



NUTRITION GUIDE

PROTEIN	GLUTEN FREE	GL/SCOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Ahi Tuna	✓		82	2g	1g	0g	15mg	20mg	2g	0g	12g	32%	0%	0%	4%
Salmon	✓		118	7g	1g	0g	31mg	34mg	0g	0g	12g	1%	0%	0%	2%
Albacore Tuna	✓		70	2g	0g	0g	30mg	20mg	0g	0g	10g	0%	0%	0%	4%
Spicy Salmon			130	9g	2g	0g	30mg	78mg	1g	11g	12g	2%	0%	2%	1%
Shrimp	✓		67	1g	0g	0g	114mg	306mg	0g	0g	10g	2%	0%	2%	8%
Scallops	✓		50	0g	0g	0g	18mg	90mg	1g	0g	10g	0%	0%	2%	0%
Free Range Chicken	✓		60	1g	1g	0g	45mg	270mg	0g	0g	13g	0%	0%	2%	4%
Organic Tofu	✓		46	2g	1g	0g	0mg	77mg	1g	0g	5g	0%	0%	4%	4%

*Regular = 2 protein choices, Large = 3 protein choices

BASE	GLUTEN FREE	GL/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Swahi Rice	✓	8	288	0g	0g	0g	0mg	774mg	67g	9g	4g	0%	0%	0%	0%
Brown Rice	✓	8	320	0g	0g	0g	0mg	887mg	69g	0g	8g	0%	0%	0%	0%
Quinoa	✓	6	204	3g	1g	0g	0mg	12mg	30g	1g	7g	0%	0%	0%	10%
Salad Mix	✓	2	14	0g	0g	0g	0mg	34mg	2g	0g	1g	21%	8%	0%	6%
Burrito		10	310	0g	0g	0g	0mg	502mg	68g	9g	5g	0%	15%	0%	4%
Kale Noodles		4	318	3g	1g	0g	0mg	829mg	62g	2g	11g	0%	0%	0%	0%
Cabbage Mix	✓	1	7	0g	0g	0g	0mg	5mg	1g	1g	0g	0%	17%	6%	0%
Seaweed Wrap		2	20	0g	0g	0g	0mg	85mg	1g	0g	1g	0%	15%	0%	4%

ARIZ-INS	GLUTEN FREE	GL/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Cilantro	✓	1/4	2	0g	0g	0g	0mg	3mg	0g	0g	0g	9%	3%	0%	0%
Cucumber	✓	1	3	0g	0g	0g	0mg	1mg	1g	0g	0g	0%	0%	0%	0%
Diced Mango	✓	1	17	0g	0g	0g	0mg	0mg	4g	4g	0g	2%	17%	0%	0%
Edamame	✓	1	34	1g	0g	0g	0mg	2mg	2g	1g	3g	1%	1%	2%	3%
Hot Chili Seaweed	✓	1/4	10	0g	0g	0g	0mg	582mg	3g	0g	1g	2%	2%	4%	17%
Jalapeno	✓	1	9	0g	0g	0g	0mg	0mg	2g	0g	0g	5%	21%	0%	1%
Avocado	✓	1	11	0g	0g	0g	0mg	1mg	2g	0g	0g	0%	10%	0%	1%
Kale	✓	1	8	0g	0g	0g	0mg	7mg	1g	0g	0g	0%	0%	4%	3%
Mamaderin Oranges	✓	2	20	0g	0g	0g	0mg	0mg	0g	2g	0g	4%	30%	1%	0%
Onion Seaweed	✓	1/4	1	0g	0g	0g	0mg	105mg	3g	0g	0g	0%	0%	24%	5%
Shiso Leaves	✓	1/4	1	0g	0g	0g	0mg	1mg	1g	0g	0g	0%	1%	1%	5%
Sweet Onion	✓	3/4	7	0g	0g	0g	0mg	2mg	1g	1g	0g	0%	2%	0%	0%

