

Shop from
this list

Build a fit 5 Healthy BREAKFAST!

Use this list for a
"cabinet cleanout"

<p>Choose from all Food Groups for Good Health! Follow portion guidelines unless otherwise noted ↓</p>	<p>GO! Choose every day!</p>	<p>SLOW Choose less often</p>	<p>WHOA! Avoid or choose least often!</p>
	<p><i>Lots of Nutrients!</i> Every day!</p>	<p>←—————→</p> <p><i>Lots of Calories!</i></p>	
		1-2x/week	1-2x/month
<p>Grains/Starches <i>Watch your portions</i> 1 serving = 1 slice, or 1 cup cereal (or a fist) (Make ½ your grains "whole") Choose: _____</p>	<ul style="list-style-type: none"> 100% whole grain or whole wheat bread 6" wrap or pita ½ whole grain English muffin Mini whole grain bagel Slow cooked oatmeal or grits Wheat/Bran/Rice Chex, Mini Wheats, All Bran, Kashi, Wheat Total, Grape Nuts, Whole Grain Cheerios Mini bran muffin Potatoes (roasted/baked) 	<ul style="list-style-type: none"> White bread, bagels, or wraps Low sugar processed cereals (Cheerios, Kix, Cornflakes, Raisin Bran, Special K, Granola (no raisins)) Instant plain oatmeal, grits or farina ½ bran muffin Whole grain pancakes or waffles All nut/fruit bars (Lara, Kind) 	<ul style="list-style-type: none"> Raisin bread Sweetened cereals (Fruit Loops, Cocoa Puffs, Krave, Frosted Flakes) Instant sweetened oatmeal, grits, farina Muffins White flour pancakes or waffles Croissants/pastries Donuts, sweet or cinnamon rolls, pop tarts, toaster strudels Granola or breakfast bars
<p>Protein <i>A "must have"</i> 1 serving = ¼ plate, or 1 slice, or size of your palm Choose: _____</p>	<ul style="list-style-type: none"> Canadian bacon Low fat or reduced fat cheese Eggs/egg whites Low fat cottage cheese Tofu, nuts, beans 2 tbsp. natural peanut butter 	<ul style="list-style-type: none"> Ham Turkey or vegetarian sausage patty or link Turkey bacon Full fat cheese (cheddar, Swiss, provolone) 1 tbsp. regular peanut butter 	<ul style="list-style-type: none"> Regular breakfast sausage or patty Bacon
<p>Vegetables <i>Add to omelets or breakfast wraps</i> 1 serving = ¼ plate or 1 fist cooked, ½ fist raw Choose: _____</p>	<ul style="list-style-type: none"> Almost all fresh, frozen or canned vegetables without added sauces (except those in the WHOA column) 		<ul style="list-style-type: none"> Fried vegetables (hash browns, home fries)
<p>Fruit <i>Aim for 3/day</i> 1 serving = 1 tennis ball size, 1 handful or ½ cup Choose: _____</p>	<ul style="list-style-type: none"> Almost all fresh or frozen fruit/berries (except those in the WHOA column) Canned fruit in water or own juice 	<ul style="list-style-type: none"> 2 tbsp. raisins or dried fruit All fruit/no sugar added jam or jelly 	<ul style="list-style-type: none"> Sugar, caramel, or chocolate - covered fruit 2 tbsp. raisins Canned or frozen fruit in syrup ½ cup fruit juice or "punch" Sweetened jam or jelly
<p>Dairy <i>With every meal</i> 1 serving = 8oz or 1 cup milk, yogurt or 1 oz. cheese Choose: _____</p>	<ul style="list-style-type: none"> Skim, fat-free, 1% milk Unsweetened soy milk or unsweetened almond milk Non/low-fat, zero sugar Greek yogurt Low fat or reduced fat cheese 	<ul style="list-style-type: none"> 2% milk 2% plain yogurt 	<ul style="list-style-type: none"> Full fat milk Full fat yogurt/drinkable yogurt Smoothies with added sugar Flavored milk Sweetened yogurt with stir-ins Processed cheese spread
<p>Fats/Condiments <i>Keep it small</i> Refer to nutrition label for portion sizes Choose: _____</p>	<ul style="list-style-type: none"> ¼ Avocado/2 tbsp. guacamole 5 Olives 2 tbsp. hummus 2 tbsp. Natural Peanut Butter 2 tbsp. Chia or Flax seeds Olive oil spray 1 tsp. hot sauce 	<ul style="list-style-type: none"> 1 tsp. Smart Balance, Benecol, or Butter Sugar-free pancake syrup Sugar substitutes (Splenda, Truvia, Stevia) Low fat or reduced fat cream cheese (Neufchatel cheese) 1 tsp. olive/canola oil 1 tbsp. Ketchup 1-2 tsp honey 	<ul style="list-style-type: none"> Cream cheese 1 tsp. margarine Nutella Sugar, maple syrup or regular pancake syrup




