

I have created this list of selected items from Cosi 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)
Sandwiches					
Fire-Roasted Veggie Sandwich	324	8	0	259	4
Hummus & Veggie Sandwich	397	7	0	532	7
Turkey Light Sandwich	390	5	0	526	2
Soups					
Pollo y Pasta Soup - Side	81	2		550	1
Moroccan Lentil Soup - Side	99	2	0	580	3
Three Bean Chili - Side	75	0	0	506	6
New England Clam Chowder - Side	220	14	0	312	1
Chicken Queso Tortilla - Side	100	4	0	400	1
Lighter Side Menu					
T.B.M Light Sandwich	372	11	0	342	2

Nutrition information for Cosi is © 2010 Cosi. Selected nutrition information is provided here as a service to Dr. Gourmet readers. View the complete nutrition information at <http://www.getcosi.com/nutrition.html>