

## 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

# CAFE LATTE

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### BREAKFAST MENU

#### WESTERN OMELETTE

#### VEGETABLE OMELETTE

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

### BREAKFAST FAVORITES

#### BUILD A BREAKFAST BURRITO

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

hold the hash browns and sour cream for fresh fruit cup

### CLASSICS AND WRAPS

#### CHICKEN CAESAR WRAP

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

### PIZZAS AND SANDWICHES

#### 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