

DELI MEATS	SERVING SIZE	CALORIES	TOTAL FAT Grams	SATURATED FAT Grams	CHOLESTEROL Milligrams	SODIUM Milligrams	PROTEIN Grams	CARBS Grams	FIBER Grams
Ham	4 oz.	148	5	1	53	1620	23	1	0
Roast Beef	4 oz.	140	6	2	60	1260	28	2	0
Tuna Salad	4 oz.	254	20	2	32	390	15	4	0.5
Turkey	4 oz.	100	0	0	32	648	21	2	0
Turkey, Smoked	4 oz.	121	1	0	52	1627	25	0	0