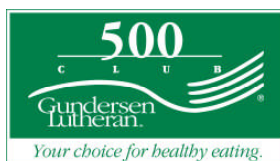


# The Cheese Corner – 500 Club Selections



The 500 Club is a healthy eating program coordinated by Gundersen Lutheran registered dietitians and recommended by physicians. Selections are controlled in calories and fat and contribute to a healthy eating program.

500 Club Selections	Calories	Fat g	Sat. Fat g	Sodium mg	Total Carb. g	Protein g
<b>Classic Subs</b>						
Turkey Trio	450	13	6	1760	52	34
Club Sub	420	9	2.5	2080	52	33
Turkey Lite	440	14	8	1850	38	40
<b>Classic Wraps</b>						
Fajita Chicken	520	20	4	1710	59	30
Lemon Pepper Pork	530	16	5	930	52	45
Turkey Club	450	12	2.5	1960	60	29
Caribbean Jerk Chicken	430	10	3.5	1740	55	34
<b>Hot Subs</b>						
Chicken Philly	450	15	8	1030	36	41
<b>Signature Salads</b>						
Chef's Salad	260	10	5	1230	16	27
Grilled Chicken Salad	230	7	3	860	13	29

## The Cheese Corner® and the 500 Club®: A Healthy Combination

The 500 Club® is a healthy eating program coordinated by Gundersen Lutheran registered dietitians and recommended by physicians. The Cheese Corner® has partnered with 500 Club® to provide you with options for healthy eating.

500 Club® selections are approximately 500 calories or less, are controlled in fat and designed to help you meet healthy eating goals of the US Dietary Guidelines. The philosophy behind the 500 Club® is “all foods are good in moderation.” Over a period of several days, a healthy diet should be comprised of approximately 50% of calories from carbohydrate, 20% from protein and 30% from fat.

500 Club® selections are offered at a variety of locations including restaurants, grocery stores, cafeterias, convenience stores, delis and vending companies.

For additional information, contact the 500 Club® at Gundersen Lutheran, 1900 South Avenue, La Crosse, WI 54601. Call (608) 775-2357 or go to 500-Club.org.