Build a fit 5 Healthy LUNCH!

Choose from all groups for Good Health!	GO! Choose every day! Shop from this List	SLOW Choose less often	WHOA! Avoid or choose least often!
↓	Lots of Nutrients!	←—————→	
			Lots of Calories!
<p>Grains/Starches <i>Watch your portions</i> 1 serving = ¼ plate, 1 slice or ½ fist (Make ½ your grains “whole”) Choose: _____</p>	<ul style="list-style-type: none"> 100% Whole grain or whole wheat bread ½ whole grain roll/bun or mini whole wheat bagel 6” low carb, whole wheat or 100% whole grain wrap or pita pocket 1 cup cooked whole wheat pasta or brown rice Potatoes, corn, peas, pumpkin, winter squash 	<ul style="list-style-type: none"> White Bread, bagels or wraps 6” corn or flour tortilla All nut/fruit bars (Lara, Kind) 1 slice whole wheat pizza crust 1 cup cooked white rice or pasta Homemade croutons (use wheat bread or polenta) 	<ul style="list-style-type: none"> Hard taco shells Macaroni and cheese Ramen noodles Pasta in cream sauce White flour pizza crust Croutons Granola or breakfast bars Donuts, cakes, cookies, potato chips, cheese doodles
<p>Protein <i>A “must have”</i> 1 serving = ¼ plate, or 1 slice, or size of your palm Choose: _____</p>	<ul style="list-style-type: none"> Low sodium chicken/turkey/roast beef deli meat Low fat or reduced fat cheese Canned tuna in water 93% lean beef or turkey burger Low fat cottage cheese Tofu, nuts, beans 2 tbsp. natural peanut butter Eggs/egg whites 	<ul style="list-style-type: none"> Ham Turkey/chicken based hotdog, turkey bologna or turkey pepperoni Low fat/baked chicken nuggets or fish patty Regular cheese 2 tbsp. regular peanut butter 	<ul style="list-style-type: none"> Salami, bologna, pepperoni Breaded chicken or fish patty Chicken nuggets or fish sticks Fried mozzarella Hot dogs/corn dogs Hamburger
<p>Vegetables <i>Pack for school</i> 1 serving = ¼ plate or 1 fist cooked, ½ fist raw Choose: _____</p>	<ul style="list-style-type: none"> Almost all fresh, frozen or canned vegetables without added fat or sauces (except those in the WHOA column) 	<ul style="list-style-type: none"> Homemade air fried/baked “french fries” 	<ul style="list-style-type: none"> Fried vegetables (French fries, onion rings, plantains) Vegetables in cream, cheese or sweet sauces
<p>Fruit <i>Aim for 3/day</i> 1 serving = 1 tennis ball size, or 1 handful Choose: _____</p>	<ul style="list-style-type: none"> Almost all fresh or frozen fruit & berries (except those in the WHOA column) Canned fruit in water or own juice 	<ul style="list-style-type: none"> 2 tbsp. raisins or dried fruit All fruit/no sugar added jam or jelly 	<ul style="list-style-type: none"> Canned or frozen fruit in syrup ½ cup fruit juice/fruit punch Sugar, caramel, or chocolate - covered fruit Fruit roll ups Sweetened jam or jelly
<p>Dairy <i>With every meal!</i> 1 serving = 8oz or 1 cup milk, yogurt or 1 oz. cheese Choose: _____</p>	<ul style="list-style-type: none"> Skim, fat-free, 1% milk Unsweetened soymilk or unsweetened almond milk Non/low-fat, zero sugar Greek yogurt Low fat or reduced fat cheese Low fat cottage cheese 	<ul style="list-style-type: none"> 2% milk 2% plain yogurt Full fat cheese (cheddar, Swiss, provolone) Sugar free low fat pudding 	<ul style="list-style-type: none"> Full fat milk Full fat yogurt/drinkable yogurt Smoothies with added sugar Flavored milk Sweetened yogurt with stir-ins Processed cheese spread Pudding, ice cream
<p>Fats/Condiments <i>Keep it small</i> Refer to nutrition label for portion sizes Choose: _____</p>	<ul style="list-style-type: none"> ¼ Avocado/2 tbsp. guacamole 2 tbsp. hummus 2 tbsp. salsa 5 Olives Olive oil spray Water, Seltzer, flavored water 	<ul style="list-style-type: none"> Low fat mayonnaise & dressings Low fat or reduced fat cream cheese 1 tsp. olive/canola oil 1 tbsp. ketchup 1 tsp. mustard 1-2 tsp honey 	<ul style="list-style-type: none"> Cream cheese, mayonnaise, creamy dressings 1 tsp. margarine BBQ sauce Nutella, Candy Sugar, maple syrup, caramel sauce

