

Healthy Bites-
Eating Out Right



Sacramento State Student Health Center
Health Education Department: Wellness Program
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Diet Analysis Tools

- Nutrition Analysis Tool
<http://nat.crgq.com/>
- Calorie King
www.calorieking.com
- My Pyramid
www.mypyramid.gov
- Meals Matter
www.mealsmatter.com

Cooking and Recipes

- Cooking Light
www.cookinglight.com
- Meals Matter
www.mealsmatter.com
- Wild Oats
www.wildoats.com
- Vegetarian Times
www.vegetariantimes.com

Resources on Campus

Health Ed.

Phone: (916) 278-5422
www.csus.edu/hlth/heathed

Fit HELP

Phone: (916) 278-9355
www.csus.edu/hlth/fithelp

Rec. Sports

Phone: (916) 278-4111
www.csusrecsports.org

Nutrition Criteria

Many of the menu items in this guide are from the restaurants listed on www.healthydiningfinder.com and meet the following criteria. Menu items not listed on the site use the same criteria (if nutrition information is provided).

1) Entrees (or full meals) must include at least one of the following:

- A) Fruit and/or Vegetables
- B) Lean protein, i.e., skinless white meat poultry, fish/seafood (including salmon), tofu, etc., with no more than two red meat dishes per restaurant.
- C) 100% whole grains

2) Menu items must meet the following three criteria:

- A) Entrée (or full meals):
 - * 750 calories or less
 - * 25 grams of fat or less
 - * 8 grams of saturated fat or less
- B) Appetizers, side dishes, and desserts:
 - * 250 calories or less
 - * 8 grams of fat or less
 - * 3 grams of saturated fat or less

Quick Tips

| Restaurants | Choose Smart | Avoid Food Traps | Special requests |
|------------------|---|---|---|
| Fast Food | Side salads, chilis or bean soups, low-fat milk, bean burritos, whole grain bagel with hummus, lean turkey or roasted beef sandwiches, baked potato and salsa, grilled instead of fried, small hamburgers | Mayonnaise or sauces, creamy salad dressings, fried chicken or fish, French fries, soft drinks, fatty meats, breakfast sandwiches | Hold the mayo. Extra lettuce, tomatoes, pickles, onions. Leanest meat. No cheese on sandwiches, Sauces on side. Vinaigrette instead of creamy dressings. |
| American | Non-cream soups, salads, lean meats, grain dishes | Large main course portion size. Foods fried or sautéed. Cream sauces and dressings | Take half of main course home or share. Choose appetizer or lunch size item for dinner. Whole grain rolls or bread. Moderate olive oil instead of butter. Sauces on side. |
| Japanese | Broth based soups, sushi, California or Veggie rolls, rice dishes. | Deep fried dishes such as tempura | Take half of fish entrée home or share. |



Healthy Choices

- 1) **Taco:** calories: 170, Fat: 10g
- 2) **Fresco Style Bean Burrito:** Calories: 350, Fat: 8g
- 3) **Fresco Style Ranchero Chicken soft taco:** Calories: 170, Fat: 4g
- 4) **Fresco Style Tostada:** Calories: 200, Fat: 6g
- 5) **Fresco Style Enchirito w/ Beef:** Calories: 270, Fat: 9g
- 6) **Fresco Style Gordito Baja w/ Steak:** Calories: 230, Fat: 7g



Healthy Choices

- 1) Grande Café Latte
Calories: 130, Fat: 0g, Sodium: 130mg
- 2) Grande Café Misto/ Café Au Lait
Calories: 70, Fat: 0g, Sodium: 90mg
- 3) Grande Frappuccino Light Blended Coffees
Calories: 190, Fat: 1g, Sodium: 240mg
- 4) Low Fat Oat Fruit Scone
Calories: 310, Fat: 3.5g, Sodium: 280mg
- 5) Reduced Fat Cinnamon Swirl Coffee Cake
Calories: 290, Fat: 4g, Sodium: 330mg
- 6) Reduced Fat Turkey Bacon, Cholesterol-Free Egg,
Reduced Fat Cheddar Sandwich
Calories: 350, Fat: 11g, Sodium: 810mg
- 7) Spinach, Roasted Tomato, Feta and Egg Wrap
Calories: 240, Fat: 10g, Sodium: 730mg
- 8) Fiesta Salad
Calories: 320, Fat: 4g, Sodium: 930mg
- 9) Fruit and Yogurt Parfaits
Calories: 340, Fat: 4g, Sodium: 110mg
- 10) Vegetable Vinaigrette Salad
Calories: 310, Fat: 15g, Sodium: 900mg
- 11) Turkey and Swiss Sandwich
Calories: 310, Fat: 13g, Sodium: 1060mg

Tips:

- 1) order non-fat, or low-fat milk and no whipped cream to save calories
 - 2) ask for half the amount of flavored syrup (2 pumps for a Grande) or sugar-free syrup
 - 3) order small versions of high calorie beverages
- keep a piece of fruit and granola bar in your car to enjoy with a latte

