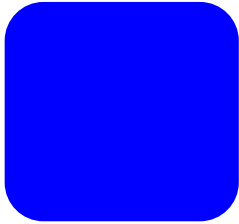
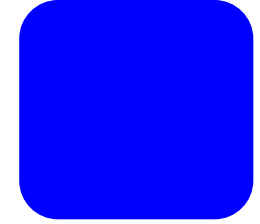
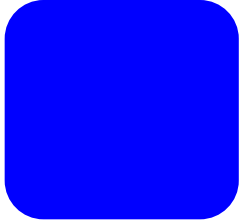
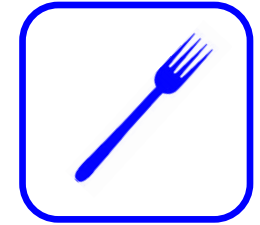
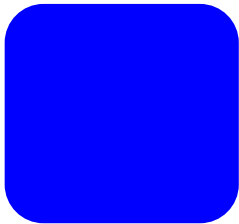
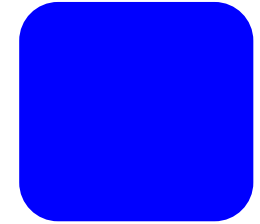


Healthy Dining Matters

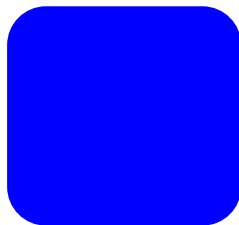
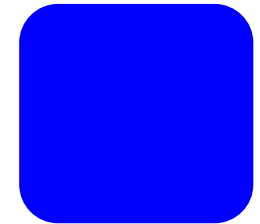
Community Restaurant Program



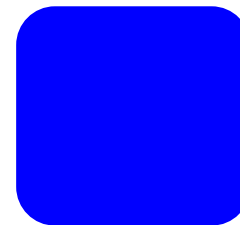
Healthy Dining Guide: Making Better Choices When Dining Out



Local Fast Food and Restaurant Establishments in East Aldine



Harris County
HCPHES
 Public Health & Environmental Services
www.hcphe.org



Restaurants Included in this Guide



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About this Guide

Development & Overview

- ❖ This guide was developed as part of the Healthy Dining Matters! Restaurant Program (HDM)! pilot developed by Harris County Public Health & Environmental Services.
- ❖ The mission of the Healthy Dining Matters! Restaurant Program is to lower rates of obesity in Harris County by encouraging local independent, “Mom & Pop” restaurants in promoting healthier options for adults and children.
 - ❖ Currently 2 in 3 adults and 1 in 3 children are overweight and obese in Harris County.
- ❖ The purpose of this guide is to promote healthier options at fast food and restaurant establishments in the Pasadena area, especially local independent restaurants participating in the HDM! Restaurant Program to help community members eat healthy when dining out.
- ❖ All nutrition information was found on www.healthydiningfinder.com or the restaurant’s online nutrition information, except HDM! Participating restaurants, which was calculated by the HDM! Nutrition Consultant.

Tools to Reading This Guide

- ❖ Soups and salads are an Adult Meal unless stated as a side item or half-sized portion.
- ❖ Most salads do not include the dressing, or a side of bread.
- ❖ Most items have much higher sodium than the recommendations. Options with sodium and fat under the USDA recommendation and HDM! Nutrition Criteria are shown with a ♥

- ❖ This guide highlights healthy menu options. Lower calorie options may be available, but they may be higher in fat.
- ❖ Some options may not be available all year long.
- ❖ Saturated fat numbers may not be given but it is important to know that it raises cholesterol levels, which can lead to cardiovascular disease. Look out for tips that warn about this fat!
- ❖ Look for other helpful tips in this guide!

USDA Recommendations & Healthy HDM! Nutrition Criteria

Adult Meal

Less than

- ✓ 750 calories
- ✓ 750mg sodium
- ✓ 23g fat
- ✓ 8g saturated fat

Kid’s Meal

Less than

- ✓ 600 calories
- ✓ 600mg sodium
- ✓ 30% calories from fat
- ✓ 7% calories from fat

Single Entree

Less than

- ✓ 300 calories
- ✓ 325mg sodium
- ✓ 10g fat
- ✓ 3.5g saturated fat

Side Item

Less than

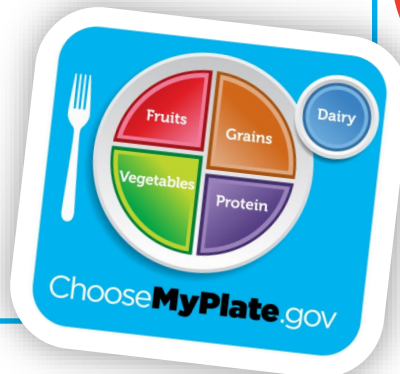
- ✓ 250 calories
- ✓ 230mg sodium
- ✓ 30% calories from fat
- ✓ 7% calories from fat

What do you need to know about the Dietary Guidelines for Americans, 2010?