Build a fit 5 Healthy DINNER!

Choose from all groups for Good Health! ↓	GO! Choose every day! Shop from this List	SLOW Choose less often	WHOA! Avoid or choose least often!
	Lots of Nutrients!	↔ Lots of Calories! ↔	
<p>Grains <i>Watch your portions</i> 1 serving = ¼ plate, 1 slice or ½ fist (Make ½ your grains “whole”) Choose: _____</p>	<ul style="list-style-type: none"> 100% Whole grain or whole wheat bread ½ whole grain roll/bun or whole wheat mini bagel 6” low carb, whole wheat or 100% whole grain wrap or pita pocket or soft taco shell 1 cup whole wheat pasta or brown rice Potatoes, corn, peas, pumpkin, winter squash, turnips 	<ul style="list-style-type: none"> White Bread, bagels or wraps 6” corn or flour tortilla All nut/fruit bars (Lara, Kind) 1 slice whole wheat pizza crust 1 cup white rice Homemade baked croutons (use whole wheat bread or polenta) 	<ul style="list-style-type: none"> Hard taco shell Macaroni and cheese Microwaveable pastas (Chef Boyardee) Ramen noodles Pasta in cream sauce White flour pizza crust Croutons
<p>Protein <i>A “must have”</i> 1 serving = ¼ plate, or 1 slice, or size of your palm Choose: _____</p>	<ul style="list-style-type: none"> Skinless chicken or turkey breast, roast beef, lean steak, pork chop, pork loin 93% lean ground beef, chicken or turkey Fish or shellfish Eggs/egg whites Veggie burger Tofu, beans, lentils 	<ul style="list-style-type: none"> Chicken thighs/drumsticks Ham, Turkey/chicken based hotdog or turkey pepperoni Low fat/baked chicken nuggets or fish patty 90% ground beef 	<ul style="list-style-type: none"> Pepperoni, sausage, ribs, kielbasa, wings Breaded chicken or fish patty Chicken nuggets or fish sticks Fried mozzarella Hot dog, Corn dog 80-85% hamburger
<p>Vegetables <i>Pack for school</i> 1 serving = ¼ plate or 1 fist cooked, ½ fist raw Choose: _____</p>	<ul style="list-style-type: none"> Almost all fresh, frozen or canned vegetables without added fat or sauces (except those in the WHOA column) 	<ul style="list-style-type: none"> Homemade air fried/baked “french fries” 	<ul style="list-style-type: none"> Fried vegetables (French fries, onion rings, plantains) Vegetables in cream, cheese or sweet sauces
<p>Fruit <i>Aim for 3/day</i> 1 serving = 1 tennis ball size, or 1 handful Choose: _____</p>	<ul style="list-style-type: none"> Almost all fresh or frozen fruit & berries (except those in the WHOA column) Canned fruit in water or own juice 	<ul style="list-style-type: none"> 2T raisins or dried fruit All fruit/no sugar added jam or jelly 	<ul style="list-style-type: none"> Canned or frozen fruit in syrup ½ cup fruit juice or fruit punch Sugar, caramel, or chocolate - covered fruit Fruit rolls Sweetened jam or jelly
<p>Dairy <i>With every meal!</i> 1 serving = 8oz or 1 cup milk, yogurt or 1 oz. cheese Choose: _____</p>	<ul style="list-style-type: none"> Skim, fat-free, 1% milk Unsweetened soymilk or unsweetened almond milk Non/low-fat, zero sugar Greek yogurt Low fat or reduced fat cheese Low fat cottage/ricotta cheese 	<ul style="list-style-type: none"> 2% milk 2% plain yogurt Full fat cheese (cheddar, Swiss, provolone) Sugar free low fat pudding 	<ul style="list-style-type: none"> Full fat or flavored milk Full fat yogurt/drinkable yogurt Smoothies with added sugar Sweetened yogurt with stir-ins Processed cheese spread Pudding, ice cream
<p>Fats/Condiments & Drinks <i>Keep it small</i> Choose: _____</p>	<ul style="list-style-type: none"> ¼ Avocado/2 tbsp. guacamole 2 tbsp. hummus 2 tbsp. salsa 5 Olives 2 tbsp. pesto Olive oil spray 	<ul style="list-style-type: none"> Low fat mayonnaise & dressings Low fat or reduced fat cream cheese 1 tsp. olive/canola oil 1 T. ketchup 1 tsp. mustard 	<ul style="list-style-type: none"> Cream cheese, mayonnaise, creamy dressings (ranch, blue cheese, thousand island) 1 tsp. margarine BBQ sauce Nutella, Candy

Build a fit 5 Healthy SNACK!