Quick Tips

| Restaurant | Choose Smart | Avoid Food Traps | Special Requests |
|------------------------------------|---|--|---|
| Italian | Bean and pasta soups, whole grain pastas with veggies, and oil or wine based sauce, pasta marinara (no meat), salads, veggies, thin crust pizza with a little cheese and extra veggies. | Alfredo or other cream based sauce. Cheese based grain dishes, double cheese pizza. Garlic bread, Large portions with rich sauces. Fried eggplant. | Hold the cheese or light on the cheese. Add veggies to pizza. Plain bread with olive oil. Light on sauce or oil and take half home or share. Glass, not bottle of wine. |
| Asian (Thai, Chinese, etc.) | Rice and noodle dishes with lots of veggies. Brown rice dishes when available. Tofu dishes. Fish and seafood dishes. Broth based soups. | Deep fried Appetizers or dishes. Crispy noodles. Sweet and sour dishes. Curry dishes made with coconut milk. Mee Krob (fried crispy noodles) | Cook food light on oil. Brown rice instead of white. Chopsticks help you to eat slower and more mindfully. |
| Indian | Grain dishes with veggies, lentils, beans. Salads with yogurt. Roasted tandoori styled meats. | Deep fried breads and appetizers. Ghee (clarified butter) used in cooking. | Leaner meats. Light on butter or oils. Make without cream. |

Quick Tips

| Restaurant | Choose Smart | Avoid Food Traps | Special Request |
|----------------------------------|---|---|--|
| Middle Eastern/ Greek | Bean or lentil soups, hummus and pita bread, fish, rice and couscous dishes, shish kebob with chicken or lean beef. | Fried cheese. | Light on oil. Whole grain pita bread. |
| Mexican | Veggie dishes, bean dishes, rice dishes, salads, bean soups, gazpachos, chilis, soft tacos, fajitas. | Deep fried tortillas or chips, chimichangas, Enchiladas, fried Nachos, Taco salad Shells. | Bring out soft tortillas with the salsa. Hold the cheese, sour cream. Salsa instead of guacamole. Limit margaritas, sangria. Order a la carte whole beans. |



Healthy Choices

- 1) **6" Low-Fat Ham Sandwich**
Calories: 290, Fat: 5g, Sodium: 1260mg
- 2) **6" Low-Fat Oven Roasted Chicken**
Calories: 310, Fat: 5g, Sodium: 830mg
- 3) **6" Low-Fat Roasted Beef Sandwich**
Calories: 290, Fat: 5g, Sodium: 900mg
- 4) **6" Low-Fat Subway Club Sandwich**
Calories: 320, Fat: 6g, Sodium: 1290mg
- 5) **6" Low-Fat Sweet Onion Chicken Teriyaki Sandwich**
Calories: 370, Fat: 5g, Sodium: 1200mg
- 6) **6" Low-Fat Turkey Breast Sandwich**
Calories: 280, Fat: 4.5g, Sodium: 1000mg
- 7) **Subway Fresh Fit Adult Meal**
Includes: 6" Subway Club, Apple Sauce, and Bottled Water.
Calories: 355, Fat: 6g, Sodium: 1290mg



Healthy Choices

- 1) **Minestrone alla Genovese (8oz.)**
Calories: 120, Fat: 5g, Sodium: 745mg
- 2) **Insalada alla Siciliana**
Special Request: less oil.
Calories: 390, Fat: 17g, Sodium: 205mg
- 3) **Linguine w/ Currant and Pine Nut Salsa**
Special Request: Less oil.
Calories: 515, Fat: 17g, Sodium: 355mg
- 4) **Salmon w/ Currant and Pine Nut Salsa**
Calories: 470, Fat: 28g, Sodium: 180mg

Healthy Choices



- 1) **Bowl of Tortilla Soup**
* Calories: 150, Fat: 7g, Sodium: 1040mg
- 1) **Grilled Veggie Naked Taco Salad**
* Calories: 240, Fat: 8g, Sodium: 480mg
- 1) **Fajita Ranchera Naked Burrito**
* Calories: 530, Fat: 23g, Sodium: 1120mg
- 1) **Naked Steak Burrito**
* Calories: 610, Fat: 18g, Sodium: 1320mg



Healthy Choices

- 1) **Alpine Chicken Flatbread Sammie**
* Calories: 200, Fat: 6g



Healthy Choices

- 1) **Grilled Salmon**
Calories: 425, Fat: 20g, Sodium: 525mg
- 2) **Grilled Shrimp Skewers (2)**
Special Request: less garlic margarine.
Calories: 520, Fat: 24g, Sodium: 1450mg
- 3) **Petite Lunch Steak**
Calories: 320, Fat: 13g, Sodium: 2195mg
- 4) **Double Lemon Herb Chicken**
Calories: 670, Fat: 18g, Sodium: 1045mg
- 5) **Double Hibachi Chicken**
Calories: 430, Fat: 8g, Sodium: 535mg



Healthy Choices

- 1) **Regular Roasted Beef Sandwich**
*Calories: 320, Fat: 14g, Sodium: 953mg
- 2) **Super Roast Beef Sandwich**
*Calories: 398, Fat: 19g, Sodium: 1060mg
- 3) **Grilled Chicken Breast Fillet Sandwich**
*Calories: 414, Fat: 17g, Sodium: 913mg
- 4) **Martha's Vineyard Salad w/ Raspberry Vinaigrette**
*Calories: 551, Fat: 30g, Sodium: 841mg



Healthy Choices

- 1) **Half Sized Grilled Shrimp N' Spinach Salad** (Dressing on the side)
- 2) **Weight Watchers Selections**

Quick Tip:

What makes restaurant food full of calories?

