

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Caffeine (mg.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Pretzel	1 Bagel	100	260	0.5	0	0	0	4440	54	2	5	4	10	0				X					X		
Asiago Cheese *	1 Bagel	110	310	2.5	1.5	0	5	640	57	2	5	4	13	0		X	X	X					X		
Blueberry *	1 Bagel	105	280	1	0	0	0	490	59	2	10	8	10	0				X					X		
Chocolate Chip *	1 Bagel	105	290	2.5	1.5	0	0	490	58	2	10	8	10	0			X	X					X		
French Toast *	1 Bagel	105	320	4.5	1.0	0	0	500	60	2	11	10	10	0				X					X		
Thintastic Bagels *Items Available at License Locations Only (Airports, Hospitals, College Campuses)																									
Ancient Grain Thin	1 Thin	74	190	2.5	0	0	0	340	35	4	7	4	9	0			X ¹	X							
Everything Thin	1 Thin	74	200	1	0	0	0	410	41	2	4	3	8	0				X					X		
Honey Whole Wheat Thin	1 Thin	74	200	2.5	0	0	0	320	37	5	6	5	9	0			X ¹	X					X		
Plain Thin	1 Thin	74	200	0	0	0	0	370	41	2	4	3	7	0				X					X		
Gourmet Bagels																									
Apple Cinnamon	1 Bagel	149	420	7	2	0	0	610	78	2	28	25	9	0			X	X							
Cheddar Jalapeno	1 Bagel	127	330	8	3.5	0	15	650	51	2	5	4	13	0		X	X ¹	X							
Cheesy Hash Brown Bagel	1 Bagel	127	390	11	4.5	0	10	640	59	3	5	4	13	0		X	X ¹	X							
Green Chile	1 Bagel	156	390	11	5	0	25	690	55	3	6	4	18	0		X	X ¹	X							
Power Protein Bagel	1 Bagel	113	310	4	0	0	0	160	59	4	12	5	11	0				X	X					*Walnuts	
Six-Cheese	1 Bagel	126	360	10	4.5	0	20	650	51	2	5	4	16	0		X	X ¹	X							
Spinach Florentine	1 Bagel	142	370	11	4.5	0	15	560	52	3	5	4	14	0		X	X ¹	X							
Specialty Breads *Items Available at License Locations Only (Airports, Hospitals, College Campuses)																									
Bagel Roll	1 Roll	100	270	3.5	0.5	0	0	420	50	2	5	4	9	0			X ¹	X							
Ciabatta Roll*	1 Ciabatta	90	230	2.5	0	0	0	610	44	2	1	0	8	0				X							
Flour Tortilla	1 Tortilla	104	310	7	2.5	0	0	630	52	2	0	0	8	0			X ¹	X							
Cream Cheese and Spreads																									
Whipped Cream Cheese Shmear																									
Garden Veggie Reduced Fat	1.2 oz	35	100	9	6	0	30	190	5	0	2	0	2	0		X									
Garlic and Herb	1.2 oz	35	110	9	5	0	30	190	5	0	2	0	2	0		X									
Honey Almond Reduced Fat	1.2 oz	35	120	9	4.5	0	25	80	10	0	7	5	2	0		X			X						*Almonds

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Caffeine (mg.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Chorizo Sausage Patty	1 Patty	43	160	16	5	0	30	390	1	0	0	0	5	0										
Ham, Breakfast	1.5 oz	43	45	1	0	0	15	480	2	0	2	0	6	0										
Ham, Lunch	3.0 oz	85	90	2.5	1	0	35	970	4	0	3	0	12	0										
Lox, Cold Smoked Salmon	2.0 oz	57	100	6	1	0	20	650	0	0	0	0	12	0							X			Salmon
Pepperoni Slices	10 Pieces	19	90	9	3.5	0	20	330	1	0	0	0	3	0										
Turkey, Lunch	3.0 oz	85	90	2.5	0	0	40	650	9	0	2	2	15	0										
Turkey Sausage Patty	1 Patty	43	90	7	2	0	40	280	0	0	0	0	7	0										

Sauces and Produce

Sauces

Chipotle Salsa	0.5 oz	14	5	0	0	0	0	80	1	0	1	0	0	0			X ¹							
Chipotle Mayo	0.5 oz	14	90	10	1.5	0	5	115	1	0	0	0	0	0	X		X ¹							
Double Egg Mayo	0.5 oz	14	100	12	2	0	10	40	0	0	0	0	0	0	X		X ¹							
Roasted Tomato Spread	0.5 oz	14	80	8	1.5	0	5	110	1	0	1	1	0	0	X	X	X ¹							
Spicy Brown Mustard	0.5 oz	14	15	0	0	0	0	140	0	0	0	0	0	0										