- ❖ Created by the U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Resources (HHS)
- ❖ Intended for Americans ages 2 and older and includes those at increase risk of chronic disease
- ❖ The goal is to provide information for making healthy food choices to promote good health and prevent disease

Tips to Dining Out Healthy

- ✓ Don't rush your order. Take your time to decide the healthiest option for you.
- ✓ It all starts with the drink order, so choose a healthy option such as water, unsweetened tea, fat-free or low-fat milk.
- ✓ Limit or avoid appetizers, they add those extra calories.
- ✓ **Avoid** fried or sautéed foods. **Choose** steamed, grilled, or broiled instead.
- ✓ Order dressings, gravies, creamy sauces, and butter on the side. Try ordering a light or fat free version.
- ✓ Don't be afraid to ask the restaurant to prepare food the way you want it. Take control of your meal!
- ✓ It's all about portion sizes...
 - ✓ Order appetizer-sized or side dish portions
 - ✓ Share with a friend!
 - ✓ Don't try to clean your plate, take leftovers home.
- ✓ When in doubt...Follow the MyPlate guidelines when deciding how to fill your plate! You can find them at ChooseMyPlate.gov.

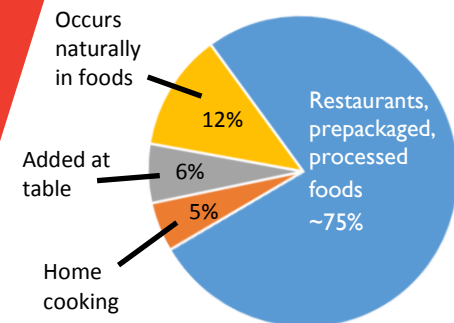


What You Need to Know About Sodium!

- ♥ Eating high amounts of sodium raises blood pressure, which can lead to **heart disease and stroke**.
- ♥ **High blood pressure** makes you 4x more likely to die from **stroke**, and 3x more likely to die from **heart disease**.
- ♥ The average intake for Americans is **more than 3,400mg!** The USDA recommends less than 2,300mg, but most Americans should limit intake to 1,500mg per day.
- ♥ Fast Food and restaurants are a large part of the sodium in American diets.
- ♥ Some easy tips:
 - ♥ Eat more fruits and veggies!
 - ♥ Request that your meal be prepared without added salt.
- ♥ **IMPORTANT!** Most of the foods found in this guide are above the recommended amount of sodium, but they still represent the healthier options available!

Ask for lower sodium options when eating out, or ask for no added salt!

Sources of Sodium in American Diet



Restaurant Name

Address

Restaurant Name

Address

**This could be your
restaurant!**

El Vaquero Mexican Restaurant

3705 Aldine Mail Route, 77039



Healthy Dining Matters Menu Picks



Meals

- ♥ **Carne De Fajitas (Beef Fajita)**
440 Calories, 23g Fat, 300mg Sodium
- ♥ **Enchilada De Pollo (Chicken Enchiladas)**
620 Calories, 23g Fat, 500mg Sodium
- ♥ **Enchilada De Molida (Beef Enchiladas)**
599 Calories, 23g Fat, 417mg Sodium
- ♥ **Grilled Chicken Breast Sandwich**
390 Calories, 9g Fat, 340mg Sodium
- ♥ **Pork Chop and One Egg**
320 Calories, 15g Fat, 170mg Sodium

Salads

- ♥ **Grilled Chicken Fajita Vaquero Salad**
450 Calories, 23g Fat, 390mg Sodium
[Salad greens mixed with vegetables and chicken slice]

Sides

- ♥ **Tossed Salad**
- ♥ 130 Calories, 8g Fat, 120mg Sodium
- ♥ **Mixed Seasonal Vegetables**
160 Calories, 10g Fat, 460mg Sodium



Kid's Meals

- ♥ **Chicken Fajita Taco**
410 Calories, 10g Fat, 290mg Sodium

Alma Latina

4920 Aldine Mail Rd., 77039



Healthy Dining Matters Menu Picks



Meals

- ♥ **Blackened Tilapia (w/rice and vegetables)**
100 Calories, 2g Fat, 520mg Sodium
- ♥ **Godorniz (Grilled Quail)**
670 Calories, 23g Fat, 200mg Sodium

Salads

- ♥ **Chicken Fajita Salad**
420 Calories, 22g Fat, 370mg Sodium

Kid's Meals

- ♥ **Grilled Tilapia Fillet (w/Mexican rice)**
380 Calories, 3g Fat, 360mg Sodium
- ♥ **Grilled Tilapia Fillet (w/White rice)**
300 Calories, 3g Fat, 110mg Sodium

