

	1 3/4 cup romaine lettuce	6 croutons	1/2 tsp parmesan cheese	1/3 cup poached chicken breast, cubed	1 tbsp caesar salad dressing (Mrs. White's)	TOTAL	Sell Most	Sell Less	Not Permitted for Sale
Fat (g)	0.32	3.00	0.375	1.67	6.00	5.36	≤10	≤15	>15
Trans Fat (g)	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Saturated Fat (g)	0.04	1.00	0.25	0.47	0.50	1.76	≤5	≤7	>7
Sodium (mg)	8.75	160.00	15	34.67	170.00	218.42	≤960	≤960	>960
Fibre (g)	2.10	0.00	0	0.00	0.00	2.10	≥2	≥2	<2
Protein (g)	1.28	2.00	0.5	14.47	0.00	18.24	≥10	≥7	<7

ASSUMPTIONS

- (i) Amount of romaine lettuce used is 1 3/4 cup (1 cup will result in the fibre requirement not being met).
- (ii) Chicken breast is not poached in any added fat or sodium (note: sodium can be added to cooking water as we are far from reaching the maximum).
- (iii) Salad dressing does not need to be considered in the calculations; nonetheless, 1 tbsp is the maximum allowed for the salad dressing.

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