Produce

Avocado	1.0 oz	28	50	4	0.5	0	0	0	3	2	0	0	1	0										
Capers	0.1 oz	3	0	0	0	0	0	60	0	0	0	0	0	0										
Cucumber	3 Slices	28	5	0	0	0	0	0	1	0	0	0	0	0										
Leaf Lettuce	0.5 oz	14	0	0	0	0	0	0	0	0	0	0	0	0										
Pickle Spear	1.0 oz	28	0	0	0	0	0	260	0	0	0	0	0	0										
Red Onion	3 Slices	9	5	0	0	0	0	0	1	0	0	0	0	0										
Spinach	0.5 oz	14	5	0	0	0	0	10	1	0	0	0	0	0										
Tomato	2 Slices	43	10	0	0	0	0	0	2	0	1	0	0	0										

Einstein Bros Company Egg Sandwiches

Einstein Bros. Company: Classic 1 Egg Sandwiches ^Nutrition and Allergen Information Shown is Made on Plain Bagel

Bacon & Cheddar ^	6.2 oz	175	450	16	7	0	215	980	58	2	6	4	25	0	X	X	X ¹	X						X
Cheddar Cheese ^	5.7 oz	161	400	11	4.5	0	200	740	57	2	5	4	20	0	X	X	X ¹	X						X

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Caffeine (mg.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Ham & Swiss ^	7.2 oz	204	450	12	5	0	215	1160	59	2	7	4	26	0	X	X	X ¹	X					X	
Turkey Sausage & Cheddar ^	7.2 oz	204	490	18	7	0	240	1020	57	2	5	4	27	0	X	X	X ¹	X					X	
Einstein Bros. Company: Classic 2 Egg Sandwiches ^Nutrition and Allergen Information Shown is Made on Plain Bagel																								
Bacon & Cheddar ^	8.2 oz	232	550	21	9	0.5	400	1130	58	2	7	4	31	0	X	X	X ¹	X					X	
Cheddar Cheese ^	7.7 oz	218	480	16	7	0.5	385	890	57	2	6	4	26	0	X	X	X ¹	X					X	
Ham & Swiss ^	9.2 oz	260	530	17	7	0.5	400	1300	59	2	7	4	33	0	X	X	X ¹	X					X	
Turkey Sausage & Cheddar ^	9.2 oz	261	570	23	9	0.5	425	1170	57	2	6	4	33	0	X	X	X ¹	X					X	
Einstein Bros. Company: Classic Egg White Sandwiches ^Nutrition and Allergen Information Shown is Made on Plain Bagel																								
Bacon & Cheddar ^	6.6 oz	187	430	11	5	0	30	1010	57	2	6	4	25	0	X	X	X ¹	X					X	
Cheddar Cheese ^	6.1 oz	173	360	6	3	0	15	770	56	2	5	4	20	0	X	X	X ¹	X					X	
Ham & Swiss ^	7.6 oz	216	400	7	3.5	0	30	1180	58	2	7	4	26	0	X	X	X ¹	X					X	
Turkey Sausage & Cheddar ^	7.6 oz	216	450	13	5	0	55	1050	56	2	5	4	27	0	X	X	X ¹	X					X	
Einstein Bros. Company Chef's Creations: 1 Egg Sandwiches																								
Chorizo Sunrise on Green Chile	10.7 oz	305	790	46	18	0.5	265	1410	64	5	8	4	34	0	X	X	X ¹	X						
Farmhouse On Cheesy Hash Brown	9.2 oz	262	690	32	14	0.5	255	1670	65	3	9	4	35	0	X	X	X ¹	X						
Garden Avocado on Everything	8.8 oz	249	500	19	4	0	190	840	64	5	8	5	18	0	X	X	X ¹	X					X	
Santa Fe Sandwich on Asiago	8.6 oz	244	580	25	11	0.5	260	1340	59	2	7	4	31	0	X	X	X ¹	X					X	
Texas Brisket on Cheddar Jalapeno	9.6 oz	273	760	48	14	0	255	1560	56	3	6	4	30	0	X	X	X ¹	X						
Einstein Bros. Company Chef's Creations: 2 Egg Sandwiches																								
All-Nighter on Cheesy Hash Brown	10.6 oz	300	900	56	19	1	435	1910	65	3	8	4	35	0	X	X	X ¹	X						
Chorizo Sunrise on Green Chile	12.7 oz	361	870	51	20	1	455	1550	64	5	9	4	40	0	X	X	X ¹	X						
Farmhouse On Cheesy Hash Brown	11.2 oz	318	770	38	16	1	445	1810	66	3	10	4	41	0	X	X	X ¹	X						
Garden Avocado on Everything	10.8 oz	306	580	25	6	0	375	980	65	5	8	5	24	0	X	X	X ¹	X					X	
Santa Fe Sandwich on Asiago	10.6 oz	301	660	31	13	1	450	1480	60	2	7	4	37	0	X	X	X ¹	X					X	

