

I have created this list of selected items from Panera for you to use when you must eat out. The items listed fall generally under about 400 calories, 15 grams of fat and 600 milligrams of sodium.

Item	Calories	Fat (g)	Trans Fat (g)	Sodium (mg)	Fiber (g)
<b>Hot Panini</b>					
Half Tomato & Mozzarella on Ciabatta	380	15	0	650	3
<b>Signature Sandwiches</b>					
Half Asiago Roast Beef on Asiago Cheese	350	13	0	630	1
<b>Cafe Sandwiches</b>					
Half Salmon Club Croissant	380	26	0	580	1
Half Napa Almond Chicken Salad on Sesame Semolina	340	13	0	660	2
Half Tuna Salad on Honey Wheat	380	23	0	570	3
<b>Salad Dressings</b>					
Full Light Buttermilk Ranch (1.5 oz.)	80	4	0	350	1
Full Reduced-Sugar Asian Sesame Vinaigrette (1.5 oz.)	90	8	0	390	0
Half Reduced Fat Balsamic Vinaigrette (0.75 oz.)	60	5	0	120	0
Half BBQ Ranch Dressing (0.75 oz.)	70	6	0	180	0
Half Caesar Dressing (0.75 oz.)	80	8	0	95	0
Half Light Buttermilk Ranch (0.75 oz.)	40	2	0	170	0
Half Reduced-Sugar Asian Sesame Vinaigrette (0.75 oz.)	45	4	0	190	0
Half White Balsamic Apple Vinaigrette (0.75 oz.)	80	6	0	160	0
Tangerine Honey Vinaigrette (1.5 oz.)	100	7	0	45	0
Half Tangerine Honey Vinaigrette (0.75 oz.)	50	3.5	0	20	0
<b>Panera Kids™</b>					
Panera Kids Organic Yogurt (blueberry, strawberry)	70	1	0	40	0

Nutrition information for Panera is © 2010 Panera Bread. Selected nutrition information is provided here as a service to Dr. Gourmet readers. View the complete nutrition information at <http://www.panerabread.com/pdf/menu.pdf>