

Stall Street Journal



Salad Savvy

Think you're being healthy... think twice about ordering a salad.

Burger King-Tender grill Chicken Salad w/light Italian-420 calories

Low Carb Tender grill Chicken Sandwich-200 calories

Panera - Full Orchard Harvest Salad with Chicken- 540 calories

Half Smoked Turkey Breast Sandwich with Low-Fat Vegetarian

Black Bean Soup -390 calories

Wendy's- Mandarin Chicken Salad with Grilled Chicken- 540 calories

Grilled Chicken Go Wrap- 260 calories



Fixers

Salad

- Be the first to order, salad seems less appealing after everyone's ordered that burger
- Ask for dressing on the side, use minimal amounts
- Avoid fatty cheeses, sugared nuts, crispy noodles, and sugary dressings

Healthy

Tips

Eating

Out

- Eat a healthy snack or have some water with lemon before lunch
- Substitute fruit/vegetable as a side instead of bread or chips when available
- Order from the appetizer menu and if you're still hungry order a side salad
- Avoid buffets, we tend to lose control
- Try and order things grilled, baked, or steamed rather than fried
- Your stomach should be 1/3 food, 1/3 water, 1/3 air

For more information visit us at www.kanecountyhealth.com/coalition.htm

Or contact Maureen Obuchowski at 630-264-7670