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Caffeine (mg.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Texas Brisket on Cheddar Jalapeno	11.2 oz	319	840	53	16	0.5	440	1700	56	3	6	4	36	0	X	X	X ¹	X							

Einstein Bros. Company Chef's Creations: 1 Egg White Sandwiches

Bacon Avocado Tomato Thin on Plain	8.1 oz	231	440	19	4.5	0	20	890	47	4	7	3	19	0	X	X	X ¹	X						X	
Chorizo Sunrise on Green Chile	11.2 oz	317	750	41	17	0.5	80	1440	63	5	8	4	34	0	X	X	X ¹	X							
Farmhouse On Cheesy Hash Brown	9.7 oz	274	650	27	13	0	70	1690	65	3	9	4	34	0	X	X	X ¹	X							
Garden Avocado on Everything	9.2 oz	261	450	14	2.5	0	5	860	63	5	7	5	18	0	X	X	X ¹	X						X	
Santa Fe Sandwich on Asiago	9.0 oz	256	540	20	9	0	75	1360	59	2	7	4	31	0	X	X	X ¹	X						X	
Texas Brisket on Cheddar Jalapeno	10.0 oz	284	720	43	13	0	70	1590	55	3	6	4	30	0	X	X	X ¹	X							

Company Burritos

Einstein Bros. Company Burrito *NW Locations Only

Big Breakfast Burrito*	14.0 oz	398	1050	60	27	1	500	2320	76	4	5	0	50	0	X	X	X ¹	X							
Chorizo Breakfast Burrito	14.0 oz	398	1120	68	30	1	490	2430	77	4	6	0	49	0	X	X	X ¹	X							

Einstein Bros License Egg Sandwiches

Einstein Bros. License: Classic Egg Sandwiches ^Nutrition and Allergen Information Shown on Plain Bagel *Items Available at License Locations Only (Airports, Hospitals, College Campuses)

Applewood Bacon & Cheddar ^ *	6.1 oz	173	500	18	6	0	150	980	61	2	7	4	23	0	X	X	X	X						X	
Cheddar Cheese ^ *	5.7 oz	163	430	13	4.5	0	135	740	60	2	6	4	18	0	X	X	X	X						X	
Ham & Swiss ^ *	7.2 oz	205	470	14	4.5	0	150	1160	61	2	8	4	25	0	X	X	X	X						X	
Turkey Sausage & Cheddar ^ *	7.2 oz	205	520	20	6	0	175	1020	60	2	6	4	25	0	X	X	X	X						X	

Einstein Bros. License: Signature Egg Sandwiches *Items Available at License Locations Only (Airports, Hospitals, College Campuses)

All-Nighter on Cheesy Hash Brown*	9.8 oz	278	930	60	18	0.5	305	1850	66	3	8	4	33	0	X	X	X	X							
Bacon Avocado Tomato Thin on Plain*	8.1 oz	230	430	18	4	0	20	830	48	4	8	3	19	0	X	X	X	X						X	
Farmhouse On Cheesy Hash Brown*	9.1 oz	258	710	35	15	0	195	1630	65	3	9	4	33	0	X	X	X	X							

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Caffeine (mg.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Garden Avocado on Everything	8.7 oz	248	510	21	3.5	0	125	770	65	5	8	5	16	0	X	X	X	X					X	
Santa Fe on Asiago Thin*	7.8 oz	220	440	18	8	0	70	1070	43	2	5	3	26	0	X	X	X	X					X	

License Burrito

Einstein Bros. License: Burrito **Items Available at License Locations Only (Airports, Hospitals, College Campuses)*

Big Bro's Burrito *	15.3 oz	433	1250	76	33	1	380	2330	94	7	5	0	48	0	X	X	X	X							
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Einstein Bros. Company Lunch Sandwiches