Combine Carb(s) +Protein or Healthy Fats. Veggies are free! ↓	GO! <i>Choose every day! Shop from this List</i>	SLOW <i>Choose less often</i>	WHOA! <i>Avoid or choose least often!</i>
	Lots of Nutrients!		
<p style="text-align: center;">Grains <i>Watch your portion Make ½ your grains “whole”</i></p> <p>1 serving = ¼ plate, 1 slice or ½ fist Choose: _____</p>	<ul style="list-style-type: none"> 100% whole grain crackers or pretzels (Triscuits, Wheat Thins, Crunchmaster, Pretzel Thins, etc.) Non-fat, unsalted/lightly salted, or light popcorn Plain rice cakes Baked multigrain tortilla chips Roasted chickpeas/edamame 	<ul style="list-style-type: none"> 100% whole wheat graham crackers Flavored rice cakes 	<ul style="list-style-type: none"> Buttered popcorn Microwavable pastas (Chef Boyardee) Macaroni and cheese Canned pastas Ramen noodles Hot pockets, pizza rolls, bagel bites Granola or breakfast bars Donuts, cakes, cookies, potato chips, cheese doodles Crackers (Ritz, saltines) Chips
<p style="text-align: center;">Protein <i>Helps with satisfaction</i></p> <p>1 serving = 1 oz., 2T. or 1 slice Choose: _____</p>	<ul style="list-style-type: none"> Low sodium sliced turkey/chicken/roast beef Reduced fat cheese 2 tbsp. natural peanut butter ¼ cup lightly salted nuts Hard-boiled egg 2 tbsp. hummus Low sodium jerky 	<ul style="list-style-type: none"> Regular jerky (watch out for added sugars with certain flavors) 2 T. Regular peanut butter Trail mix with raisins/chocolate Nut & fruit bars (Lara, Kind) 	<ul style="list-style-type: none"> Pepperoni Salami Bologna Honey roasted or chocolate-covered nuts Chicken nuggets Corn dogs
<p style="text-align: center;">Vegetables <i>A FREE snack!</i></p> <p>1 serving = ¼ plate or 1 fist cooked, ½ fist raw Choose: _____</p>	<ul style="list-style-type: none"> Almost all fresh vegetables: carrots, celery sticks, sliced cucumber, peppers, raw broccoli/cauliflower, edamame ¼ avocado 		<ul style="list-style-type: none"> Fried vegetables (French fries, onion rings, chips) Oven fries
<p style="text-align: center;">Fruit <i>Aim for 3/day</i></p> <p>1 serving = 1 tennis ball size, or 1 handful Choose: _____</p>	<ul style="list-style-type: none"> Almost all fresh or frozen fruit & berries (except those in the WHOA column) Canned fruit in water or own juice 	<ul style="list-style-type: none"> 2T raisins or dried fruit Canned fruit in juice 	<ul style="list-style-type: none"> Canned or frozen fruit in syrup ½ cup fruit juice or fruit punch Sugar, caramel, or chocolate - covered fruit Fruit roll ups 2 tbsp. craisins (sweetened dried cranberries)
<p style="text-align: center;">Dairy</p> <p>1 serving = 8oz or 1 cup milk, yogurt or 1 oz. cheese Choose: _____</p>	<ul style="list-style-type: none"> Skim, fat-free, 1% milk Unsweetened soymilk or unsweetened almond milk Non/low-fat, zero sugar Greek yogurt Low fat or reduced fat cheese/cheese stick ½ cup sugar free or low carb ice cream & frozen yogurt 	<ul style="list-style-type: none"> 2% milk 2% plain yogurt Full fat cheese (cheddar, Swiss, provolone) Sugar free pudding 	<ul style="list-style-type: none"> Full fat milk or flavored milk Full fat sweetened ice cream/frozen yogurt Full fat yogurt/ drinkable yogurt Smoothies with added sugar Sweetened yogurt with stir-ins Processed cheese spread Cream cheese Pudding
<p style="text-align: center;">Fats, Sweets & Drinks <i>Keep it small!</i></p> <p>Choose: _____</p>	<ul style="list-style-type: none"> 2 tbsp. guacamole 2 tbsp. hummus 2 tbsp. salsa 5 Olives Water, seltzer, zero carb flavored water 	<ul style="list-style-type: none"> Light or reduced fat dressing or dips Low fat or reduced fat cream cheese 1 cup sugar free soda 	<ul style="list-style-type: none"> Nutella, Candy Regular dressings or dips; such as regular ranch dressing Jell-O ½ cup juice Regular soda



Healthy Minds • Healthy Bodies
Healthy Families • Healthy Lives

EATING OUT the fit5 Way

Planning & preparing meals ahead are the best ways to avoid eating out too often. When it is just not possible, use this helpful comparison.

