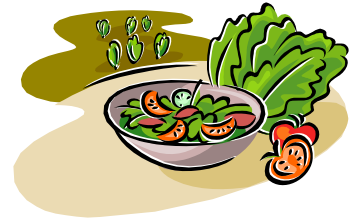




Eating Out in Greenville

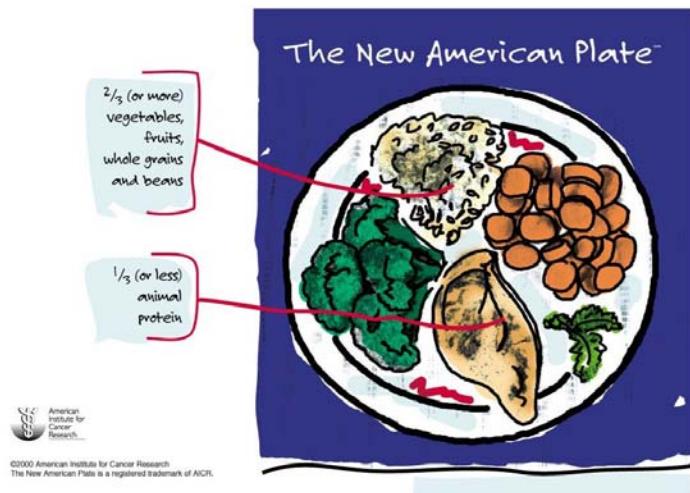


Eating out is fun and can be healthy. This handout is intended to give you some suggestions on lower fat, lower calorie meals that taste great from the various restaurants around town. If you eat out more than three times per week, you should pay close attention to your menu choices and portion sizes.

There are several restaurants in town that are a part of the "Winner's Circle," a healthy dining program which helps consumers locate eating establishments which provide healthy options when eating away from home. Healthy eating criteria are used to identify healthy menu options. The criteria encourage fruit, vegetables, grains, beans, and calcium rich foods. The criteria provide limits for percentage of calories from fat, sodium per serving, and sugar by weight for certain items. Look for the star and fork logo to identify restaurants that participate in the Winner's Circle Program in Pitt County. Pitt Memorial Hospital and ECU dining also participate in "Just4U" which provides signage and nutrition information on menu items.

If your favorite item is not on the "healthy choice" list, you may be able to make it into a lower fat and lower calorie dish with a little imagination. Most restaurants are more than willing to accommodate your healthy lifestyle. Start by asking that your food be prepared without oil or butter. Request low-fat or fat-free salad dressing. Order the condiments "on-the-side" to control how much you eat. Instead of getting french fries as a side item, try vegetables, fruit or a baked potato. Rather than loading your baked potato with butter, sour cream and cheese, try salsa or fat free dressing instead. And remember to watch those portion sizes!

We recommend that you use the New American Plate model by the American Institute for Cancer Research (AICR) to guide your selection of relative portions. The goals of the New American Plate are to choose portions and proportions of foods that reduce your risk for cancer and other chronic diseases while managing your weight. The AICR recommends that your plate contains $\frac{2}{3}$ (or more) fruits, vegetables, whole grains, or beans and $\frac{1}{3}$ (or less) animal protein.



Eating out is fun but remember to treat yourself right!

a Tavola! Market Café

Healthy Choices: Try the Spinach and Salmon platter with grilled salmon and roasted peppers on a bed of spinach or the oven baked Chicken or Eggplant Parmesan. If you're in the mood for pizza, order the Naked Greek pizza with mozzarella, fresh spinach, sun-dried tomato, red onion rings, and feta cheese. Or, make your own; you can choose from 22 different pizza toppings including eggplant, mushrooms, roasted red pepper, and zucchini to name a few.

Applebee's Neighborhood Grill

Healthy choices: Excellent salad choices include the House Salad without bacon and the Blackened Chicken Salad with fat-free dressing. Select the Grilled Cajun Trout and request that it be broiled without butter. Go for the steamed veggies when choosing side items. For other low-fat options, try the Weight Watchers menu.