Sides

- ♥ **Tossed Salad**
130 Calories, 8g Fat, 120mg Sodium



Crystal Mexican

2229 Little York, 77093



Healthy Dining Matters Menu Picks



Meals

- ♥ **Camarones a la Plancha (Grilled Shrimp)**
100 Calories, 2g Fat, 520mg Sodium
- ♥ **Filete de Pescado (Catfish Fillet)**
440 Calories, 18g Fat, 530mg Sodium
- ♥ **Enchiladas de Pollo (Chicken Enchilada)**
690 Calories, 16g Fat, 530mg Sodium

Salads

- ♥ **Ensalada de Pollo (Crystal Chicken Salad)**
590 Calories, 18g Fat, 560mg Sodium

Sides

- ♥ **Black Beans**
170 Calories, 0.5g Fat, 240mg Sodium
- ♥ **Vegetable Medley**
50 Calories, 0g Fat, 20mg Sodium

Kid's Meal

- ♥ **Grilled Chicken Quesadilla**
520 Calories, 22g Fat, 390mg Sodium

CRYSTAL
MEXICAN RESTAURANT



Healthy Dining Matters Menu Picks



Meals

- ♥ **Caldo de Pollo (Chicken Soup) w/rice**
330 Calories, 7g Fat, 530mg Sodium
- ♥ **Pollo a la plancha (Grilled Chicken) (w/beans & rice)**
480 Calories, 6g Fat, 450mg Sodium
- ♥ **Filete de Pezcado a la plancha (Grilled Fish Fillet) (w/Vegetables and Salad)**
380 Calories, 5g Fat, 140mg Sodium

Salads

- ♥ **Ensalada de Pollo (Chicken Salad)**
420 Calories, 10g Fat, 420mg Sodium

Sides

- ♥ **Tossed Salad**
45 Calories, 1g Fat, 40mg Sodium
- ♥ **Vegetable Medley**
80 Calories, 0g Fat, 25mg Sodium

Kid's Meal

- ♥ **Pollo a la Parrilla (Grilled Chicken Breast)**
370 Calories, 4g Fat, 550mg Sodium

Lupita's
Mexican Restaurant



Siempre fresco y preparado hasta que lo ordene!

Subway

12829 Aldine Westfield, 77039
5160 Aldine Westfield Road, 77039
11721 Aldine Mail Route, 77039
(There are 3 more locations in area 77093)

Soups 8oz. size & when available

Chicken Noodle

110 Calories, 3g Fat, 720mg Sodium

Creamy Chicken and Dumplings

150 Calories, 4.5g Fat, 740mg Sodium

Green Chili and Tomato

90 Calories, 2g Fat, 680mg Sodium

Minestrone

90 Calories, 1g Fat, 740mg Sodium

Poblano Corn Chowder

150 Calories, 7g Fat, 560mg Sodium

Vegetable Beef

90 Calories, 2g Fat, 730mg Sodium

Salads

Applewood Pulled Pork Salad

410 Calories, 9g Fat, 900mg Sodium

Chicken Cordon Blue Melt Salad

410 Calories, 9g Fat, 1070mg Sodium

♥ **Double Chicken Salad**

220 Calories, 4.5g Fat, 490mg Sodium

Tuscan Chicken Salad

230 Calories, 7g Fat, 1060mg Sodium

♥ **Black Forest Ham Salad**

110 Calories, 3g Fat, 600mg Sodium

♥ **Chicken Teriyaki with Spinach**

220 Calories, 3g Fat, 610mg Sodium

♥ **Oven Roasted Chicken Salad**

140 Calories, 2.5g Fat, 280mg Sodium

Go light on the salad dressing to avoid adding more calories and fat!