Remember! <i>Balance your meal with Fruits & Veggies!</i>	BETTER CHOICE! <i>Choose More often</i>	WHOA! <i>Avoid or choose least often!</i>
	<i>A little Lighter!</i>	<i>Lots of Calories!</i>
Burger King	<ul style="list-style-type: none"> • Egg and cheese biscuit • Hamburger or cheeseburger or Jr. Whopper • Grilled Chicken Sandwich/Wrap • 4 piece chicken nugget/chicken fries • Applesauce 	<ul style="list-style-type: none"> • All biscuit/croissant breakfast sandwiches • Whoppers/Melts • BK Big Fish/Fried chicken sandwich • French fries & onion rings • Churro fries/cookies <p>Beverages: shakes, smoothies, frappes, soda, sweet tea</p>
Chick-fil-A	<ul style="list-style-type: none"> • Grilled chicken sandwich/ grilled nuggets • Spicy Southwest Salad w/ grilled chicken • Kid's nugget/strips/grilled nugget meals • Egg white grill • Side salad, kale crunch salad, applesauce, fruit cup, yogurt parfait • Dressing/sauce: zesty buffalo sauce, fat free honey mustard, light Italian, light balsamic • Add – lettuce, tomato, pickles to any meal <p>Beverages: unsweet tea, diet lemonade, 1% milk</p>	<ul style="list-style-type: none"> • Spicy Deluxe Chicken Sandwich • Fried chicken nuggets • Chick-fil-A sandwich • Waffle fries • Mac and cheese • Sauces/dressings: Chick-fil-A sauce, ranch, Polynesian sauce, most others <p>Beverages: milkshakes, frosted lemonade, frosted coffee, sweet tea, regular lemonade</p>
Chili's	<ul style="list-style-type: none"> • Guiltless Grill – chicken, salmon, steak • Santa Fe grilled chicken salad • House salad with salmon, shrimp, grilled chicken • Steamed broccoli, asparagus, corn • Black beans with Pico de Gallo • Classic beef, chicken, shrimp fajitas with peppers/onions; rice or corn tortillas • Non-cream based soups or chili without tortilla strips 	<ul style="list-style-type: none"> • All of the appetizers • Quesadilla Explosion Salad, Fried chicken salad • Burgers/fried chicken sandwiches • Ribs (all) • Chicken Crispers • All Sweet Temptations <p>Beverages: Soda, Lemonade, Fruit Punch, Chocolate Milk</p>
Chipotle	<ul style="list-style-type: none"> • Burrito bowl/salad – chicken/tofu/steak with brown rice and beans/corn/veggies/salsa; if ordering cheese or sour cream ask for it on the side 	<ul style="list-style-type: none"> • Burrito • Chips and queso
Dairy Queen	<ul style="list-style-type: none"> • 2 piece chicken nugget with side salad • Sides: applesauce or banana • Kid's/small ice cream cone • Kid's dipped cone • Dilly Bar/DQ Fudge Bar 	<ul style="list-style-type: none"> • Small-Large Chocolate/Strawberry Dipped cone • Most Royal Treats and Novelties • Blizzards • Burgers, fried chicken sandwiches, hot dogs • "Meal Deals", fried sides <p>Beverages: Moo-Lattes, Milkshakes, Smoothies, Freezes</p>
Denny's	<ul style="list-style-type: none"> • Fit Slam or Junior Grand Slam • Build your Own Omelet – eggs/egg whites with veggies (optional cheese) and side of fruit or whole wheat toast (no butter) • Seasonal fruit, broccoli, side salad • Garden salad with grilled chicken/salmon • Turkey sandwich – sub the fries for salad or fruit 	<ul style="list-style-type: none"> • All Other Slams and Skillets • French fries/hash browns • Pancakes/waffles/crepes/donut holes • Bacon/sausage • Melts, sandwiches, burgers • Appetizers <p>Beverages: Soda, hot chocolate</p>
Dominos	<ul style="list-style-type: none"> • 12" Crunchy Thin Crust Pizza • Pizza toppings: veggies, grilled chicken, red sauce • Garden Fresh Salad or Grilled Chicken Caesar Salad – dressing on the side or use light balsamic • ½ medium veggie or grilled chicken sandwich • Side salad 	<ul style="list-style-type: none"> • Ultimate Deep Dish Pizza • Pizza toppings: hamburger, sausage, bacon, pepperoni, extra cheese, alfredo, BBQ sauce, ranch • Cheesy Breads/Twists/Oven Baked Dips/Wings/Tots • Oven baked sandwiches • Pasta
Dunkin'	<ul style="list-style-type: none"> • Egg and Cheese Wake up Wrap (can also add turkey sausage) • Egg and Cheese on English muffin (can add turkey sausage) 	<ul style="list-style-type: none"> • Donuts, munchkins, crullers, coffee roll • Muffins, croissants • Breakfast sandwiches with bacon/sausage – also try to avoid sandwiches with croissants