Einstein Bros. Company: Signature Lunch Sandwiches

Avocado Veg Out on Sesame	9.1 oz	259	410	11	3.5	0	15	630	66	6	8	4	14	0		X		X						X	
Ham & Swiss on Plain Bagel	10.4 oz	295	540	20	5	0	55	1690	63	3	10	4	27	0	X	X	X ¹	X						X	
Nova Lox on Plain Bagel	8.7 oz	248	500	18	8	0	60	1340	60	3	8	4	24	0		X		X			X		X	Salmon	
Tasty Turkey on Asiago Bagel	11.6 oz	329	520	16	8	0	80	1430	71	3	10	6	32	0		X		X						X	
Turkey & Cheddar on Plain Bagel	10.4 oz	295	540	20	4.5	0	60	1440	68	3	8	6	29	0	X	X	X ¹	X						X	
Turkey, Bacon & Avocado on Plain Bagel	11.0 oz	313	640	28	5	0	65	1630	73	4	10	7	31	0	X	X	X ¹	X						X	

Einstein Bros. Company: Hot and Toasty Lunch Sandwiches

Pizza Bagel, Cheese on Plain	6.4 oz	183	460	13	8	0	40	1090	61	3	7	4	25	0		X		X						X	
Pizza Bagel, Pepperoni on Plain	7.1 oz	202	560	22	11	0	60	1420	61	3	7	4	28	0		X		X						X	

Einstein Bros. License Lunch sandwiches

Einstein Bros. License: Signature Lunch Sandwiches **Items Available at License Locations Only (Airports, Hospitals, College Campuses)*

Avocado Veg Out on Sesame*	9.2 oz	260	400	11	3.5	0	15	640	66	5	9	4	14	0		X		X						X	
Ham & Swiss on Plain Bagel*	10.5 oz	299	550	20	5	0	55	1720	65	3	11	4	26	0	X	X		X						X	
California Turkey Wrap*	12.6 oz	358	670	32	10	0	75	1700	72	5	6	2	31	0	X	X		X							
Chicken Salad on Plain Bagel *	9.7 oz	275	490	16	2.5	0	65	930	61	3	8	4	29	0	X			X						X	
Nova Lox on Plain Bagel*	8.8 oz	250	510	19	8	0	60	1340	63	3	9	4	24	0	X	X		X			X		X	Salmon	
Tasty Turkey on Asiago Bagel*	11.6 oz	330	530	15	8	0	75	1420	75	3	10	6	31	0		X	X	X						X	
Turkey & Cheddar on Plain Bagel*	10.5 oz	299	560	20	4.5	0	60	1470	70	3	9	6	29	0	X	X		X						X	

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Caffeine (mg.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Turkey, Bacon & Avocado on Ciabatta*	10.6 oz	302	600	30	6	0	65	1740	61	4	6	3	29	0	X	X		X						
Einstein Bros. License: Hot Sandwiches *Items Available at License Locations Only (Airports, Hospitals, College Campuses)																								
Albuquerque Turkey on Six Cheese*	12.2 oz	345	710	33	15	0.5	120	1810	68	3	11	6	44	0		X		X						
Cheesy Veggie Melt on Ciabatta*	8.2 oz	232	620	37	13	0.5	65	1090	50	3	3	1	23	0	X	X		X						
Chicken and Pepperoni on Ciabatta*	8.8 oz	250	650	33	13	0	120	1560	47	2	1	1	43	0	X	X		X						
Pizza Bagel Cheese on Plain*	6.6 oz	187	480	14	8	0	40	1120	63	3	8	4	25	0		X		X					X	
Pizza Bagel Pepperoni on Plain*	7.2 oz	205	570	22	11	0	60	1440	64	3	8	4	28	0		X		X					X	
Spicy Chicken on Ciabatta*	9.7 oz	276	610	26	13	0.5	130	1640	53	3	4	0	41	0		X		X						
Sides																								
Sides																								
Sea Salt Potato Chips	1.0 oz	28	150	9	1	0	0	95	17	1	1	0	2	0										
Twice Baked Hash Brown	3.0 oz	85	170	11	6	0	35	260	11	1	1	0	7	0		X								
Avocado Toast																								
Avocado Toast *Items Available at License Locations Only (Airports, Hospitals, College Campuses)																								
Avocado Toast	5.6 oz	160	380	9	1.5	0	0	680	63	6	6	4	11	0				X					X	
Avocado Toast *	5.7 oz	162	380	9	1.5	0	0	670	64	5	7	4	11	0				X					X	
Sweets																								
Sweets *Items Available at License Locations Only (Airports, Hospitals, College Campuses)																								
Cinnamon Bliss Roll	6.5 oz	185	610	39	16	0	55	760	98	3	44	42	11	0	X	X	X	X						
Cookie, Heavenly Chocolate Chip	3.5 oz	99	470	23	14	0.5	45	230	62	2	38	37	5	0	X	X	X	X						
Muffin, Blueberry	4.2 oz	120	440	25	5	0	85	530	48	1	27	23	5	0	X	X	X	X						
Muffin, Chocolate Chip	4.2 oz	120	530	30	8	0	85	540	56	1	36	33	6	0	X	X	X	X						
Pastry, Apple Pie	3.0 oz	85	250	10	4	0	0	180	38	1	16	15	3	0			X	X						
Pastry, Strawberry and Cream Strudel	3.8 oz	109	340	17	8	0	0	280	42	1	17	16	4	0		X	X	X						