Basil's Restaurant & Pizzeria

Healthy Choices: The Veggie Sub, Pollo Limon, Veggie Calzone, Basil's 2-for-1 without cheese, Tomato Patch Pizza without cheese and the Fresh Garden Salad with fat-free dressing are great choices.

Big Apple Pizzeria

Healthy Choices: Order pizza with less cheese or try a Turkey, Ham, Roast Beef, or Veggie Sub sandwich (and avoid the mayo). You should also give their Garden and Chef Salads a try if you are in a lighter mood, but keep your dressing low-fat.

Bear Rock Café

Healthy Choices: The Giant Panda Wrap, Ham and Swiss on Rye, and Sasquash are all great choices. If you're in the mood for a good salad choose the Low-Fat Turkey, Ham, or Grilled Chicken. The Big Baked Potato is another low-fat choice but watch out for portion size and butter.

Beef Barn

Healthy Choices: Their 45 item salad bar is a great choice if choosing fat-free or reduced-fat dressings. The homemade soups are other delicious and nutritious choices. If ordering from the menu, try the Grilled Chicken or Grilled Salmon. Choose baked potato instead of fries.

Boli's 5th Street Pizzeria

Healthy Choices: Ask for less cheese when ordering pizza and go for the leaner cuts of meat (such as turkey, grilled chicken, and ham) when looking at the sandwiches. Be sure to check out the salad selections but choose the low-fat dressings.

Buffalo Wild Wings (BW3's)

Healthy Choices: Here you can choose from the Grilled Chicken Salad, Grilled Blackened Chicken Salad, Garden Salad, Grilled Chicken Sandwich, Gardenburger, or Chicken Fajitas without feeling guilty! Remember to ask for your food to be prepared without butter.

Carolina Pizza & Pasta Works (CPW's)

Healthy Choices: Ordering the Garden Salad, Chef's Salad, or Southwestern Salad (with the dressing on the side, of course!) will give you a healthy start. Load up a Pizza for One with lots of veggies and skip the meat. If you want pasta, go for the Spaghetti Marinara, Pasta Primavera Al Rhonda, or the Farfalle Pesto.

Chefs 505

Winner's Circle items: The lunch menu includes a fresh fruit salad, the Grilled Herbal Chicken Breast Sandwich, the Tuna Salad, and the Chicken Salad Sandwich. The dinner menu changes daily but each entrée is always served with a salad. Be sure to ask for any sauces to be served on the side.

Chick-Fil-A

Healthy Choices: Try the Chargrilled Chicken Sandwich without mayo and add the vegetables. Also request a plain bun for your sandwich. Skip the fries and order a small house salad with fat-free dressing instead. The Chargrilled Chicken Salad with fat-free dressing is another good pick. Newer, healthy menu items include Fresh Fruit Cups, Hearty Breast of Chicken Soup, and Carrot & Raisin Salad.

Chico's Mexican Restaurant

Winner's Circle items: Salmon Filet, Mariscos en Tequila (shrimp and sea scallops with steamed veggies), Beef, Shrimp, and Chicken Fajitas, Enchilada Verde (Corn tortilla with chicken, onions and peppers; served with rice and beans), Ensalada con Pollo (chicken with onions and peppers served with a tossed salad with tomatoes, cucumbers, red onions and cheese). Winner's Circle items are labeled with the star and fork symbol.

Chili's Grill & Bar

Healthy Choices: Turkey Burgers and the Black Bean Burger without the mayo, cheese, and bacon are great choices. Remember the *Guiltless Grill* menu, which gives you healthy and tasty selections. There are also a wide variety of low-fat salads.

China 10

Winner's Circle items: These items are not labeled on the menu, so just ask what they are. All of the *Dietitian's Delights* are excellent choices. In addition, the Moo Goo Gai Pan and Neptune's Delight are also on the list.



Cliff's Seafood & Oyster Bar

Healthy Choices: You can choose from many healthy items fresh from the sea (and grille) including Mahi-Mahi, Salmon, Tuna, Red Snapper, and Grouper. Broiled Shrimp and Scallops are great options as is the Grilled Chicken Breast.