	<ul style="list-style-type: none"> • ½ whole wheat bagel or English muffin with peanut butter/avocado spread • Egg White & Veggie Omelet Bites • Chicken & Roasted Pepper Dunkin' Wrap <p>Beverages: plain coffee with sugar substitutes and skim/almond/soy milk – try adding flavor shots; unsweetened green tea</p>	<ul style="list-style-type: none"> • Snackin' bacon or sausage • Hash browns <p>Beverages: Refreshers, Coolatas, Frozen Drinks, Coffee with Flavor Swirls or Cream/Whole Milk, Lattes, Hot Chocolate, Energy Drinks</p>
KFC	<ul style="list-style-type: none"> • Original Recipe Chicken – breast, drumstick, thigh • 5 piece nugget/3 piece tender 	<ul style="list-style-type: none"> • All Meal Deals/Combos • KFC Famous Bowl – Mashed Potatoes with Gravy • Chicken Pot Pie/Famous Bowl • Original Recipe or Extra Crispy Chicken/Wings with skin • Saucy Nuggets/Fried Chicken Sandwiches
Moe's	<ul style="list-style-type: none"> • Burrito bowl/salad – chicken/tofu/steak with brown rice and beans/corn/veggies/salsa; if ordering cheese or sour cream ask for it on the side 	<ul style="list-style-type: none"> • Burritos/stack/club quesadilla • Chicken club quesadilla • Nachos/chips/queso
McDonalds	<ul style="list-style-type: none"> • Fruit & Maple Oatmeal • Egg McMuffin • Cheeseburger/Hamburger • 4 pc chicken nugget • Apple slices or side salad 	<ul style="list-style-type: none"> • McGriddle, Sausage and Egg Biscuits, Sausage Burrito • Hotcakes • Big Mac, Quarter Pounder • Chicken sandwiches or Filet o Fish • French fries • 6+ piece chicken nugget • McFlurry, ice cream, cookies, apple pie • Beverages: McCafe Shakes, Frappes, Lemonade, Soda
Panera	<ul style="list-style-type: none"> • Garden Avo & Egg White Sandwich • Greek Yogurt Parfait or Oatmeal with Fruit & Nuts • Multigrain Bagel Flat or Avocado Toast • Low fat chicken noodle soup/ tomato soup • 1/2 of a smoked turkey sandwich or Caprese • Mediterranean Veggie Sandwich • Mediterranean/Fuji Apple/Asian Sesame/Green Goddess Cobb Salads with or without chicken <p>Beverages: unsweetened teas</p>	<ul style="list-style-type: none"> • Breakfast Soufflés, croissant egg sandwiches • All signature sandwiches/ whole paninis • Cobb salad/Southwest Salad • New England Clam Chowder/baked potato soup • Bread bowls/ mac & cheese • Bakery items/chips <p>Beverages: Café Mocha, punch, sweetened teas, smoothies</p>