- 1) **Salad Dressings:** these can be very calorie dense. Ask for light or non-creamy dressings on the side. Dip your fork in the dressing before going after your salad greens. This saves a lot of calories without sacrificing the overall taste.
- 2) **If you like the food the way it's prepared:** You don't have to bug the waiter about how you want your food every time you order. Simply order what you crave, and eat half of what's on your plate. Take the rest to go, and savor the flavor for another meal.

- 1) **Rise and Shine Breakfast**
Special Request: wheat toast with no butter.
Calories: 510, Fat: 19g, Sodium: 580mg
- 2) **Sunrise Omelets**
Special Request: egg substitute, less cheese, and wheat toast with no butter.
Calories: 650, Fat: 25g, Sodium: 940mg
- 3) **Chicken Caesar Salad**
Special Request: dressing on the side.
Calories: 315, Fat: 15, Sodium: 1150mg
- 4) **Stir Fry Salad**
Calories: 555, Fat: 22g, Sodium: 1990mg
- 5) **Fajita Pita**
Special Request: less Swiss cheese and fruit on the side.
Calories: 610, Fat: 22g, Sodium: 2160mg
- 6) **Stir Fry Pita**
Special Request: less Swiss cheese and fruit as a side.
Calories: 610, Fat: 23g, Sodium: 1960mg
- 7) **Chicken and Vegetable Stir Fry**
Calories: 465, Fat: 14g, Sodium: 1850mg
- 8) **Grilled Catch of the day**
Special Request: fish without topping.
Calories: 390, Fat: 19g, Sodium: 1050mg
- 9) **Lemon Chicken**
Special Request: lemon honey sauce on the side.
Calories: 440, Fat: 20g, Sodium: 1640mg
- 10) **Small Sirloin Steak**
Calories: 500, Fat: 25g, Sodium: 1140mg

Healthy Choices

- 1) **Almond and Cashew Chicken**
Calories: 745, Fat: 23, Sodium: NA
- 2) **Buddha's Feast Steamed**
Calories: 230, Fat: 2g, Sodium: NA
- 3) **Oriental Chicken Salad**
Special Request: dressing on the side.
Calories: 450, Fat: 16g, Sodium: NA
- 4) **Singapore Street Noodles**
Calories: 570, Fat: 15g, Sodium: NA
- 5) **Cantonese Scallops**
Calories: 410, Fat: 16g, Sodium: NA
- 6) **Mu Shu Chicken**
Special Request: no egg.
Calories: 460, Fat: 24g, Sodium: NA
- 7) **Ginger Chicken with Broccoli**
Calories: 655, Fat: 12g, Sodium: NA
- 8) **Oolong Marinated Sea Bass**
Calories: 520, Fat: 12g, Sodium: NA
- 9) **Moo Goo Gai Pan**
Calories: 535, Fat: 19g, Sodium: NA

Healthy Choices

- 1) **HealthMex Chicken Taco**
Calories: 425, Fat: 20g, Sodium: 525mg
- 2) **HealthMex Mahi Mahi Taco**
Calories: 180, Fat: 3g, Sodium: 190mg
- 3) **HealthMex Chicken Burrito**
Calories: 530, Fat: 10g, Sodium: 1670mg
- 4) **HealthMex Mahi Mahi Burrito**
Calories: 540, Fat: 11g, Sodium: 1170mg
- 5) **HealthMex Chicken Salad**
Calories: 260, Fat: 2g, Sodium: 1050
- 6) **Side Rice**
Calories: 80, Fat: 1g, Sodium: 210mg





Healthy Choices

- 1) 1/2 small roasted chicken pizza: 580 calories, 26 g fat, 700 mg sodium

Quick Tip:

How to order from a Mediterranean Menu:

- 1) If ordering a salad or something with a sauce get it on the side.
- 2) Be cautious about how cheese, sauces, dressings, and other condiments you get.