♥ **Roast Beef Salad**

140 Calories, 3.5g Fat, 460mg Sodium

♥ **Subway Club Salad**

140 Calories, 3.5g Fat, 590mg Sodium

♥ **Sweet Onion Chicken Teriyaki Salad**

230 Calories, 3g Fat, 650mg Sodium

♥ **Turkey Breast & Ham Salad**

110 Calories, 2.5g Fat, 530mg Sodium

♥ **Turkey Breast Salad**

110 Calories, 2g Fat, 460mg Sodium

♥ **Veggie Delite Salad**

60 Calories, 1g Fat, 75mg Sodium

Sandwiches

Black Forest Ham

6" 290 Calories, 4.5g Fat, 800mg Sodium

Mini 180 Calories, 2.5 Fat, 450mg Sodium

Turkey Breast

6" 280 Calories, 3.5g Fat, 670mg Sodium

Mini 180 Calories, 2g Fat, 380mg Sodium

♥ **Veggie Delite**

6" 230 Calories, 2.5g Fat, 280mg Sodium

Mini 150 Calories, 1.5g Fat, 190mg Sodium

Turkey Breast & Ham

6" 280 Calories, 4g Fat, 730mg Sodium

Roast Beef Mini Sub

200 Calories, 3g Fat, 390mg Sodium

Kids Meals with apple slices and low-fat milk

♥ **Black Forest Ham**

180 Calories, 2.5g Fat, 450mg sodium

♥ **Roast Beef**

200 Calories, 3g Fat, 390mg Sodium

♥ **Turkey Breast**

180 Calories, 2g Fat, 380mg Sodium

♥ **Veggie Delite**

150 Calories, 1.5g Fat, 190mg

The kids meals provide a healthy, balanced meal that fits MyPlate recommendations.



McDonald's

12350 Eastex Fwy, 77039

10760 Eastex Fwy, 77093

9411 Jensen, 77093



Salads

- ♥ **Premium Asian Salad without Chicken**
70 Calories, 7g Fat, 20mg Sodium
- ♥ **Premium Asian Salad with Grilled Chicken**
80 Calories, 9g Fat, 750mg Sodium
- ♥ **Premium Bacon Ranch Salad without Chicken**
190 Calories, 12g Fat, 530mg Sodium
- Premium Bacon Ranch Salad with Grilled Chicken**
120 Calories, 14g Fat, 1100mg Sodium
- ♥ **Premium Southwest Salad without Chicken**
60 Calories, 7g Fat, 190mg Sodium
- Premium Southwest Salad with Grilled Chicken**
100 Calories, 11g Fat, 890mg Sodium

Sandwiches & Burgers

Filet-O-Fish

170 Calories, 19g Fat, 590mg Sodium

Hamburger

70 Calories, 8g Fat, 480mg Sodium

Kid's Meal

- ♥ **Hamburger Happy Meal** with 1% low fat milk, kids fries, apple slices
465 Calories, 15.5g Fat, 670mg Sodium

Sides

- ♥ **Apple Slices**
15 Calories, 0g Fat, 0mg Sodium
- ♥ **Side Salad**
20 Calories, 0g Fat, 10mg Sodium

Hamburger Happy Meal is a great size for adults too!

Burger King

5240 Aldine Mail Rt. & Hwy 59, 77039

3715 Little York Road, 77093

9501 Jensen Drive, 77093



Breakfast

- ♥ **Quaker Oatmeal** (maple flavor)
170 Calories, 3g Fat, 270 mg Sodium

Sandwiches & Burgers

Whopper Jr. Sandwich (no mayo)

240 Calories, 10g Fat, 410 mg Sodium

Hamburger

230 Calories, 9g Fat, 460mg Sodium

Kid's Meals

- ♥ **Hamburger** with apple slices and fat free milk
360 Calories, 9g Fat, 585mg Sodium
- ♥ **Chicken Nuggets** (4pc) with apple slices and fat free milk
310 Calories, 11g Fat, 485mg Sodium
- ♥ **Kids Oatmeal**
170 Calories, 3g Fat, 260mg Sodium

Salads

- ♥ **Chicken Apple & Cranberry Garden Fresh (tendergrill)**
480 Calories, 26g Fat, 480mg Sodium

Sides

- ♥ **Apple Slices**
30 Calories, 0g Fat, 0mg Sodium

Adults can eat the Kid's Meal too!

Sonic

3711 Little York
Road, 77093



Kid's Meal

Chicken Strips (2 pc)

220 Calories, 11g Fat, 450mg Sodium

Sides

Apple Slices

35 Calories, 0g Fat, 60mg Sodium

Jack in the Box

3907 Aldine Mail Road, 77039
9302 Jensen Drive, 77093
2218 Little York Road, 77093



Salad

♥ **Grilled Chicken Salad**

250 Calories, 9g Fat, 660mg Sodium

Chicken

Grilled Chicken Strips (4 pc)

250 Calories, 7g Fat, 1070mg Sodium

Kid's Meal

♥ **Grilled Chicken Strips (2 pc)**

130 Calories, 4g Fat, 540mg Sodium

Sides

♥ **Chiquita Apple Bites**

(with caramel)

70 Calories, 0g Fat, 55mg Sodium

Grilled
chicken offers
a much
healthier
option than
fried!

Whataburger

4040 Little York, 77093



Salads

Apple & Cranberry Grilled Chicken Salad

440 Calories, 17g Fat, 920mg Sodium

♥ **Apple & Cranberry Salad**

270 Calories, 9g Fat, 180mg Sodium

♥ **Garden Salad**

180 Calories, 9g Fat, 200mg Sodium

Garden Salad with Grilled Chicken

350 Calories, 17g Fat, 940mg Sodium

Sides

Apple Slices

30 Calories, 0g Fat, 0mg Sodium

Fruit Chew

80 Calories, 0g Fat, 10mg Sodium

Be careful
when adding
dressing!

