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

FAST FOOD

RESTAURANT GUIDE

Nutrition by Mary

ARBY'S

- TURKEY GYRO
- ROAST TURKEY AND SWISS WRAP
- FARMHOUSE WRAP

TACO BELL

- POWER BOWL
- CHICKEN TACOS
- POWER MENU BURRITO
- 7 LAYER BURRITO
- BLACK BEAN BURRITO

  add a side of black beans and rice, if desired - they compliment each other to make a complete protein source

BURGER KING

- GRILLED CHICKEN SANDWICH
- GARDEN SALAD
- CHICKEN GARDEN SALAD
- VEGGIE BURGER

  order a garden side salad instead of french fries

PIZZA HUT

- VEGGIE PIZZA

  add a garden salad on the side

FAST FOOD

RESTAURANT GUIDE

Nutrition by Mary

DUNKIN DONUTS

VEGGIE EGG WHITE ON ENGLISH MUFFIN

WAKE UP WRAP SANDWICHES

turkey sausage, egg, and cheese

egg and cheese

OATMEAL

SUBWAY

SANDWICHES/WRAPS

nine-grain bread
lean protein (turkey, chicken breast, or tuna)
veggies
guacamole (if desired)
cheese (f desired)
honey mustard
light mayo

skip the bread completely and get all these ingredients in a salad instead