Courtyard Tavern

Healthy Choices: Here you can choose from the Turkey Club Hoagie without cheese, Polynesian Chicken Wrap, Grilled Seafood Salad, or Garden Salad with either chicken breast or tuna but order without cheese and croutons. Also try the Bourbon Salmon Grill, which is an omega-3 rich fish that is heart healthy.

Cracker Barrel

Healthier Choices: You can also enjoy the Oatmeal Breakfast or the Assorted Cereal Breakfast (choose one without added sugar) with low fat or skim milk and fruit. Promise Spread and low sugar fruit spreads are available upon request. For lunch & dinner, go for the Spicy Grilled Catfish or Grilled Pork Chops with 2 vegetables – but bring a friend & split the meal because the portions are huge. When deciding on vegetables, choose from corn, green beans, baby carrots, applesauce, pinto beans, & turnip greens. They may be, however, seasoned with fat or oil. The salads are also tasty, but BIG, so split it with someone or save half & eat it as another meal. Choose Fat Free Italian dressing and ask them to hold the wedge of cheese.



Cubbe's (Winterville location)

Winner's Circle items: The Winterville location is the only Cubbe's restaurant offering Winner's Circle items. These choices include Grilled Chicken Sandwich, Veggie Burger, Fruit Cup, and Side Salad.

Daily Grind Café and Dessertery

Healthy Choices: At breakfast, the homemade granola, fruit and yogurt parfait, and the baked French toast are good choices. For lunch or dinner, try something from their vegetarian menu such as the Mediterranean Pizza, Veggie Panini, or Garden Wrap. There are a good selection of salads, but order them with the low-fat raspberry vinaigrette. Also try the Roasted Seafood Salad and the Seared Tuna with Citrus Salsa.

Denny's

Healthy Choices: For breakfast try the Veggie Omelet, Skinny Moon, or the Slim Slam. If you're eating lunch go with the Boca Burger, Grilled Chicken Sandwich, Grilled Chicken Salad, or Turkey Breast Salad.

Dragon Fly

Healthy Choices: There are many healthy options including Steamed Vegetables with Chicken, Shrimp, or Scallops. Keep fried foods at a minimum, including rice.

Ernie's Famous Subs

Healthy Choices: Try the Vegetarian, Roast Beef, Turkey, and Ham Sub sandwiches. Make sure to hold the mayo and cheese and choose wheat over white bread. In addition, there is also Grilled Chicken and Chef Salads to go along with the Veggie Wrap that makes for 3 healthy meal options.

Finelli's Café

Healthy Choices: The fruit salad or Grilled Seafood Salad (garden salad topped with grilled tuna, salmon, or shrimp) are all great choices. There are several grilled chicken options such as the Chicken Primavera or Chicken Pesto. Many other items on the menu may be healthy, but ask what's in their sauces.

Fuddruckers

Healthy Choices: The Garden, Turkey, and Ostrich Burgers are all great choices with less fat. Instead of the fries, go with a baked potato, baked beans, or a fresh garden salad.

Golden Corral

Healthy Choices: Try the 3 oz sirloin steak with 1 cup buttered noodles and 1 cup vegetable trio or the 2 oz carved salmon with 1 cup green beans, one baked potato, and one piece of cornbread. Or, create your own healthy meal with steamed cauliflower, steamed broccoli, green and yellow beans, steamed cabbage, or steamed carrots and a 3 oz serving of Bourbon Street chicken, grilled pork chops, roast beef, or steamed whitefish. To satisfy your sweet tooth, try the sugar-free vanilla cake, red gelatin, or cookies with sugar-free whipped topping. You could also try the no-sugar-added blueberry or cherry fruit crisp.