Healthy Choices

- 1) Half of a Whole Grain Bagel with 1oz. of Peanut Butter
Calories: 350, Fat: 15g, Sodium: 600mg
- 2) Large Fresh Fruit Cup
Calories: 150, Fat: 15g, Sodium: 30mg
- 3) Smoked Turkey on Country, no mayo
Calories: 490, Fat: 4g, Sodium: 2220
- 4) Asian Sesame Chicken Salad
Calories: 430, Fat: 19g, Sodium: 1080mg
- 5) Low Fat Chicken Noodle Soup
Calories: 100, Fat: 2g, Sodium: 1080mg
- 6) Low Fat Vegetarian Garden Vegetable Soup
Calories: 80, Fat: 0.5g, Sodium: 860mg
- 7) Low Fat Vegetarian Black Bean Soup
Calories: 160, Fat: 1g, Sodium: 820mg
- 8) 1/2 Garden Veggie Sandwich and Low Fat Vegetarian Black Bean Soup
Calories: 485, Fat: 13g, Sodium: 1755mg
- 9) 1/2 Smoked Turkey Sandwich and Low Fat Chicken Noodle Soup
Calories: 390, Fat: 9g, Sodium: 2180mg

1) Mr.M's Eggs Benedict

Special Request: 1/2 amount Mornay Sauce and fruit instead of potatoes.

Calories: 540, Fat: 24g, Sodium: 1415mg

2) Fresh Vegetable Frittata

Special Request: egg substitute, dry sourdough toast, Feta cheese instead of jack and fruit instead of potatoes.

Calories: 735, Fat: 23g, Sodium: 1340mg

3) Fresh Spinach and Mushroom Omelet

Special Request: egg substitute, dry sourdough toast, Feta cheese instead of Jack and fruit instead of potatoes.

Calories: 635, Fat: 15g, Sodium: 1050mg

4) Strawberries wild Salad with Salmon

Special Request: dressing on side.

Calories: 375, Fat: 15g, Sodium: 490mg

5) Chef Salad

Special Request: no ham, less cheese.

Calories: 510, Fat: 16g, Sodium: 1835mg

6) Chicken Club Sandwich

Special Request: no bacon or mayo and fruit instead of French fries.

Calories: 745, Fat: 14g, Sodium: 1035mg

7) Stefan's Vegan Burger

Special Request: fruit instead of French fries.

Calories: 415, Fat: 10g, Sodium: 850mg

8) Avocado Turkey Burger

Special Request: Chipotle mayo on the side and fruit instead of French fries.

Calories: 555, Fat: 21g, Sodium: 855mg

9) Alaskan Salmon (grilled)

Special Request: steamed vegetables instead of potatoes.

Calories: 640, Fat: 27g, Sodium: 370

10) Icelandic Florentine

Special Request: Artichoke topping on the side.

Calories: 595, Fat: 20g, Sodium: 1260mg



Healthy Choices

- 1) **Fresh Mozzarella Caprese**
 - * 1/4 of a small serving
 - * Special request: dressing on side
 - * Calories: 80, Fat: 5g, Sodium: 210mg
- 2) **Warm Tomato and Spinach Salad**
 - * 1/4 of a small serving
 - * special request: dressing on side
 - * Calories: 90, Fat: 6g, Sodium: 135mg
- 3) **Apple Gorgonzola Salad**
 - * 1/4 of a small serving
 - * special request: dressing on the side
 - * Calories: 210, Fat: 14g, Sodium: 390mg
- 4) **Penne Campofiore**
 - * 1/4 of a small serving
 - * Calories: 380, Fat: 19g, Sodium: 900mg
- 5) **Linguini Frutti Di Mare**
 - * 1/6 of a large serving
 - * Calories: 360, Fat: 22g, Sodium: 1280mg
- 6) **Spaghetti w/ Marinara Sauce**
 - * 1/4 of a small serving
 - * Calories: 260, Fat: 2g, Sodium: 645mg
- 7) **Pizza Margherita**
 - * 2 slices
 - * Calories: 325, Fat: 12g, Sodium: 570mg
- 8) **Fresh Salmon**
 - * 1/2 of a small serving
 - * special request: sauce on side
 - * Calories: 380, Fat: 24g, Sodium: 150mg
- 9) **Chicken Marsala**
 - * 1/6 of a large serving
 - * Calories: 380, Fat: 5g, Sodium: 390mg



Healthy Choices

- 1) **Egg Flower Soup**
 - Calories: 90, Fat: 2.5g, Sodium: 895mg
- 2) **Hot and Sour Soup**
 - Calories: 110, Fat: 3.5g, Sodium: 1370mg
- 3) **Sample 2: Entrée plate: Spicy Kung Pao Chicken, Tangy Shrimp w/ Pineapple and mixed Veggies**
 - Calories: 440, Fat: 25g, Sodium: 1460mg
- 4) **Sample 2: Entrée plate: Chicken w/ mushrooms, Beef w/ Broccoli, and Veggie chow mien**
 - Calories: 670, Fat: 25g, Sodium: 2030mg
- 5) **Sample 2: Entrée plate: Chicken breast w/ string beans, Spicy Kung Pao Shrimp and steamed rice.**
 - Calories: 720, Fat: 21.5g, Sodium: 1340mg
- 6) **Panda Bowl: Mandarin Chicken w/ Veggie and steamed rice**
 - Calories: 680, Fat: 14mg, Sodium: 1550mg



