



# Choose Well. Be Well.



Wellness Works

**WELLNESSWORKS**  
FOOD & NUTRITION

Bottega Chop	Latin Chop	Salmon Burger
314 calories	484 calories	363 calories
5 g fat	6 g fat	11 g fat
1 g saturated fat	1 g saturated fat	2 g saturated fat
0 g trans fat	0 g trans fat	0 g trans fat
41 g carbohydrate	71 g carbohydrate	30 g carbohydrate
2 g fiber	13 g fiber	3 g fiber
390 mg sodium	480 mg sodium	368 mg sodium
26 g protein	37 g protein	34 g protein

These 3 meals meet the Wellness Works' nutrition guidelines: No more than 500-600 calories, 525 mg sodium, 5 g saturated fat and 0.5 g trans fat

*\*Actual nutrition content can vary from information provided due to variations in preparation, serving size, or product substitution*