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Caffeine (mg.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Doggie Bagels																									
Doggie Bagels (Not for Human Consumption)																									
Doggie Bagel	1.0 oz	28	70	0.5	0	0	0	120	14	0	0	0	2	0			X	X							For Dogs
Beverages																									
Classic Coffee Drinks (With 2% Milk)																									
Americano, Hot	12 fl oz	5	0	0	0	0	0	20	0	0	0	0	2	196											
	16 fl oz	5	0	0	0	0	0	20	0	0	0	0	2	196											
	20 fl oz	10	0	0	0	0	0	30	0	0	0	0	3	294											
Cappuccino, Hot	12 fl oz	110	4	2.5	0	15	105	10	0	10	0	9	196		X										
	16 fl oz	140	5	3.5	0	20	130	13	0	13	0	11	196		X										
	20 fl oz	170	6	4	0	25	160	15	0	15	0	14	294		X										
Chai Tea Latte, Hot	12 fl oz	170	4	2.5	0	15	90	26	0	24	14	7	49.8		X										
	16 fl oz	230	5	3.5	0	20	115	35	0	32	20	9	69.1		X										
	20 fl oz	280	6	4	0	25	140	43	0	40	25	11	87.1		X										
Chai Tea Latte, Iced	16 fl oz	140	3	2	0	10	70	23	0	21	14	5	69.1		X										
	24 fl oz	250	5	3.5	0	20	125	41	0	37	25	9	87.1		X										
Latte, Hot	12 fl oz	110	4	2.5	0	15	105	10	0	10	0	9	196		X										
	16 fl oz	140	5	3.5	0	20	130	13	0	13	0	11	196		X										
	20 fl oz	170	6	4	0	25	160	15	0	15	0	14	294		X										
Latte, Iced	16 fl oz	80	3	2	0	10	90	7	0	7	0	7	196		X										
	24 fl oz	140	5	3.5	0	20	150	13	0	13	0	12	294		X										
Mocha, Hot	12 fl oz	270	6	4.5	0	20	135	46	2	42	32	10	196		X										
	16 fl oz	350	8	5	0	25	170	61	3	57	43	13	196		X										
	20 fl oz	420	9	6	0	30	210	75	3	70	53	16	294		X										
Mocha, Iced	16 fl oz	240	5	3.5	0	15	120	44	2	41	32	8	196		X										
	24 fl oz	390	8	6	0	25	200	72	3	67	53	14	294		X										
Signature Coffee Drinks (With 2% Milk)																									

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Caffeine (mg.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
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Smoothies

Strawberry Banana Smoothie	16 fl oz	280	0	0	0	0	25	67	4	60	53	1	0											
	24 fl oz	370	0	0	0	0	40	89	5	80	712	2	0		X									



¹ Soy is only present as soybean oil. Highly refined soybean oil does not usually cause an allergic reaction.

² Cold Smoked Salmon is raw, consuming raw or undercooked seafood may result in foodborne illness, especially if you have certain medical conditions.

³ Phenylketonurics: contains phenylalanine

Nutrition information is based upon standard recipes, and rounded per federal requirements. Variations may occur due to differences in suppliers, customized ordering, and product preparation at the restaurant. Test products or regional items may not be included and may not be available in all areas. A 2,000 calorie daily diet is used as the basis for general nutrition advice. However, individual caloric needs may vary. Visit www.mypyramid.gov for more information. Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 mg of sodium.