Popeyes

3705 Little York Road, 77093
8515 Jenses Road, 77093



Chicken

Blackened Tenders (3)

170 Calories, 2g Fat, 550mg

Nuggets (4pc)

150 Calories, 9g Fat, 230mg Sodium

Sides

Baguette

90 Calories, 2g Fat, 80mg Sodium

Corn on the Cob

190 Calories, 2g Fat, 0mg Sodium

Jalapenos (1)

0 Calories, 0g Fat, 368mg Sodium

Domino's

4233 Aldine Mail Road,
77039



Lighten Up Pizza Options (1/8 of 12" pizza)

Veggie Pizza

Hand Tossed 180 Calories, 380mg Sodium

♥ Thin Crust 135 Calories, 250mg Sodium

Veggie And Chicken Pizza

Hand Tossed 185 Calories, 420mg Sodium

♥ Thin Crust 143 Calories, 290mg Sodium

Chicken, Green Pepper, and Onion Pizza

Hand Tossed 185 Calories, 405mg Sodium

♥ Thin Crust 145 Calories, 270mg Sodium

Chicken and Ham Pizza

Hand Tossed 195 Calories, 505mg Sodium

Thin Crust 153 Calories, 370mg Sodium

Ham and Pineapple Pizza

Hand Tossed 190 Calories, 440mg Sodium

♥ Thin Crust 145 Calories, 305mg Sodium

Note:
Portion
size

Note: fat
not known
here!

Adding more veggies to your pizza is a delicious way to get the recommended amount of veggies.

Church's Chicken



5125 Aldine Mail Route Road, 77039
10401 Jensen Drive, 77093
8926 Jensen, 77093

Chicken & Fish

♥ Original Leg

110 Calories, 6g Fat, 280mg Sodium

Tender Strips

120 Calories, 6g Fat, 440mg Sodium

Spicy Tender Strips

140 Calories, 7g Fat, 480mg Sodium

♥ Boneless Wing (without sauce)

80 Calories, 5g Fat, 160mg Sodium

Boneless Wing (with sauce)

90-100 Calories, 5g Fat, 240-440mg Sodium

Fish Fillet (1)

190 Calories, 10g Fat, 380mg Sodium

Take into
account these
are mostly
single pieces

Sides (Small)

Mashed Potatoes & Gravy

110 Calories, 2g Fat, 780mg Sodium

♥ Corn

140 Calories, 3g Fat, 15mg Sodium

♥ Jalapeño Pepper

5 Calories, 0g Fat, 190mg Sodium

Collard Greens

35 Calories, 0g Fat, 240mg Sodium

Green Beans

35 Calories, 0g Fat, 360mg Sodium

Sweet Corn Nuggets (8)

240 Calories, 7g Fat, 520mg Sodium



5010 Aldine Mail Road, 77039

Salads

Crispy Chicken Caesar Salad (no croutons)

330 Calories, 17g Fat, 810mg Sodium

Crispy Chicken BLT Salad

350 Calories, 18g Fat, 990mg Sodium

Chicken

Original Recipe Chicken—Whole Wing

260 Calories, 16g Fat, 870mg Sodium

Original Recipe Chicken—Breast (no skin or breading)

120 Calories, 2g Fat, 450mg Sodium

Original Recipe Chicken Drumstick

220 Calories, 13g Fat, 680mg Sodium

Extra Crispy Chicken—Drumstick

280 Calories, 18g Fat, 690mg Sodium

Spicy Crispy Chicken—Drumstick

280 Calories, 18g Fat, 760mg Sodium

Kentucky Grilled Chicken—Whole Wing

230 Calories, 12g Fat, 680mg Sodium

Kentucky Grilled Chicken—Breast

140 Calories, 4.5g Fat, 480mg Sodium

Kentucky Grilled Chicken—Drumstick

170 Calories, 8g Fat, 580mg Sodium

Kentucky Grilled Chicken—Thigh

190 Calories, 12g Fat, 610mg Sodium

Nutrition provided for "Chicken" is based on 100 grams

Bowls & Sandwiches

KFC Famous Bowl (snack size)

270 Calories, 12g Fat, 840mg Sodium

Chicken Littles

310 Calories, 18g Fat, 500mg Sodium

Honey BBQ Sandwich

320 Calories, 3.5g Fat, 770mg Sodium

Kids

♥ **Drumstick** (1 pc)

150 Calories, 4g Fat, 290mg Sodium

♥ **Extra Crispy Tenders** (1 pc)

190 Calories, 7g Fat, 310mg Sodium

♥ **GoGo Squeez Applesauce**

60 Calories, 0g Fat, 0mg Sodium

Snacks & Sides (individual)