Healthy Choices

- 1) **Healthy Fish:** calories: 635, Fat: 9g
- 2) **Healthy Chicken:** calories: 675, Fat: 10g
- 3) **Capellini Pomodoro:** calories: 700, Fat: 25g
- 4) **Multi-Grain Penne Pomodoro:** calories: 670, Fat: 26g
- 5) **Verdure:** special request: less oil. Calories: 305, Fat: 16g
- 6) **Salmone cannelloni:** special request: less oil for salmon, no oil for cannelloni. Calories: 550, Fat: 26g
- 7) **Pollo Griglia:** special request: side spinach instead of orzo. Calories: 445, Fat: 19g
- 8) **Side Dish: Spinach:** calories: 85, Fat: 7g



Healthy Choices

- 1) **Lahaina Bowl**
Calories: 510, Fat: 21g, Sodium: 1390mg
- 2) **Vegetarian Bowl**
Calories: 390, Fat: 8g, Sodium: 1655mg
- 3) **Steak Napili Bowl**
Calories: 550, Fat: 19g, Sodium: 1360mg
- 4) **Hana Bowl**
Calories: 500, Fat: 21g, Sodium: 1840mg
- 5) **Rock Shrimp Salad**
Calories: 170, Fat: 6g, Sodium: 700mg
- 6) **Chopped Tuna Salad**
Calories: 275, Fat: 3g, Sodium: 975
- 7) **Paia Burrito**
Calories: 590, Fat: 14g, Sodium: 1775mg
- 8) **Chicken Combo Platter w/ Black Bean**
Calories: 610, Fat: 21g, Sodium: 1875mg
- 9) **Maui Shrimp Taco**
Special Request: dressing on the side.
Calories: 265, Fat: 3g, Sodium: 450mg
- 10) **Maui Fish Taco**
Special Request: Maui slaw on the side.
Calories: 265, Fat: 3g, Sodium: 400mg



Healthy Choices

Nutrition Criteria Not Provided by company.

- 1) **Ceviche:** Market fish, avocado, mango, lime juice, cilantro, Serrano Chile, house made hot sauce.
- 2) **Tostadas de Pollo:** Shredded chicken, black bean puree, avocado, cabbage, pastille Chile sauce, cotija cheese.
- 3) **Camarones y Calamares a La Parilla:** Marinated and grilled Monterey Bay squid and shrimp, cilantro, Serrano Chile, Lime juice, oregano, pickled onions.
- 4) **Pescado al Mojo de Ajo Veracruz:** Grilled market fish, toasted garlic-chipotle Chile salsa, spinach, grilled Portobello mushrooms, red Chile roasted potatoes.
- 5) **Taco de Carne Asada:** special request: with whole beans and soft tacos.
- 6) **Taco de Camarones:** special request: with soft tacos.
- 7) **Taco de Pollo:** special request: whole beans and soft tacos.
- 8) **Burrito a la Centro:** special request: with pollo (chicken).



Healthy Choices

1) Famous Star

- * special request: no mayonnaise
- * Calories: 465, Fat: 18g, Sodium: 865mg

2) Charbroiled BBQ Chicken Sandwich

- * Calories: 360, Fat: 4g, Sodium: 1155mg

3) Charbroiled Santa Fe Chicken Sandwich

- * Special request: no cheese
- * Calories: 550, Fat: 27g, Sodium: 1260mg

4) Charbroiled Chicken Club Sandwich

- * Calories: 550, Fat: 25g, Sodium: 1410mg

5) Charbroiled Chicken Sandwich

- * Calories: 360, Fat: 7g, Sodium: 710mg

6) Side Dish: Garden Salad

- * special request: dressing on side



Healthy Choices

1) Large Thai Noodle Salad

- * Calories: 660, Fat: 25g, Sodium: 1710mg

2) Portabella Burger

- * Calories: 390, Fat: 25g, Sodium: 715mg

3) Grilled Salmon BLT

- * Special Request: less Mayonnaise
- * Calories: 420, Fat: 20g, Sodium: 950mg



Healthy Choices

1) House Salad:

- *Calories: 200, Fat: 1.5g, Sodium: 215mg

2) Chicken on the Barbie

- *Calories: 540, Fat: 15g, Sodium: 830mg

Quick tip:

- 1) when ordering salad order with light dressing and toppings ask for chicken to be prepared with out butter veggies with no butter make a great



Healthy Choices

Nutrition Information not provided by company.

- 1) Tzatziki with pita bread
- 2) Hummus with pita bread
- 3) Dolmathes
- 4) Grilled Chicken Pita
- 5) Gyro with Chicken
- 6) Eggplant Sandwich
- 7) Chicken or Veggie Souvlaki
- 8) Tabouli
- 9) The Opa! Opa! Salad, dressing on the side
- 10) Summer in Athens Salad

Marie Callender's

Restaurant & Bakery

Healthy Choices

1) hearty Vegetarian Vegetable Soup (12oz.)

