

RESTAURANT GUIDE

- these suggestions are based on the general dietary guidelines to eat a diet rich in fruits, vegetables, and whole grains, low in saturated/trans-fats, added sugars, and sodium.
- all foods fit in a well-balanced, healthy diet. This guide is to help you choose foods that will support your fast-paced, busy lifestyle and provide you with the energy you need to rock your day. Listen to your body and your cravings and be kind and respectful to yourself.
- when ordering salads, order the dressing on the side. Before each bite, dip your fork in the dressing. This way, you get a taste of dressing with each bite without dowsing your greens in calorie-laden sauce.
- be vocal when ordering entrees or sandwiches with sauce/condiments. Ask for a light spread on sandwiches or for condiments and sauces on the side.
- there is nothing wrong with eating bread; however, processed carbohydrates will cause a spike in your blood sugar and a consequences, a sugar crash. Consider reducing carbohydrates moderately to help stabilize blood sugar levels. Most restaurants tend to provide large portions of carbohydrates since they are inexpensive

HANABI'S

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SMALL BITES

WESTERN OMELETTE VEGETABLE OMELETTE

hold the hash browns and high-fat breakfast meats, and get a side of fresh fruit and toast.

SOUPS AND SALADS

BUILD A BREAKFAST BURRITO

add mushrooms, guacamole, green peppers, onions, jalapenos, and tomatoes

hold the hash browns and sour cream for fresh fruit cup

SANDWICHES

CHICKEN CAESAR WRAP

Opt for the fat-free caesar dressing on the side so you're able to better control amount consumed.

BURGERS

BAHN MI SANDWICH

REUBEN SANDWICH

ask for any sauces and dressings on the side and add sparingly

hold the fries, mac and cheese or chips and order a side salad