♥ **Coleslaw**

150 Calories, 9g Fat, 150mg Sodium

Green Beans

25 Calories, 0g Fat, 300mg Sodium

♥ **Mashed Potatoes** (no gravy)

90 Calories, 2.5g Fat, 320mg Sodium

♥ **Corn on the Cob**

70 Calories, 0.5g Fat, 0mg Sodium

♥ **Sweet Kernel Corn**

100 Calories, 0.5g Fat, 0mg Sodium

House Side Salad

15 Calories, 0g Fat, 10mg Sodium



Taco Cabana

3922 Little York, 77093

Tacos, Flautas, Fajitas, Enchiladas

Steak Fajita Taco

200 Calories, 6g Fat, 640mg Sodium

Chicken Breast Fajita Taco

180 Calories, 5g Fat, 640mg Sodium

Shrimp Tampico Taco

180 Calories, 6g Fat, 730mg Sodium

Soft Chicken Taco (stewed chicken)

200 Calories, 7g Fat, 720mg Sodium

♥ **Carne Guisada Taco**

190 Calories, 6g Fat, 320mg Sodium

Black Bean Taco

190 Calories, 4g Fat, 620mg Sodium

Crispy Chicken Taco (stewed chicken)

160 Calories, 7g Fat, 440mg Sodium

Beef Street Tacos (3)

290 Calories, 4g Fat, 730mg Sodium

♥ **Chicken Breast Fajita** (1oz)

35 Calories, 1g Fat, 180mg Sodium

♥ **Brisket** (1 serving)

130 Calories, 9g Fat, 250mg Sodium

♥ **Chicken Flauta** (1)

110 Calories, 5g Fat, 200mg Sodium

Cabana Salads

Steak Fajita Cabana Salad

740 Calories, 49g Fat, 1270mg Sodium

Chicken Fajita Cabana Salad

720 Calories, 46g Fat, 1280mg Sodium

Shrimp Tampico Cabana Salad

740 Calories, 50g Fat, 1620mg Sodium

Chicken Cabana Salad (stewed chicken)

740 Calories, 47g Fat, 1520mg Sodium

Fat is high! To lower fat in Cabana Salads and Nachos order without sour cream, guacamole, and queso or cheese.

Personal Nachos with Queso

Steak Fajita Nachos

580 Calories, 34g Fat, 1250mg Sodium

Chicken Fajita Nachos

570 Calories, 32g Fat, 1250mg Sodium

Beef Super Nachos (ground beef)

740 Calories, 45g Fat, 1560mg Sodium

Chicken Super Nachos

700 Calories, 40g Fat, 1580mg Sodium

Personal Nachos with Cheese

Steak Fajita Nachos

740 Calories, 49g Fat, 870mg Sodium

Chicken Breast Fajita Nachos

730 Calories, 47g Fat, 870mg Sodium

Sides & Salsa

Rice (4oz)

120 Calories, 0.5g Fat, 520mg Sodium

Black Beans

80 Calories, 1g Fat, 380mg Sodium

♥ **Pico de Gallo** (1oz)

5 Calories, 0g Fat, 90mg Sodium

Key is to avoid high fat items like sour cream and cheese



Taco Bell

3956 Little York Road,
77093



Tacos

Fresco Shredded Chicken Soft Taco

140 Calories, 3.5g Fat, 470 mg Sodium

♥ Fresco Crunchy Taco (beef)

150 Calories, 8g Fat, 310 mg Sodium

Fresco Steak Soft Taco

150 Calories, 4g Fat, 440 mg Sodium

Fresco Beef Soft Taco

160 Calories, 7g Fat, 490 mg Sodium

Cool Ranch Doritos Locos Taco

170 Calories, 10g Fat, 380 mg Sodium

♥ Crunchy Taco

170 Calories, 10g Fat, 320 mg Sodium

Fiery Doritos Locos Taco

170 Calories, 10g Fat, 380 mg Sodium

Grilled Steak Soft Taco

200 Calories, 10g Fat, 490 mg Sodium

Nacho Cheese Doritos Locos Taco

170 Calories, 10g Fat, 370 mg Sodium

Gorditas

Gordita Supreme-Chicken

260 Calories, 9g Fat, 530 mg Sodium

Think about
the extra
sauces you
add. They
add up.