Calories: 80, Fat: 1g, Sodium: 1226mg

2) Fresh Grilled Atlantic Salmon

Calories: 550, Fat: 22g, Sodium: 1235mg

3) Pasta Pomodoro

Calories: 550, Fat: 7g, Sodium: 1235mg

4) Roasted Turkey with Tomato Basil

Calories: 550, Fat: 14g, Sodium: 2540mg

5) Grilled Lemon Chicken with Broccoli



Healthy Choices

1) Slow Roasted Turkey Breast

* Calories: 541, Fat: 15g

2) Veggie Burger

* calories: 396, Fat: 6g



Healthy Choices

1) House salad with fat free dressing

*Calories: 260, Fat: 10g, Sodium: 290mg

2) Spaghetti with tomato Sauce

*Calories: 560, Fat: 5g, Sodium: 870mg

Quick Tip:

1) At Italian restaurants this dish is generally the best to order. Avoid choosing pastas that are served with cream sauces.



Healthy Choices

1) Santa Fe Chopped

* Special Request: less bacon, less blue cheese.

* Calories: 435, Fat: 3g, Sodium: 710mg

2) Portobello and Asparagus Fajitas

* Special Request: less Mexican butter to cook vegetables.

* Calories: 315, Fat: 20g, Sodium: 978mg

3) Original Famous Chicken Fajitas

* Calories: 390, Fat: 12g, Sodium: 770mg

4) Mix and Match (chicken and Steak) Fajitas

* Calories: 440, Fat: 20g, Sodium: 775mg

5) Grilled Fish Taco (sea bass)

* Special Request: request chipotle aioli on the side.

* Calories: 495, Fat: 21g, Sodium: 1435mg

Side Dishes:

- 1) **Mixed Rice (5oz.):** Calories: 175, Fat: 5g, Sodium: 700mg
- 2) **Black Beans (5oz.):** Calories: 205, Fat: 3g, Sodium: 985mg
- 3) **Beans a la Charra:** Calories: 230, Fat: 5g, Sodium: 1030mg
- 4) **Flour Tortilla (1):** Calories: 150, Fat: 7g, Sodium: 470mg
- 5) **Sweet Corn Tamalito:** Calories: 85, Fat: 4g, Sodium: 100mg
- 6) **Guacamole (1 tbsp):** Calories: 20, Fat: 2g, Sodium: 50mg
- 7) **Sour Cream (1 tbsp):** Calories: 30, Fat: 3g, Sodium: 10mg
- 8) **Pico De Gallo:** Calories: 15, Fat: 0g, Sodium: 185mg

Healthy Choices



- 1) **1/2 Chicken Burrito:** Beans, Rice, Chicken, Tomato Salsa, Tomatillo-Red or Green Salsa, Corn Salsa, and Lettuce.

Quick Tip:

How Should I build a great burrito?

- 1) Pick your protein. Remember that beans and rice together make up a protein too.
- 2) Salsa adds great flavor and is fat-free!!
- 3) Choose only one extra: Cheese, Sour Cream, Guacamole.
- 4) You don't have to have a tortilla on your burrito. A burrito bowl is one way to shave off excess calories. Have the burrito bowl without sour cream or cheese, with chicken or vegetables.



Healthy Choices

- 1) **Ahi Salad:** Napa Cabbage, Mushrooms, Crispy wontons, soy vinaigrette.
* Calories: 290, Fat: 15g
- 2) **Grilled Salmon:** with ginger soy glaze, analysis doesn't include potatoes.
* Calories: 400, Fat: 19g



Healthy Choices

1) Chicken Florentine Salad

Special Request: dressing on the side.

Calories: 490, Fat: 19g, Sodium: 4930mg

2) Chicken Caesar Salad

Special Request: low fat Caesar dressing.

Calories: 380, Fat: 15g, Sodium: 890mg

3) Pollo Magro "Skinny Chicken"

Calories: 410, Fat: 6g, Sodium: 985mg

4) Pizza Margherita (1/2 pizza)

Calories: 485, Fat: 12g, Sodium: 1350mg

5) BBQ Chicken Pizza (1/2 pizza)

Calories: 505, Fat: 17g, Sodium: 1035mg

6) Simple Salmon

Calories: 500, Fat: 25g, Sodium: 760mg

Mr. Pickle

Nutrition Criteria not provided by company.

Healthy Choices

Make your own Sandwich:

- 1) Meat: Ham, Beef, Turkey
- 2) Cheese: Ask for only one slice
- 3) Extras: Mustard, Lettuce, Tomato, pickles, peppers, onions, cranberry, avocado.
- 4) Salad: green
- 5) Bread: sliced wheat

Specialty Sandwiches

- 1) Golden Gate: request light on cheese.
- 2) Very Vegi: request only one slice of cheese
- 3) Big Jake: request light on cream cheese.



