

Healthy habits for a happier you!



■ “Undress your food” – Ask for dressings on the side. **WATCH OUT!** Dressings can range from 25 to 150 calories per tablespoon! (A tablespoon is about the size of your thumb).

■ Choose low fat mayonnaise, mustard, ketchup

and/or low fat/light Ranch as your condiments. Note: if low fat/light condiments or dressings are not available, ask for the regular dressings on the side.

■ Double up on vegetables! Fill your sandwich with all your favorite veggies.



■ Soup or salad with a half-sized wrap is a great deal and lower in calories. Just be sure to get the salad dressing on the side!

■ Salads are always available. Or, ask for your sandwich “in a bowl!”

■ Choose grilled vs. breaded “crispy” meats.

■ Lean proteins such as fish, poultry, and tofu have less saturated (solid) fat than red meats like pork or beef

and should be chosen more often.

■ Think twice before adding bacon to your meal! Bacon is a higher fat, cured meat which may lead to increased risk for certain diseases like cancer.

■ Substitute salad or fresh fruit for fries.

■ If you really must get the fries, ask for them unsalted and add the salt yourself. You’ll likely use a lot less!



■ Grilled chicken, turkey, and tilapia are healthier protein options.

■ If you order one of the tostada salads, eat the shell is deep fried, try

not to overindulge.

■ When ordering a burger, eat half and take the other half home for dinner. It’ll stretch your dollar and save calories!

■ If you really want those fries, onion rings, chicken nuggets, or chicken strips order a smaller portion or share your meal with a friend.

■ “Undress” your food. Ask for any sauce or dressing on the side (like mayo) and use sparingly.

■ Try our Salad Shaker Cups—they’re fun and delicious!

■ Any item listed on the “Lighten Up” menu is a good choice!

■ Use salsa as a salad topper instead of dressing.



Drinks

Order the smallest size



Split one specialty drink with someone else or save half for later



Ask for half sugar in base teas (like Boba) or sweeten them yourself with a sugar substitute



EAT HEALTHY

AT THE HUB



HOW TO

Healthy habits for a happier you!



- Limit deep fried foods and nachos.
- "Undress" your food. Ask for any sauce or dressing on the side (like guacamole and sour cream) and use sparingly.
- Choose dishes with corn tortillas (soft not fried), "in a bowl", or as a salad. (Some burritos may weigh in at over 1 lb.)
- Habanero's offers Halal and soy-based products, too!
- Monitor your portions, especially cheese and chips.
- Salsa is a healthy condiment, so feel free to add it to your favorite dishes! Use salsa as a salad topper instead of dressing.
- Choose dishes that have plenty of fresh veggies, lettuce, tomato, and salsa!
- Ask for half the portion of rice.



- Ask for light cheese and more marinara (tomato) sauce
- Limit cream or oil-based sauces like Alfredo and pesto
- For pizzas, skip high fat meat toppings (such as pepperoni, ham, or sausage) or ask for light toppings

- Load up on veggies, ask for extra!
- Flatbread pizzas contain less carbohydrate, which is typically a good thing
- Eat the crust or a breadstick, not both



- Pizza slices can range from 300-800 calories, eat two small pieces (each about the size of a woman's palm) or one larger piece
- Eat a small salad with dressing on the side before your meal to increase satiety and cut calories!
- It may be hard to find, but La Fiamma salads are well worth the search! They offer customizable salads that are made to order. Dressings are always on the side and low-calorie versions are available!



- Sauces are generally made with soy sauce, which is very high in sodium. Ask for sauces on the side.
- Skip anything breaded or deep fried and opt for foods grilled, prepared in a wok, or baked to control fat and calories.
- Choose rice or noodles, but not both! Ask if brown rice is available as a substitute for white rice. (Brown rice is a whole grain which may protect against heart disease, make at least 1/2 your grains whole grains each day.) Or, ask for 1/2 the portion of rice or noodles.
- Lean proteins such as fish, poultry, and tofu have less solid fat than red meats (like pork or beef) and should be chosen more often.



- Choose items without cream cheese
- Go light on the soy sauce and other sauces
- Go for vegetarian or seafood versions. (Note: Ask for double vegetables! Or, substitute vegetables instead of rice. They are good sources of fiber (which helps to keep you full) and will increase the volume on your plate without increasing the calories.

If pregnant or planning to become pregnant, avoid Marlin, Orange Roughy, Sea Bass, Tilefish, Swordfish, Shark, Mackerel, Bluefish, Tuna & Grouper)

Turn the page for more great tips!