Sides

♥ Black Beans

80 Calories, 10g Fat, 200 mg Sodium

Black Beans & Rice

180 Calories, 4g Fat, 430 mg Sodium

Premium Latin Rice

100 Calories, 25g Fat, 230 mg Sodium

Salad & Local Items

Crispy FlameThrower Chicken Wrap

370 Calories, 22g Fat, 740mg Sodium

♥ Crispy Chicken Garden Greens Salad

280 Calories, 13g Fat, 670mg Sodium

♥ Grilled Chicken Garden Greens Salad

150 Calories, 2g Fat, 730mg Sodium

Kids Meal

♥ 2 Chicken Strips

230 Calories, 13g Fat, 640mg Sodium

♥ Applesauce

80 Calories, 0g Fat, 0mg Sodium

♥ Banana

110 Calories, 0g Fat, 0mg Sodium

Sides

♥ Side Salad

25 Calories, 0g Fat, 15mg Sodium

Dairy Queen

11741 Eastex Fwy, 77039



CiCi's Pizza

11741-A Eastex Fwy, 77039



Pizza by the Slice

Alfredo

150 Calories, 5g Fat, 220mg

Bacon Cheddar

180 Calories, 7g Fat, 350mg

Buffalo Chicken

160 Calories, 5g Fat, 410mg

Classic Chicken

160 Calories, 5g Fat, 260mg

Ham

170 Calories, 5g Fat, 320mg

Ham & Pineapple

170 Calories, 5g Fat, 330mg

Ole'

180 Calories, 6g Fat, 280mg

Sausage

180 Calories, 7g Fat, 370mg

Spinach Alfredo

150 Calories, 5g Fat, 220mg

Red Sauce Veggie

160 Calories, 4.5g Fat, 240mg

Zesty Ham & Cheddar

160 Calories, 6g Fat, 300mg

Zesty Pepperoni

170 Calories, 7g Fat, 320mg

Zesty Veggie

180 Calories, 5g Fat, 250mg

Sides

Garlic Cheesy Bread

60 Calories, 2g Fat, 80mg Sodium

Avoid extra trips to the buffet!

Pizza Hut

4062 Little York Rd, 77093



Pizza by the Slice

Garden Party

12" Medium Pan 230 Calories, 9g Fat, 450mg Sodium

12" Medium Thin 'N Crispy 190 Calories, 7g Fat, 530mg Sodium

12" Medium Hand-Tossed 200 Calories, 6g Fat, 400mg Sodium

Rectangular/Dinner Box 240 Calories, 9g Fat, 480mg Sodium

Veggie Lover's

12" Medium Pan 220 Calories, 9g Fat, 510mg Sodium

12" Medium Thin 'N Crispy 180 Calories, 6g Fat, 570mg Sodium

12" Medium Hand-Tossed 190 Calories, 6g Fat, 430mg Sodium

Rectangular/Dinner Box 230 Calories, 9g Fat, 490mg Sodium

6" Personal Pizza

Garden Party

590 Calories, 21g Fat, 1370mg Sodium

Veggie Lover's

600 Calories, 9g Fat, 1350mg Sodium

Note Portion Sizes!

Pizza by the Slice

14" HOT-N-READY Just Cheese Pizza

250 Calories, 9g Fat, 440mg Sodium

Hula Hawaiian (Ham)

280 Calories, 9g Fat, 620mg Sodium

Hula Hawaiian (Canadian Bacon)

280 Calories, 9g Fat, 660mg Sodium

Veggie

270 Calories, 10g Fat,

560mg Sodium

Has high saturated fat!

Little Caesars



Little Caesars

3910 Aldine Mail Route, 77093

3926 Aldine Mail Route, 77039

10511 Eastex Fwy, 77093

Luby's

11743 Eastex Freeway, 77039

Entrees

Shrimp & Crawfish Jambalaya

182 Calories, 6g Fat

Tilapia Primavera

294 Calories, 8g Fat

Carne Guisada (Mexican Stew)