Red Robin	<ul style="list-style-type: none"> • Keep It Simple Chicken, Veggie, Beef Burgers • Grilled/seared salmon • Chicken Ensenada Platter • Simply Grilled Chicken Salad • Try ordering your burger/sandwich wedge style • Side House Salad, Steamed/Parmesan broccoli, carrots • Chili, chicken tortilla soup, French onion soup 	<ul style="list-style-type: none"> • Anything labeled bottomless • Fried chicken sandwiches/burgers • Appetizers • Fried entrees • Ribs • Pasta dishes • Desserts <p>Beverages: Milkshakes, soda, lemonade</p>
Starbucks	<ul style="list-style-type: none"> • Steel cut oatmeal with nut medley topping or fruit • Spinach Feta and Egg White Wrap • Egg White and Turkey Bacon Sandwich • Egg White Bites • Snack boxes/Protein boxes (apples, eggs, cheddar, nuts, etc.) <p>Beverages: Americano/Coffee with sugar substitutes and skim/almond/soy milk – can try sugar free vanilla syrup; unsweetened iced or hot tea</p>	<ul style="list-style-type: none"> • Pastries/cookies • Other sandwiches containing bacon/sausage • Bacon & Gruyere Egg Bites <p>Beverages: coffee with whipped cream/toppings, sweetened teas, chai lattes, Frappuccinos, refreshers, energy drinks, hot chocolate</p> <p>Watch out for seasonal drinks/flavored coffees – try to sub out the flavored syrups to reduce sugar</p>
Subway	<ul style="list-style-type: none"> • 6-inch oven-roasted chicken breast/turkey breast/roast beef/veggie sub • “No Breadly Bowls” or salads with chicken breast/turkey breast/roast beef/boiled egg • 6 inch egg & cheese • Bread: parmesan oregano, wheat, Italian, wrap • Condiments: yellow mustard, deli brown mustard, light mayo, oil & vinegar, oregano, black pepper, parmesan cheese - ask for dressings on side • Sides: applesauce or baked chips 	<ul style="list-style-type: none"> • 12 inch subs • Dippers/footlong pretzel • Proteins: pepperoni, bacon, salami, pastrami, steak • Bread: flatbreads, ciabatta, cheese topped breads • Toppings/sauces: extra cheese, honey mustard, ranch, Caesar, sweet onion, BBQ, chipotle • Cookies, churros, regular chips <p>Beverages: sweet tea, soda</p>

