

Silver Diner<http://www.exercise4weightloss.com/>

Note: The only menu items with nutrition information are from their healthier choices menu.
 Only calories, total fat, saturated fat and fiber nutrition data was available.
 This means only the original WW points are shown below.

Healthier Choices Menu Weight Watchers Points	Cal	Fat	Sat Fat	Fiber	WW Pts
California Breakfast	431	20	8	1	10
Gluten-Free Ultimate Waffle	555	23	7	4	12
Low-Fat Vegetarian Breakfast	335	12	4	4	7
Local Honey Nut Granola Yogurt Parfait Breakfast	270	1	0	3	5
Black Bean Quesadilla Shared Appetizer	455	15	7	10	10
Summer Citrus Salad	494	21	2	12	11
SD Veggie Chili	250	10	1	6	5
Grilled Flounder	587	17	3	9	12
Smothered BBQ Meatloaf	599	24	6	7	13
Mango Vegetarian Stir Fry	599	5	0	15	12
Lemon Rosemary Chicken	550	16	3	6	12
Grilled Salmon*	531	21	3	7	12
Low Fat Strawberry Angel Cake	318	1	0	5	6
World's Smallest Sundae	280	13	7	1	6
Pomegranate Shake	395	1	0	8	7

Information obtained on 07/2011 at the following link

http://www.silverdiner.com/sites/default/files/site_files/Healthy_Recap_10_2010.pdf

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