Ham's Restaurant and Brew House

Healthy Choices: You can choose the Veggie Plate, but go easy on the Ranch dressing. Try the Garden Salad, the Smokehouse Salad or the Grilled Mesquite Chicken Salad with fat-free dressing. If you want a sandwich, the Turkey Cheddar Burger and Mesquite Chicken Grilled Sandwich without the cheese and mayo are your best bets. In addition, the Turkey Bagel and the Veggie Roll are great choices. Also try the Grilled Chicken or Fresh Vegetarian Quesadillas, Oriental Chicken Salad, and Grilled Chicken Mexican Salad (but avoid the sour cream).

IHOP

Healthy choices: The Vegetable Omelet prepared with egg whites is a healthy option here. Remember to choose low calorie syrups as well. Choose from the Chicken Breast Club, Sliced Turkey Sandwich without mayo, Grilled Chicken Parmigiana (the cheese is still present) and the Breast of Chicken for other healthier choices. You can also add a fruit cup or whole-grain pancakes to your meal to increase your fiber intake!



Hooter's

Healthy Choices: The Smothered Chicken Sandwich, Grilled Chicken Garden Salad, and Quesadillas are all great options. When choosing side items go for the Baked Beans, Baked Potato Soup, and Vegetable Soup.

Jersey Mike's Giant Submarines

Healthy Choices: The Grilled Chicken Breast Sub, Vegetarian Sandwich, and Turkey Breast Sandwich are sure to be a delight. Remember to always choose low-fat or baked chips.

Lam's Garden

Healthy Choices: Choose from the Steamed Chicken with Broccoli, Lake Tung Ting Shrimp, and Steamed Mixed Vegetables for healthier and delicious Chinese dishes. Be sure to always order steamed rice instead of fried rice.

Ledo's Pizza & Pasta

Healthy Choices: The Veggie, Hawaiian, and D'Lite Pizzas are all great choices. If you're up for a tasty sandwich, try the Grilled Chicken or Club Subs (making sure you leave off the mayo). And don't forget the Hot Grilled Chicken and Hawaiian Crunch Chef Salads.

Logan's Roadhouse

Healthy Choices: Enjoy the Grilled Salmon Fillet, Grilled Chicken Breast, House Salad with fat-free dressing (honey mustard is a great choice), and Fresh Vegetables. The rolls taste good but go easy on them. Watch the butter on your baked or sweet potato.

LongHorn Steakhouse

Healthy Choices: If chicken is your choice, try the Grilled Chicken Salad or the Sonoma Chicken Salad with light cheese. The Sierra Chicken and Portabella Chicken entrees are good choices as well. If you're going for a steak, try a leaner cut like sirloin, and feel free to add grilled onions and mushrooms or a skewer of shrimp. The 7-pepper sirloin salad is a good choice, but try it without the blue cheese crumbles and with a light or fat-free dressing. They have great seafood choices including the LongHorn Salmon, Salmon Salad, or Grilled Shrimp. Choose Fresh Asparagus, Sliced Vine-Ripe Tomatoes or Fresh Seasonal Vegetable for your side items and be sure to request that these be cooked without butter.



Lopaus Point Market

Winner's Circle Items: Lopaus Point Market promotes "a healthier lifestyle" by providing fine prepared foods. For lunch or dinner, choose between three delicious deli salads including the LPM Chicken Salad, Curried Chicken Salad, or the Mediterranean Tuna Salad. For vegetable lovers, try the Roasted Vegetable Feta Orzo. On the side, try their Broccoli or Fresh Fruit Salads.

Mazatlan Mexican Restaurant

Healthy Choices: Chicken Fajitas are a good choice, along with beans as a side dish. Try to stay away from the rice and avoid the extra calories from the sour cream and guacamole. Although they are delicious, eat the chips and salsa in moderation.

McAlister's Deli

Healthy Choices: Try the Chicken Grill Salad with fat-free dressing. The Spud Max (without bacon and cheese) is also a great choice, but watch the butter and portion sizes.



