

## Health & Nutrition Information

The Traffic light of each dish is determined by the total number of points that it gets: Low points (2 or less) get "Green" lights, medium (3-8 points) get "Orange", and high (9 or more points) get "Red".

"A" points are awarded for levels of calories, fat, sugars, and sodium. It is better not to eat too much of these. "C" points are awarded for the levels of fruit and vegetables, minerals, and poly-unsaturates. It is better to eat more of these. "A" points minus "C" points gives a total points value, which with the coloured dot, gives you a more balanced picture of how healthy a dish is.

For further information visit our website: [fresh-italy.com/health](http://fresh-italy.com/health)

## FRESH ITALY MENU SCORES

	SCORE*	'A' POINTS				'C' POINTS			
		Energy (KJ)	Fat saturates (g)	Sugars (g)	Sodium (mg)	Iron (mg)	Calcium (mg)	Polyunsaturates (g)**	Fruit & Veg
<b>PASTA DISHES</b>									
ARRABIATA	0	1	0	0	1	0	0	0	2
		557	0.5	2.1	160	0.68	28	0.04	30.3%
BOLOGNESE	3	1	0	0	2	0	0	0	0
		624	1	1	194	0.91	29	0.05	5%
POLLO ABRUZZO	9	2	6	0	2	0	0	1	0
		858	6.7	1.5	207	0.68	44	0.1	17%
POLLO E SPINACI	0	1	0	0	1	0	0	0	2
		542	0.7	1.9	168	0.73	32	0.03	34%
CARBONARA	7	2	6	0	1	0	0	2	0
		901	6.7	0.9	108	0.65	52	0.11	0
PEPERONI	7	2	2	0	4	0	0	1	0
		730	2.4	1.9	380	0.76	26	0.08	27%
POLLO PESTO ROSSO	5	2	2	0	1	0	0	0	0
		873	2.8	1	158	1.07	77	0.05	6.6%
POMODORO E MASCARPONE	8	2	5	0	1	0	0	0	0
		831	6	1.2	148	0.6	44	0.03	15%
AGLIO ARROSTITO	0	1	0	0	1	0	0	0	2
		590	0.5	2.4	230	0.71	28	0.00	30.2%
QUATTRO FORMAGGI	7	2	4	0	2	0	1	0	0
		800	4.5	2.1	219	0.59	158	0.00	0%
<b>RISOTTO DISHES</b>									
FUNGHI SELVATICI	7	1	3	0	5	0	0	0	2
		407	4	0.7	495	0.29	10	0	31%
<b>RAVIOLI DISHES</b>									
RAVIOLI POMODORO	6	2	2	0	4	0	0	0	2
		826	2.9	2.3	440	1.5	42	0.02	33%
<b>GARNISH</b>									
PARMESAN	14	5	10	0	8	0	9	0	0
		1729	19.3	0	756	0.8	1025	0	0%
<i>Adding Parmesan (10g) to any dish adds 1.4 points to the total for that dish.</i>									
<b>BAKED DISHES</b>									
LASAGNE	7	1	3	0	3	0	0	0	0
		589	3.9	2	345	0.83	93	0.05	14%
POLLO PICCANTE	2	1	1	0	2	0	0	0	2
		508	1.6	3	251	0.69	79	0	30.9%
<b>MAIN SALADS</b>									
POLLO CESARE no dressing	-1	1	1	0	1	0	0	0	4
		542	1.8	1.2	122	0.66	75	0	57%
TRICOLORE no dressing	1	1	4	0	1	0	1	0	4
		406	4.6	1.6	143	0.41	157	0	67%
<b>WARM SALADS</b>									
AVOCADO E PANCETTA	4	2	4	0	2	0	0	2	2
		903	4.3	1.2	238	0.65	79	0.11	44%
POLLO CESARE	3	2	2	0	1	0	0	0	2
		768	2.7	1.3	180	0.7	79	0	43%
<b>DRESSING</b>									
BALSAMIC DRESSING	8	8	10	0	0	0	0	10	0
		2794	10.7	0.1	1	0.33	1	0.53	0%
<i>Adding Balsamic dressing (20g) to a salad adds 1.6 points to the total for that salad</i>									
CAESAR DRESSING	21	6	9	0	6	0	0	0	0
		2338	9.7	1.2	599	0.36	48	0.02	0%
<i>Adding Caesar dressing (20g) to a salad adds 4 points to the total for that salad</i>									
<b>SOUPS</b>									
POMODORO E BASILICO	2	0	0	1	3	0	0	0	2
		161	0.2	3.6	360	0.35	10	0.01	42.20%
MINISTRONE	1	0	0	0	3	0	0	0	2
		132	0.3	1.2	302	0.3	18	0	38.1%

Numbers in **BOLD TYPE** indicate score.

Numbers in **LIGHT TYPE** are per 100g unless otherwise indicated.

\*Average values. Dishes will vary as they are individually cooked to order.

\*\*N-3 PUFAs

Menu may vary at individual stores