Healthy Choices



- 1) **La Salsa Tacos with Chicken (2)**
Special Request: no Jack or Cheddar cheese.
Calories: 425, Fat: 12g, Sodium: 780mg
- 2) **Soft Tacos Patter with Steak (2)**
Special Request: no Jack or Cheddar cheese.
Calories: 590, Fat: 17g, Sodium: 1225mg
- 3) **Taco Salad**
Special Request: no cheese.
Calories: 525, Fat: 19g, Sodium: 1655mg
- 4) **3 Pepper Fajita Burrito with Chicken**
Special Request: no Jack or Cheddar cheese.
Calories: 590, Fat: 21g, Sodium: 2315mg
- 5) **California Veggie Burrito**
Special Request: no Jack or Cheddar cheese.
Calories: 590, Fat: 19g, Sodium: 1540mg
- 6) **The NO rice No bean Burrito with Chicken**
Special Request: no Jack cheese.
Calories: 630, Fat: 26g, Sodium: 1830mg
- 7) **Fire Roasted Bowl without Meat**
Special Request: no Jack or Cheddar cheese.
Calories: 500, Fat: 22g, Sodium: 1670mg
- 8) **Original Gourmet Burrito with Steak**
Special Request: no Jack or Cheddar cheese.
Calories: 555, Fat: 23g, Sodium: 1790mg
- 9) **Enchilada Patter with chicken**
Special Request: no Jack or Cheddar cheese.
Calories: 640, Fat: 17g, Sodium: 2865mg

Healthy Choices



- 1) **Caesar salad with grilled chicken:**
*Calories: 226, Fat: 6g, Sodium: 890
- 1) **Fruit and Yogurt Parfait:**
*Calories: 160, Fat: 2g, Sodium: 85mg
- 1) **Grilled chicken sandwich:**
*Calories: 250, Fat: 9g, Sodium: 520mg

Healthy Choices



- 1) **Grilled Caribbean Salad**
Special Request: dressing on the side.
Calories: 440, Fat: 10g, Sodium: 1410mg
- 2) **Lettuce Wrap**
Calories: 330, Fat: 21g, Sodium: 890mg
- 3) **Guiltless Grilled Salmon**
Calories: 480, Fat: 14g, Sodium: 1080mg
- 4) **Guiltless Chicken Platter**
Calories: 530, Fat: 9g, Sodium: 2780mg
- 5) **Guiltless Black Bean Burger**
Calories: 650, Fat: 12g, Sodium: 1940
- 6) **Guiltless Chicken Sandwich**
Calories: 490, Fat: 8g, Sodium: 2720mg
- 7) **Chicken Fajita Pita**
Calories: 450, Fat: 17g, Sodium: 1750mg
- 8) **Margarita Grilled Chicken**
Calories: 690, Fat: 14g, Sodium: 2980mg
- 9) **Firecracker Tilapia**
Calories: 540, Fat: 13g, Sodium: 1940mg
- 10) **Classic Chicken Fajita**
Special Request: black beans and one flour tortilla.
Calories: 1,045, Fat: 36g, Sodium: 4505mg



Healthy Choices

- 1) **12" Medium Pizza:** with crunchy thin crust, sauce, cheese, 2-3 veggie toppings.
*Serving Size: 2 slices
*Calories: 280, Fat: 19g, Sodium: 570mg
- 2) **Grilled chicken Caesar Salad:** mixed greens topped with grilled chicken, shaved parmesan cheese and grape tomatoes.
*Calories: 200, Fat: 9g, Sodium: 620mg



Healthy Choices

- 1) **Southwest Dinner Salad**
Calories: 275, Fat: 17g, Sodium: 524mg
- 2) **Adobe Chicken Salad (small)**
Calories: 637, Fat: 25, Sodium: 1154mg
- 3) **Yucatan Chicken Salad (small)**
Calories: 678, Fat: 18g, Sodium: 1154
- 4) **Coyotes Yin Yang Salad (small)**
Calories: 285, Fat: 22g, Sodium: 440mg
- 5) **Chicken and Rice Plate**
Calories: 495, Fat: 17g, Sodium: 845mg
- 6) **Chicken Taco (2)**
Special Request: no cheese.
Calories: 665, Fat: 23g, Sodium: 260mg
- 7) **Mahi-Mahi Taco (2)**
Special Request: no white sauce.
Calories: 545, Fat: 15g, Sodium: 515mg
- 8) **Southwest Chicken Burrito**
Special Request: no cheese.
Calories: 475, Fat: 15g, Sodium: 1030mg
- 9) **Southwest Rice and Bean Burrito**
Special Request: no cheese.
Calories: 565, Fat: 12g, Sodium: 1700mg

Healthy Choices



- 1) With Fresh Choice the most important thing to think about, or be aware of is portion control. It is a buffet, and it's easy to go overboard. For the nutrition facts go to:
www.freshchoice.com/rotation_ca.html



Healthy Choices

- 4) **Salad Dressings**
 - Low Fat Honey Mustard**
Calories: 100, Fat: 8g, Sodium: 263mg
 - La Bou Chicken**
Calories: 123, Fat: 9g, Sodium: 363mg
- 5) **Soups**
 - Beef Chili**
Calories: 278, Fat: 9g, Sodium: 1000mg
 - Clam Chowder**
Calories: 220, Fat: 9g, Sodium: 1112mg
 - Minestrone**
Calories: 96, Fat: 2g, Sodium: 905mg
 - Roasted Butternut Squash**
Calories: 198, Fat: 2g, Sodium: 921mg
 - Spicy Chicken**
Calories: 170, Fat: 5g, Sodium: 784mg
 - Turkey Noodle**
Calories: 95, Fat: 1g, Sodium: 900mg
 - Vegetarian Vegetable**
Calories: 58, Fat: 1g, Sodium: 900mg