TOPPING'S	GLUTEN FREE	GL/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Avocado	✓	1 1/2	72	6g	0g	0g	0mg	3mg	1g	0g	0g	0%	0%	0%	0%
Green Onion	✓	1/5	2	0g	0g	0g	0mg	1mg	0g	0g	0g	1%	2%	1%	5%
Miso		1/2	19	0g	0g	0g	40mg	375mg	3g	3g	1g	0%	0%	0%	0%
Pickled Ginger	✓	1	6	0g	0g	0g	0mg	257mg	1g	0g	0g	0%	0%	0%	2%
Seaweed Salad		1	30	1g	0g	0g	0mg	233mg	4g	1g	0g	0%	0%	0%	4%
Sesame Seeds	✓	1/6	26	2g	0g	0g	0mg	1mg	1g	0g	1g	0%	0%	3%	2.5%
Spicy Furikake		1/7	10	1g	0g	0g	0mg	105mg	1g	1g	0g	0%	0%	0%	3%
Surimi Salad		1	44	2g	1g	0g	6mg	155mg	4g	1g	2g	0%	0%	1%	1%
Thai Chili	✓	1/6	5	0g	0g	0g	17mg	11mg	0g	0g	0g	2%	4%	3%	0%
Wasabi	✓	1/4	2	0g	0g	0g	0mg	1mg	0g	0g	0g	2%	19%	1%	2%
Wasabi Tsubiko		1/2	41	1g	0g	0g	0mg	475mg	6g	2g	0g	0%	0%	1%	5%

CRUNCH	GLUTEN FREE	GL/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Garlic Crisps		1/2	67	3g	1g	0g	0mg	56mg	8g	0g	2g	0%	0%	0%	0%
Lotus Crisps		1	30	1g	0g	0g	0mg	60mg	5g	1g	1g	0%	0%	0%	0%
Macadamia Nuts	✓	1	204	21g	3g	0g	0mg	5mg	4g	1g	2g	0%	0%	1%	3%
Onion Crisps		1/2	75	4g	1g	0g	0mg	45mg	9g	3g	0g	0%	0%	3%	0%
Shredded Nori		1/4	1	0g	0g	0g	0mg	2mg	0g	0g	0g	4%	2%	0%	0%
Toasted Rice Puffs		1/4	26	0g	0g	0g	0mg	60mg	6g	5g	0g	0%	0%	1%	2.5%
Wonton Crisps		1/2	30	2g	2g	2g	2mg	64mg	2g	0g	2g	0%	0%	1%	3%

SALUCE	GLUTEN FREE	GL/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Poke Works Classic		2	310	19g	2g	1g	0mg	618mg	10g	9g	1g	0%	1%	0%	0%
Classic Salt	✓	2	119	14g	2g	0g	0mg	87mg	0g	0g	0g	0%	0%	0%	1%
Ponzu Fresh		2	40	0g	0g	0g	0mg	8831mg	4g	4g	4g	0%	1%	0%	4%
Spicy Ginger	✓	2	204	16g	1g	0g	0mg	260mg	14g	11g	1g	0%	23%	1%	2%
Sriracha Aioli	✓	2	238	24g	3g	0g	17mg	482mg	5g	4g	1g	0%	26%	3%	2%
Sweet Chili Gochujang	✓	2	130	5g	1g	0g	0mg	901mg	19g	16g	2g	0%	1%	2%	3%
Umaami Shoyu		2	79	3g	1g	0g	1mg	1170mg	11g	9g	0g	0%	3%	0%	0%
Wasabi Aioli	✓	2	261	28g	4g	0g	20mg	266mg	1g	0g	1g	0%	20%	1%	1%

SIDES	GLUTEN FREE	GL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Miso Soup*		8	85	4g	2g	0g	0mg	800mg	10g	2g	8g	0%	0%	4%	0%

*Gluten Free option available upon request

	Regular	Large
Signature Works*	Calories	Calories
Hawaiian Classic	550	630
Umaami Classic	290	370
Spicy Ahi	455	540
Shiso Salmon	345	455
Spicy Ponzu Albacore	240	310
Wasabi Shrimp & Scallops	435	490
Sweet Ginger Chicken	395	455
Sweet Chili Tofu (v)	290	340

