

I have created this list of selected items from Boston Market 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.

	<b>Calories</b>	<b>Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Sod (mg)</b>	<b>Fiber (g)</b>
<b>Individual Plates</b>					
Roasted Turkey Breast - Regular (5 oz)	180	3	0	620	0
Beef Brisket - Regular (4 oz)	230	13	0	570	0
BBQ Chicken Slider	240	6	0	720	0
Turkey Slider	280	15	0	510	0
Meatloaf Slider	290	13	0	670	2
<b>Family Meals</b>					
Roasted Turkey	180	3	0	635	0
<b>Soups &amp; Sides</b>					
Caesar Half Salad w/out Dressing	40	2	0	75	1
Cinnamon Apples	210	3	0	15	3
Fresh Steamed Vegetables	60	2	0	40	3
Fresh Vegetable Stuffing	190	8	0	580	2
Coleslaw (Regular)	410	40	1	410	2
Garlic Dill New Potatoes	140	3	0	120	3
Green Beans	60	3.5	0	180	3
Sweet Corn	170	4	0	95	2
Sweet Potato Casserole	460	16	0	270	3
<b>Salads</b>					
Half Asian Salad	290	16	0	640	3
<b>Sauces</b>					
Honey Habanero	60	0	0	240	0
Island Mojo	90	8	0	140	0
Sweet Thai Chili Garlic	60	1	0	210	1
Zesty Barbecue	60	0	0	240	0
Poultry Gravy - New (With Chicken)	50	1	0	350	0

Nutrition information for Boston Market is © 2010 Boston Market Corporation. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at <http://www.bostonmarket.com/restaurant/printableNutrition.jsp>