Taco Bell	<ul style="list-style-type: none"> • Fresco Bean Burrito • Grilled steak or chicken soft taco • Grilled chicken Meximelt • Veggie or Cantina Chicken Bowl • Spicy tostada • Side of black beans • *order Fresco Style for any item: replaces cheese and sauces with Fiesta Salsa 	<ul style="list-style-type: none"> • Combo meals • Crunchwrap Supreme/Gordita Crunch • Nachos/Chalupa Supreme • Beefy 5/7 Layer or Grilled Cheese Burrito • Nacho Fries • Cinnamon Twists/Cinnabon Delights • Beverages: Freezes, Lipton iced teas, lemonade, soda
Wendy's	<ul style="list-style-type: none"> • Chili with side of mandarin oranges/apple bites/plain baked potato • Apple pecan chicken salad or garden salad w/pomegranate vinaigrette dressing • Grilled chicken wrap • Kids hamburger/cheeseburger/4 pc chicken nuggets 	<ul style="list-style-type: none"> • Any Meal Deals • Baconator, double cheeseburgers • Fried chicken sandwiches • 6+ piece nugget, Saucy nuggets • French fries • French toast sticks, Cinnabons, cookies • Beverages: Frosty, soda, lemonade

Keep these Tips in mind when Ordering Meals

- ✓ Balance your meal with vegetables and fruit.
- ✓ Go to the children's menu—you will receive a smaller portion plus healthier sides like apple slices/fruit cup.
- ✓ Ask for the condiments (dressing, mayo, dipping sauces) to be on the side. This allows you to visualize the portion used. Try to use ~2tbsp *the size of 2 of your thumbs*
- ✓ Order meats and fish grilled/baked—not "crispy," which means fried
- ✓ Choose leaner breakfast meats like turkey bacon, turkey sausage, Canadian bacon, ham instead of sausage and regular bacon.
- ✓ Beverages: Choose low fat or skim milk, water, occasional diet soda or unsweetened tea. Avoid sweetened beverages – regular soda, lemonade, iced tea, milk shakes, slushies, hot chocolate & coffee drinks such as “coolatas”.
- ✓ Ask for a to-go container to pack up half your meal once it gets to the table.



Eating Out can be part of a Healthy Meal Plan – Remember to limit it to once a month...Happy Eating!