McDonald's

Winner's Circle Items: For breakfast choose an Egg or English McMuffin (without butter or margarine) and orange juice or the fruit and yogurt parfait. For lunch or dinner, try a hamburger (add tomato and lettuce) or Chicken McGrill (without mayo) and a side salad with Newman's Own® LIGHTEN UP!™ Low Fat Balsamic Vinaigrette Dressing. Or, try a Premium Fiesta Salad with sour cream and Newman's Own® All-Natural Salsa, without tortilla strips, or skip the sour cream and add tortilla strips. For a snack, choose the Apple Dippers with low-fat caramel dip.

Michaelangelo's

Healthy Choices: Enjoy their delicious thin crust pizza with lots of veggies and request that they go light on the cheese. The slices are large, so one or two slices will fill you up - or you can try one veggie slice with a garden salad on the side with a light or fat free dressing. Try their turkey sub with no mayo and extra veggies.

Ming Dynasty

Healthy Choices: Look for white meat when ordering chicken and stay away from foods that are fried. Vegetables, soups, and white rice are among some of the healthy sides to choose from.

Moe's Southwest Grill

Healthy Choices: Choose burritos or tacos with lots of veggies and with grilled chicken, steak, or fish. Request soft taco shells instead of the fried hard shells. Fajitas with grilled peppers and onions are also a great choice. Avoid sour cream and guacamole; use fresh salsas instead. Enjoy the tortilla chips in moderation. Choose beans instead of rice on the side.



O'Charley's

Healthy Choices: There are several good options to try including the grilled chicken on potatoes w/ vegetable medley or the chicken teriyaki on rice pilaf w/ vegetable medley. If you prefer a salad, consider the Caesar salad, which can have salmon or chicken added. The chicken sandwich or Cajun chicken sandwich are your best bets for sandwiches, but be careful if you get them with a side item. The best option for steak lovers is the petite sirloin, and the better seafood items include grilled or chipotle salmon and blackened trout. Remember to go for the vegetable medley rather than french fries as the side item of choice.

Olive Garden

Healthy Choices: Stick with the Garden Fare selections including Capellini Pomodoro, Linguine alla Marinara, Shrimp Primavera & Chicken Giardino. For appetizers, try the Minestrone soup or have one plain breadstick. If you get a salad, it's better to use the Low Fat Italian or Low Fat Parmesan Peppercorn.

Olive Grove

Healthy Choices: Experience Middle Eastern Cuisine at this restaurant & deli. Try the Kibbeh or Baba Ghanouj appetizers. The Tabouli, Fatoush and Fata Salads all include fresh vegetables with light sauces and fresh herbs. Try the Kabob or Mulokkhia "from our charcoal" dinners. From the dinner menu, try the Makluba or the stuffed grape or cabbage leaves, but go light on the fresh baked bread.

Outback Steakhouse

Healthy Choices: Enjoy the Grilled Shrimp Appetizer without the Remoulade sauce. As an entrée, try the Chicken and Veggie Griller; House Salad without cheese and croutons; Chicken on the Barbie; Sweet Chook O'Mine without Swiss cheese or bacon; or the Chicken Breast Sandwich with no bacon. Don't forget to substitute the Aussie chips with Grilled Vegetables.

Panera Bread

Healthy Choices: When making your bread choice, choose between Multigrain, Whole Grain, or Honey Wheat. They offer two lower-carb breads including Italian Herb and Pumpkin Seed. Try the Smoked Turkey Breast Sandwich on one of the healthier breads (the turkey is 99% fat-free). For any of the other sandwiches, substitute one of the healthier breads, go light on the cheeses, and ask for mustard or light dressing instead of mayonnaise or heavy dressings. When choosing your side items, pick the apple, portion of whole grain baguette, fresh fruit cup or baked chips. Try the Low Fat Chicken Noodle Soup or the Low Fat Vegetarian Black Bean Soup. For Breakfast, choose the Whole Grain Bagel with reduced fat cream cheese. Order your coffee drink with skim or reduced fat milk and go light on the sugar. They also offer fruit juices and green tea.

