### Baked Goods

<table>
<thead>
<tr>
<th></th>
<th>Serving Size</th>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (g)</th>
<th>Fibre (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Vitamin A (% DV)</th>
<th>Vitamin C (% DV)</th>
<th>Calcium (% DV)</th>
<th>Iron (% DV)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Apple Fritter</strong></td>
<td>95 g</td>
<td>290</td>
<td>8</td>
<td>3.5</td>
<td>0</td>
<td>0</td>
<td>330</td>
<td>48</td>
<td>2</td>
<td>15</td>
<td>7</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td><strong>Honey Cruller</strong></td>
<td>81 g</td>
<td>310</td>
<td>18</td>
<td>9</td>
<td>0.3</td>
<td>50</td>
<td>200</td>
<td>37</td>
<td>0</td>
<td>22</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
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</tr>
<tr>
<td><strong>Chocolate Mint</strong></td>
<td>73 g</td>
<td>280</td>
<td>14</td>
<td>6</td>
<td>0.1</td>
<td>5</td>
<td>320</td>
<td>36</td>
<td>1</td>
<td>17</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>15</td>
</tr>
<tr>
<td><strong>Ginger Molasses</strong></td>
<td>53 g</td>
<td>210</td>
<td>7</td>
<td>4.5</td>
<td>0.2</td>
<td>35</td>
<td>150</td>
<td>35</td>
<td>1</td>
<td>19</td>
<td>2</td>
<td>6</td>
<td>0</td>
<td>4</td>
<td>10</td>
</tr>
<tr>
<td><strong>Chocolate Peanut Crunch</strong></td>
<td>74 g</td>
<td>300</td>
<td>17</td>
<td>7</td>
<td>0.1</td>
<td>5</td>
<td>320</td>
<td>32</td>
<td>2</td>
<td>13</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>15</td>
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<tr>
<td><strong>Caramel Apple Fritter</strong></td>
<td>103 g</td>
<td>300</td>
<td>8</td>
<td>3.5</td>
<td>0</td>
<td>0</td>
<td>390</td>
<td>52</td>
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<td>17</td>
<td>7</td>
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<td>15</td>
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<tr>
<td><strong>Chocolate White Coconut</strong></td>
<td>80 g</td>
<td>320</td>
<td>18</td>
<td>10</td>
<td>0.1</td>
<td>5</td>
<td>340</td>
<td>38</td>
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<td>18</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>15</td>
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<tr>
<td><strong>Dutchie</strong></td>
<td>72 g</td>
<td>230</td>
<td>6</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>200</td>
<td>38</td>
<td>1</td>
<td>15</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>15</td>
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<tr>
<td><strong>Smile Cookie</strong></td>
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<td>250</td>
<td>10</td>
<td>6</td>
<td>0.4</td>
<td>25</td>
<td>250</td>
<td>38</td>
<td>1</td>
<td>22</td>
<td>3</td>
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<td>320</td>
<td>35</td>
<td>1</td>
<td>16</td>
<td>4</td>
<td>0</td>
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<tr>
<td><strong>Old Fashion Dip</strong></td>
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<td>270</td>
<td>36</td>
<td>1</td>
<td>17</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td>10</td>
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<tr>
<td><strong>White Chocolate Macadamia Nut</strong></td>
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<td>13</td>
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<td>25</td>
<td>250</td>
<td>32</td>
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<td>16</td>
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<td>0</td>
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<tr>
<td><strong>Strawberry Vanilla</strong></td>
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<td>0</td>
<td>230</td>
<td>52</td>
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<tr>
<td><strong>Sour Cream Sugar</strong></td>
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<td>220</td>
<td>33</td>
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<td>3</td>
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<td>2</td>
<td>8</td>
</tr>
<tr>
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<td>79 g</td>
<td>300</td>
<td>14</td>
<td>8</td>
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<td>15</td>
<td>280</td>
<td>39</td>
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<td>0</td>
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</table>

### Helpful Hints

- **Choose a reduced sodium soup**
  - Tomato with Wild Rice Soup
  - Split Pea with Ham Soup
  - Hearty Vegetable Soup
  - Hearty Potato Bacon

- **Choose a low fat option**
  - Turkey with Wild Rice
  - Split Pea with Ham
  - Cinnamon Raisin
  - Cheddar Cheese
  - Oatmeal Raisin Nut
  - Fruit Explosion

- **Choose a source of fibre**
  - Whole Grain Raspberry
  - Whole Grain Blueberry
  - Oatmeal Raisin Nut
  - Fruit Explosion

- **Choose a source of calcium**
  - Whole Grain Bagel, Wheat 'N Honey
  - Bran and Whole Grain muffins
  - Any size Iced Capp™ made with milk or chocolate
  - Our Low Fat Muffins

- **Our Real Fruit Smoothies**
  - Made with a full serving of fruit (125 mL or 1/2 cup)

- **Try one of our light cream cheeses on your bagel**
  - Low in fat – 3g of fat or less

- **Our hot Lattes and Cappuccinos**
  - Low in fat

- **Sources of fibre**
  - Whole Grain Raspberry
  - Whole Grain Blueberry
  - Oatmeal Raisin Nut
  - Fruit Explosion

- **Each has 5g of fibre or more**
  - Whole Grain Raspberry
  - Whole Grain Blueberry
  - Oatmeal Raisin Nut
  - Fruit Explosion

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