Tim Hortons understands the importance of good nutrition and is committed to offering our guests great tasting food, which includes a variety of nutritious options. We continually review our menu in order to meet our guests’ changing needs and desires by offering healthier or 22% lower sodium options where possible.

The nutrition information provided has been supplied by the restaurant itself. Such information may not include all menu items at all locations. Baked goods may vary in size. This guide includes a selection of Tim Hortons’ most popular items and may not include all items found in restaurant. Special dietary needs to check with Tim Hortons Guest Services to obtain the most up-to-date information.

The nutrition information contained in this guide is based on standard product ingredients and sizes served at participating restaurants and may vary due to differences in suppliers, ingredient substitutions, recipe revisions, assembly and method of preparation. The nutrition information provided has been supplied by the restaurant itself. Such information may not include all menu items at all locations. Baked goods may vary in size. This guide includes a selection of Tim Hortons’ most popular items and may not include all items found in restaurant. Special dietary needs to check with Tim Hortons Guest Services to obtain the most up-to-date information.
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<tr>
<th>Item</th>
<th>Serving Size</th>
<th>Calories (kcal)</th>
<th>Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
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<th>Vit C (% DV)</th>
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</tbody>
</table>

### Helpful Hints

**Important Tips:**

- Choose a reduced sodium option.
- Choose a low fat option.
- Choose a source of fibre.
- Choose a source of calcium.

**Tips:**

- Our Real Fruit Smoothies are made with a full serving of fruit (125 mL or 1/2 cup).
- An Egg White Omelette is a source of protein.
- Our hot Lattes and Cappuccinos are sources of calcium.
- Any size Iced Capp™ made with milk or chocolate is a source of calcium.
- Choose a source of fibre.
- Try our chili, it's a source of fibre.
- Choose a source of calcium.

**Serving Sizes:**

- 1/2 cup
- 1/4 cup
- 1/3 cup
- 1/6 cup
- 1/8 cup
- 1/16 cup

**Nutritional Values:**

- Calories
- Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium
- Carbohydrate
- Fiber
- Sugars
- Protein

**Calcium Sources:**

- Baked beans
- Fortified oat milk
- Fortified orange juice
- Fortified cereals
- Fortified fortified milk
- Fortified fortified milk with iron
- Fortified orange juice

**Iron Sources:**

- Iron-fortified fortified milk
- Fortified fortified milk with iron
- Fortified orange juice
- Baked beans
- Fortified oat milk

**Fiber Sources:**

- Fortified oat milk
- Fortified orange juice
- Baked beans
- Fortified fortified milk
- Fortified fortified milk with iron
- Fortified orange juice

**Calcium Sources:**

- Fortified oat milk
- Fortified orange juice
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**Fiber Sources:**

- Fortified oat milk
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- Baked beans
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- Fortified orange juice