

One Blue Plate Special, Coming Up

Diner Food Nutrition Comparison

As with all *EN* comparisons, this is only a sampling of what's available. Products are listed alphabetically.

✓ = **EN's Picks.** Entree picks contain no more than 500 calories (25% DV), 16 g fat (25% DV), 6 g sat fat (30% DV), and 980 mg sodium (41% DV). Sides, Soups, and Desserts picks contain no more than 300 calories (15% DV), 11 g fat (17% DV), 4 g sat fat (20% DV), and 530 mg sodium (22% DV).

Diner Food	Serv Size (oz)	Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carb (g)	Protein (g)	Fiber (g)
ENTREES								
Bob Evans Chicken-n-Noodles Deep Dish Dinner	19.9	699	29	15	2233	66	30	3
Bob Evans Country Fried Steak with Gravy, a la carte	8.2	564	37	13	1215	41	18	1
✓ Bob Evans Grilled Cheese Sandwich	4.2	350	15	6	729	22	9	2
Bob Evans Knife & Fork Meatloaf Sandwich	17.6	736	32	16	2209	43	22	3
Bob Evans Knife & Fork Turkey Sandwich	15	683	36	12	2893	46	23	3
✓ Bob Evans Potato Crusted Flounder, a la carte	4.8	177	7	3	486	9	19	0
✓ Bob Evans Turkey Bacon Melt, Half	4.9	282	13	5	972	24	15	1
Denny's Bacon, Lettuce, & Tomato, without sides	7	520	35	8	620	35	15	2
Denny's Fit Fare Grilled Tilapia	17	600	11	3	1560	66	58	3
Denny's Homestyle Meatloaf with gravy, without sides	7	600	46	17	1880	14	33	0
Denny's Patty Melt, without sides	13	1040	73	29	2180	41	50	4
Denny's Western Burger, without sides	17	1120	61	24	1580	73	51	6
Johnny Rockets BLT	7	510	32	7	1040	4	n/a	n/a
Johnny Rockets Chicken Club	13	930	51	10	1860	58	n/a	n/a
Johnny Rockets Egg Salad Sandwich	11	870	64	12	1100	46	n/a	n/a
Johnny Rockets Streamliner	11	410	8	2	1120	57	n/a	n/a
Johnny Rockets The Original Hamburger	11	820	53	14	1270	52	n/a	n/a
Johnny Rockets Tuna Melt	11	900	62	17	1448	40	n/a	n/a
Ruby Tuesday Classic Cheeseburger	*	999	61	n/a	1999	61	48	5
Ruby Tuesday Petite Grilled Chicken Salad	*	362	13	n/a	1142	20	35	5
Ruby Tuesday Salmon Cakes	*	540	33	n/a	930	18	n/a	3
Ruby Tuesday Turkey Minis	*	551	28	n/a	1703	51	27	3
SOUP/SIDES								
Bob Evans Macaroni & Cheese	7.2	321	17	8	1045	29	14	2
✓ Bob Evans Mashed Potatoes	5.6	192	7	4	428	16	2	1
✓ Bob Evans Vegetable Beef Soup, Cup	6.6	90	2	1	526	13	6	2
Denny's Red Skinned Potatoes	4	210	7	2	630	27	4	3
✓ Denny's Sautéed Spinach	2	70	6	1	125	5	1	2
Johnny Rockets Onion Rings	8	790	36	6	2010	80	n/a	n/a
Ruby Tuesday Baked Mac & Cheese	*	570	37	n/a	1067	31	30	2
Ruby Tuesday Cheddar Fries	*	335	20	n/a	826	25	n/a	3
Ruby Tuesday White Bean Chicken Chili	*	229	8	n/a	1441	21	16	8
✓ Ruby Tuesday White Cheddar Mashed Potatoes	*	169	10	n/a	520	19	5	2
DESSERTS								
Bob Evans Blackberry Cobbler	7.8	553	24	10	530	82	4	1
Bob Evans Coconut Cream Pie	7	515	29	19	453	59	7	3
Bob Evans Fried Green Tomatoes	12.1	767	45	6	2836	85	6	6
Denny's Apple Crisp a la mode	13	740	21	9	570	134	7	5
Denny's Lemon Meringue Pie	7	500	19	11	380	82	2	1
Denny's Milkshake (choc/van/straw)	12	560	26	16	272	76	11	<1
Johnny Rockets Apple Pie	10	800	33	14	640	119	n/a	n/a
Johnny Rockets Vanilla Shake	12	620	32	19	160	74	n/a	n/a
✓ Ruby Tuesday Red Velvet Cupcake	*	285	11	n/a	305	44	2	1

Note: * = As served, portion size not available; oz = ounce, g = gram, mg = milligram, sat fat = saturated fat, carb = carbohydrates, n/a = information not available, DV = Daily Value, daily requirement based on 2,000 calorie/day diet. Source: company website.

Who doesn't love a good diner meal once in a while? From a made-to-order breakfast to a comforting old-fashioned meatloaf dinner and almost everything in between, you can find them all at a diner. While roadside diners' hey-day was sixty-plus years ago, you can still find them scattered across our 50 states (as you surely know if you happen to be a fan of the Food Network show, "Diners, Drive-ins, and Dives.") Even if you don't happen to live near an honest-to-goodness diner, there are several restaurants where you can find those classic American meals and all-day breakfasts.

But just how healthy are some of those good old, down-home items you'll find on those plastic-coated menus? Keep in mind; diners come from an era when doctors touted their favorite brand of cigarette in magazine ads, and getting some extra fat on your meat meant you were moving up in the world, financially speaking.

Helpful hints. With the wide range of food available at diners, their nutritional profile is all over the map. But there are steps you can take to make a healthier selection.

- **Mix & match.** Take advantage of the opportunity to order half a sandwich and pair it with a veggie-filled salad or broth-based cup of soup.
- **Learn the lingo.** Melts are usually loaded with cheese. Crispy foods are most likely fried. Look for grilled, baked, and steamed.
- **Keep it simple.** The more layers or "extras" a sandwich has, the higher the fat and calorie content—think bacon cheeseburgers, gravies, and more. Look for simple sandwiches and meals. Also, request sauces and toppings on the side so you can control the amount you use.
- **Watch the mayo.** Tuna salad, egg salad, BLT—all diner faves, but also often loaded with mayonnaise. Don't assume because of their small size that they're low-cal choices. If you can, ask for the mayo on the side, or at least light on the mayo.
- **Portion size counts.** Some diner meals are big enough to feed two. So, cut your calories, fat, and sodium in half by sharing your meal or taking half home for lunch the next day. **EN**

— Heidi McIndoo, M.S., R.D.