources of fibre
• Choose a 12 Grain or Wheat 'N Honey Bagel, each has 5g of fibre or more

Source of fibre – 2g of fibre or more



### Choose a source of calcium

- Yogurt & Berries is a source of calcium
• Add Cheddar or Swiss cheese to your sandwich
• Our hot Lattes and Cappuccinos are sources of calcium
• Add low fat yogurt to your Fruit Smoothie to make it a source of calcium

Source of calcium – 5% or more of the daily value

## More Hints

- Try 2% milk or 1% chocolate milk instead of cream in your beverage
• Order your Breakfast Sandwich on a low-fat English Muffin or with an Egg White Omelette
• Try one of our light cream cheeses on your bagel
• Our Real Fruit Smoothies are made with a full serving of fruit (125 mL or 1/2 cup)
• Treat yourself to three filled or yeast Timbits for a snack with 150 calories or less

# Snacks, Baked Goods & Prepared Foods

## Bagel Toppings

Table with 15 columns: Serving Size, Calories (kcal), Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Carbohydrate (g), Fibre (g), Sugars (g), Protein (g), Vitamin A (% DV), Vitamin C (% DV), Calcium (% DV), Iron (% DV). Rows include Plain Cream Cheese Spread, Light Plain Cream Cheese Spread, etc.

## Other Baked Goods

Table with 15 columns: Serving Size, Calories (kcal), Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Carbohydrate (g), Fibre (g), Sugars (g), Protein (g), Vitamin A (% DV), Vitamin C (% DV), Calcium (% DV), Iron (% DV). Rows include Cinnamon Roll - Chocolate, Cinnamon Roll - Frosted, etc.

## Yogurt & Berries

Table with 15 columns: Serving Size, Calories (kcal), Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Carbohydrate (g), Fibre (g), Sugars (g), Protein (g), Vitamin A (% DV), Vitamin C (% DV), Calcium (% DV), Iron (% DV). Rows include Creamy Vanilla with Berries, Strawberry with Berries.

## Hot Bowls

Table with 15 columns: Serving Size, Calories (kcal), Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Carbohydrate (g), Fibre (g), Sugars (g), Protein (g), Vitamin A (% DV), Vitamin C (% DV), Calcium (% DV), Iron (% DV). Rows include Chili, Beef Noodle Soup, Cauliflower Cheese Soup, etc.

## Buns/Bread

Table with 15 columns: Serving Size, Calories (kcal), Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Carbohydrate (g), Fibre (g), Sugars (g), Protein (g), Vitamin A (% DV), Vitamin C (% DV), Calcium (% DV), Iron (% DV). Rows include Mini Whole Wheat Buns, Regular White Buns, Regular Whole Wheat Buns.