Healthy Choices

1) Sandwiches

Mediterranean Turkey

Calories: 515, Fat: 13g, Sodium: 1305mg

Roasted Beef and Caramelized Onion

Calories: 530, Fat: 16g, Sodium: 1242mg

2) Panini

Ham and Swiss

Calories: 558, Fat: 18g, Sodium: 1270mg

Roasted Eggplant and Goat Cheese

Calories: 557, Fat: 23g, Sodium: 725mg

Tuscan Turkey

Calories: 554, Fat: 18g, Sodium: 1287mg

3) Salads (dressing on the side)

Asian Noodle (dressing included in calculation)

Calories: 420, Fat: 17g, Sodium: 1915mg

Chinese Chicken

Calories: 270, Fat: 11g, Sodium: 98mg

House

Calories: 124, Fat: 8g, Sodium: 36mg

La Bou Chicken

Calories: 452, Fat: 13g, Sodium: 1023mg

Spinach

Calories: 222, Fat: 14g, Sodium: 757mg

Sweet Basil Pasta (dressing included in calculation)

Calories: 425, Fat: 21g, Sodium: 993mg



Healthy Choices

- 1) **Half Sized Create Your Own Salad:** Spinach salad, Cucumbers, Carrots, Grape Tomatoes, Sweet Corn, Kidney-Garbanzo Beans, and Red Bell peppers. Ask for dressing on the side.

Quick Tip:

What to do if you're unfamiliar with the menu?

- 1) Observe foods that are already made for other customers. Look at the portion sizes, If they're large, order what you want and eat half.
- 2) Avoid breaded foods. Grilled or baked foods tend to be lighter in calories and lighter in fat.



Healthy Choices

1) **Vietnamese Shrimp Spring Rolls (1/2 portion)**

Calories: 200, Fat: 4.5g, Sodium: 290mg

2) **Oriental Chicken Salad**

Special Request: dressing on the side.

Calories: 400, Fat: 20g, Sodium: 450mg

3) **Fire Grilled Mahi-Mahi Sandwich**

Special Request: no mayo, dressing on the side, and no croutons.

Calories: 550, Fat: 25g, Sodium: 1280mg

4) **Fiery Kung Pao Shrimp (1/2 portion)**

Calories: 550, Fat: 20g, Sodium: 1785mg



Healthy Choices

- 1) **Flame-Grilled Skinless Chicken Breast**
Calories: 155, Fat: 4g, Sodium: 540mg
- 2) **Pollo Choice Skinless Breast Meal**
Special Request: skinless chicken breast.
Calories: 345, Fat: 16g, Sodium: 1065
- 3) **BRC Burrito**
Calories: 530, Fat: 15g, Sodium: 1395mg
- 4) **Pollo Bowl**
Calories: 545, Fat: 10g, Sodium: 2160mg

Side Dishes

- 1) **Fresh Vegetables:** Calories: 155, Fat: 4g, Sodium: 80mg
- 2) **Pinto Beans:** Calories: 155, Fat: 4g, Sodium: 675mg
- 3) **Spanish Rice:** Calories: 160, Fat: 1g, Sodium: 420mg
- 4) **Garden Salad (small):** Calories: 110, Fat: 7g, Sodium: 270mg
- 5) **Chicken Tortilla Soup (small):** Calories: 215, Fat: 9g, Sodium: 1040mg

Healthy Choices

- 1) **Honey BBQ KFC Snacker:** Tender chunks of chicken, smothered in tangy-sweet honey BBQ sauce, served on a warm bun.
* Calories: 101, Fat: 3g, Sodium: 530mg

Side Dishes:

- 1) **BBQ Baked Beans:** calories: 150, Fat: 1.5g, Sodium: 510mg
- 2) **Green Beans:** Calories: 50, Fat: 1.5, Sodium: 570mg
- 3) **Mashed Potatoes and Gravy:** Calories: 140, Fat: 5g, Sodium: 560mg



Healthy Choices

- 1) **Mega Mango Smoothie (16oz.)**
Calories: 220, Fat: 0.5g, Sodium: 5mg
- 2) **Strawberry Whirl Smoothie (16oz.)**
Calories: 250, Fat: 0g, Sodium: 15mg
- 3) **Berry Fulfilling Smoothie (16oz.)**
Calories: 150, Fat: 0.5g, Sodium: 210mg
- 4) **Strawberry Nirvana Smoothie (16oz.)**
Calories: 150, Fat: 0g, Sodium: 210mg
- 5) **Caribbean Passion Smoothie (16oz.)**
Calories: 270, Fat: 1g, Sodium: 35mg
- 6) **Banana Berry Smoothie (16oz.)**
Calories: 280, Fat: 1g, Sodium: 65mg
- 7) **Carrot Juice (16oz.)**
Calories: 100, Fat: 0.5g, Sodium: 250mg
- 8) **Wheatgrass (1oz.)**
Calories: 5, Fat: 0g, Sodium: 0mg