403 Calories, 15g Fat

Chicken & Dumplings

369 Calories, 11g Fat

Balsamic Chicken

408 Calories, 14g Fat

Crispy Teriyaki Salmon

404 Calories, 12g Fat

Jamaican Jerk Tilapia

207 Calories, 4g Fat

Lemon Pepper Salmon

316 Calories, 12g Fat

Rosemary Chicken

219 Calories, 2g Fat

Turkey Stuffed Bell Peppers

195 Calories, 5g Fat

Pan Grilled Tilapia

417 Calories, 13g Fat

Blackened Tilapia

190 Calories, 4g Fat

Sides

Oven-Roasted Vegetables

162 Calories, 4.5g Fat

Black-Eyed Peas

83 Calories, 2g Fat

Broccoli

48 Calories, 0g Fat

Cauliflower, Peas and Carrots

91 Calories, 2g Fat

Great Northern Beans

187 Calories, 2g Fat

Jasmine Almond Rice

88 Calories, 3g Fat

Roasted Carrots

87 Calories, 3g Fat

Over-Roasted Cauliflower

194 Calories, 5g Fat

Mediterranean Green Beans

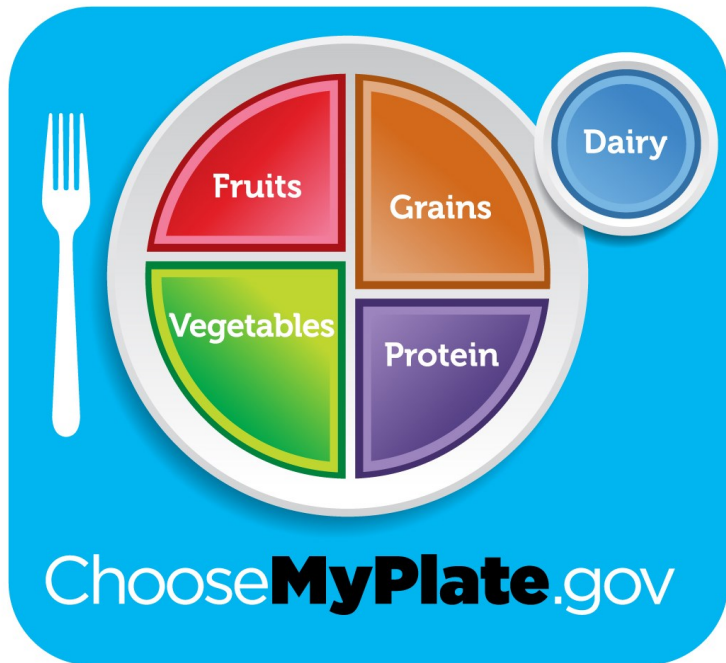
116 Calories, 4g Fat

Note: Sodium not
known here!

Luby's®

MyPlate Main Message

Make half your plate **fruits** and **vegetables!**



The MyPlate picture above is used as a simple way to show that fruits and vegetables should make up half of your plate during meals. Aim to fill your plate like MyPlate next time!

What does it mean?

Portion Sizes

- ❖ MyPlate shows a simplified way to think about portions sizes.
- ❖ When filling your plate only a quarter should be **protein** and another quarter should be **grains**. The other half should be made up equal of **fruits** and **vegetables**. **Dairy** is a small portion of a meal.
- ❖ Think about this the next time you order a meal out.

Meeting all the food groups

- ❖ The MyPlate idea reminds us that we need to eat foods from each food group in order to stay healthy.

This guide gives you the pieces to put together a healthier meal when dining out. Put the “pieces” together to create your next healthy meal according to MyPlate guidelines.

The next page highlights some great substitutions for each food group to make your meal a healthier one!

For more information go to the **ChooseMyPlate.gov** website. There are many useful tips and tools to help you eat a healthy meal whether at home or on the go.

Healthy Substitutions for Dining Out

Dairy

Order fat free or low fat versions of your favorite dairy foods such as:

- ❖ Ice cream
- ❖ Cottage cheese
- ❖ Cream cheese
- ❖ Cheese
- ❖ Sour cream
- ❖ Milk
- ❖ Yogurt



Protein

When cooking meats the healthiest options are grilled, baked, and steamed. There are a variety of low fat and lean proteins that are much healthier options like the following:

- ❖ Fish such as salmon
- ❖ Shrimp
- ❖ Turkey bacon or turkey sausage
- ❖ Chicken
- ❖ Ground turkey
- ❖ Ground beef, at least 90% lean
- ❖ Plain/Black beans instead of refried
- ❖ Egg whites

Or try the low-fat or fat free versions of some favorites such as:

- ❖ Hot dogs
- ❖ Sausage
- ❖ Deli meats

Healthy Substitutions for Dining Out

Grains

Look for options that are whole grain and high in fiber. MyPlate recommends making at least half your grains whole grains. Try the following:

- ❖ 100% whole wheat bread and pasta
- ❖ Brown rice
- ❖ Baked potato instead of French fries
- ❖ Fat-free flour tortillas

Fruits

Try one of these options below for a healthier take on desserts:

- ❖ Frozen yogurt with fruit toppings
- ❖ Fruit cup



Vegetables

When ordering vegetables look for these options, and try to avoid vegetables in a sauce or butter:

- ❖ Steamed veggies
- ❖ Variety or mixed veggies

Sauces, Condiments, & More

Some options might be better to avoid, but for others try the fat free or low fat options:

- ❖ Fat free gravy
- ❖ Fat free or low fat mayonnaise
- ❖ Mustard
- ❖ Non-fat dressing
- ❖ Vinegar
- ❖ Broth based soups instead of cream based

Look out for more restaurants to be added soon...

The Healthy Dining Matters! Program is always looking to add new restaurants to create a healthy community.

For more information you can visit the following websites...

<http://015d655.netsolhost.com/HealthEducationPromotion/HealthyDiningMatters/index.html>

<http://aldinedistrict.org/>

Or contact us at:

HealthyDiningMatters@hpcches.org

Sources

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