*Calorie range does not include base

ALLERGENS						
Egg	Fish	Gluten	Gluten Free	Milk	Shellfish	Soy
		X				X
	X	X				X
X		X				X
	X	X				X
X		X			X	X
			X			X
			X			X

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Siddappa N.Byrareddy



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web complete any calculations on the data table answer all lab questions on the lab do the following if the total time for onion root tip cell cycle is 1 440 minutes determine the amount of time each cell spends in prophase metaphase anaphase and telophase using the data from the data table how much time is spent in m phase and interphase

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web to find time minutes in this lab you can base your calculation on a total cell cycle of 24 hours of those 24 hours it takes about 80 minutes to go through mitosis calculate the actual time for each mitotic phase by taking your percentage of the phase and dividing it by 100 and then multiplying that by 80 minutes record your data in table 1

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web chromatin condenses into visible chromosomes the mitotic spindle also forms from microtubules the nucleolus disappears and the nuclear membrane breaks down name the stages of mitosis from longest to shortest duration interphase prophase telophase metaphase and anaphase how does the timing of the complete cell cycle differ in

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web clayton state university lab topic 9 mitosis written by nikki t sawyer clayton state university morrow ga 2014 objectives upon completion of this exercise students should be able to define and use the terms in bold from this laboratory exercise describe the stages of interphase describe the stages of mitosis prophase metaphase anaphase

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web movement through mitosis cell cycle division mitosis beads diagram prophase during this phase the chromatids and the set of replicated chromosomes are lined up beside each other horizontally the sister chromatids have 20 beads each 5 beads on each of the four strands the replicated chromosomes had 12 beads each 3 beads on each

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web jan 24 2020 27400 one of the basic tenets of biology is that all new cells come from living cells new cells are formed by the process of cell division which includes both the division of the cell's nucleus mitosis and the division of the cell's cytoplasm cytokinesis mitotic cell divisions are used by organisms to repair tissue growth and

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web the cell cycle in eukaryotic cells the cell cycle is divided into two major phases interphase and mitosis or the mitotic phase interphase is the longest part of the cell cycle this is when the cell grows and copies its dna before moving into mitosis during mitosis chromosomes will align separate and move into new daughter cells

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web mitosis introduction in this lab you will examine the dividing root tip cells of an onion you will examine the specimen to identify the various phases of the cell cycle to see which phases cells spend more time in and you will answer related analysis questions to further your understanding of the eukaryotic cell cycle pre lab

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web during this phase chromosomes line up in the middle mitosis worksheet the diagram below shows six cells in various phases of the cell cycle note the cells are not arranged in the order in which mitosis occurs and one of the phases of mitosis occurs twice use the diagram to answer questions 1 7 1 cells a and d show an early and a late stage

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web pre lab questions 1 provide the correct order for the stages of mitosis interphase prophase metaphase anaphase telophase 2 why are root tips excellent observation points for mitosis answers will vary sample answer the root tip of a plant contains actively dividing cells making root tips excellent observation points for mitosis

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web table 1 mitosis predictions predictions my prediction is that interphase will take the longest time of the cell cycle for approximately 20 hours and mitotic phase will take 4 hours supporting evidence my supporting evidence for this claim is that interphase is the longest phase and can take up to 18 20 hours

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web 68 minutes how do cancer cells differ in total time required for mitosis cancer cells produce 117 minutes faster than regular cells how do cancer cells differ from normal cells in time spent for each phase normal cells require 640 minutes during interphase cancer cells only need 380 for prophase cancerous cells need 15 minutes less than

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web introduction every somatic cell undergoes a phase called mitosis mitosis is the division of the nucleus time for mitosis lab 16 answer key time for metaphase 109 980 720 minutes 80 minutes time for mitosis lab 16 answer key data table for example if there were 8 percent of the cells