Parker's Barbeque Restaurant

Healthier Choices: The Bar-B-Q Pork Sandwich (500 calories, 30g fat) or the small Bar-B-Q chicken dinner, without the skin, (480 calories, 13g fat) are going to be your better choices here. Skip the slaw. Cornbread and hushpuppies

Pita Pit

Healthy Choices: Advertising "Fresh Thinking and Healthy Eating", the Pita Pit offers a selection of pita sandwiches, salads and smoothies. Try the Chicken Breast, Turkey, Tuna, or Garden Pitas with lots of fresh vegetables and a light dressing. The light dressing choices include Tzatziki (which is virtually fat free), Honey Mustard, Dijon Mustard, Regular Mustard, and Light Mayo. Their smoothies are made with frozen fruit and fat free vanilla yogurt.

Pizza Inn

Healthier Choices: Go with the Chicken Fajita or Veggie Max pizzas. Don't forget to ask for less cheese and go with the thin over hand-tossed/stuffed crusts.

Plum Tree Bistro

Healthy Choices: All of their selections are grilled, and they will honor most requests for modifying a dish. But be sure to ask for items to be sautéed without butter. For lunch, try the Garden Bountiful Sandwich, The Linden without the mayo, The Black Bean Burger, or Salad Greens with savory chicken. For dinner, you can enjoy the Grilled Vegetable Pizza but go easy on the cheese. When ordering Spring Salad Greens, remember to request the dressing on the side (or get the fat-free version) or inquire about the Chef's Vegetarian Dinners.

Professor O'Cool's

Healthy Choices: This restaurant is a great place to dine without blowing your healthy eating. Enjoy the delicious Chicken Club Sub and ask that it be made with wheat bread, no mayo and oils, and choose vegetables on the side. The Grilled Southwestern Turkey Burger is great but select the veggie sticks instead of the fries. The Grilled Breast of Chicken Sandwich without cheese will also make for a healthier meal. You can also choose chicken and shrimp from the *Simply Irresistible* menu, but go easy on the bread.

Quiznos

Healthy Choices: Choose sandwiches from the *Full in Flavor-Low in Fat Subs* menu. The Turkey Guacamole Sandwich is also a good selection. If you are in the mood for a salad, you can pick either the Garden Salad or Sesame Chicken Salad with fat-free dressing



Ragazzi's

Healthy Choices: Enjoy Spaghetti with mild tomato sauce, bread sticks with no butter, salad with fat-free dressing as a delicious meal. If you're not in the mood for pasta, you can choose the Grilled Chicken Breast and Steamed Vegetables. Choose your side items carefully; the House dressing is usually higher in fat.

Red Lobster

Healthy Choices: Enjoy delicious seafood entrées like Teriyaki Glazed Tilapia with Island Salsa, Seared Mahi-Mahi Potobello, Blackened Catfish, Broiled Flounder and Teriyaki Glazed Mahi-Mahi. Healthy chicken selections include Teriyaki Chicken, Mainlander's Chicken Salad, and the Grilled Chicken Sandwich.

Riverside Steak Bar

Healthy Choices: Select the Grilled Tuna or choose the Flounder and request that it be broiled without butter. Ask about their healthy side dishes.

Ruby Tuesday

Healthy Choices: The Serious Salad Bar is a great choice but remember to steer clear of the mayonnaise-based items and the fatty dressings. On the menu, go for the Boca Veggie Burger without the cheese or the Roasted Veggie Sandwich without the cheese and Ranch dressing. Also, look for the Smart-Eating Menu.

Ryan's Family Steakhouse

Healthy Choices: The Baked Salmon, Bourbon Chicken, Chicken and Dumplings, and Grilled Chicken Breast are all healthy options. Don't forget your salad (with fat-free dressing) and the healthy selection of fruit that is available. Though tempting, go easy on the yeast rolls and honey spread.

Sappari Japanese Steak House

Healthy Choices: Hibachi Vegetables along with Shrimp and Chicken Teriyaki make for healthy meal options, but go easy on the fried rice. There are many other items that can be modified to meet your dietary needs, just ask!

Schlotsky's Deli

Healthy Choices: Ordering from the *Light & Flavorful* menu will guarantee you a light and flavorful meal, but remember your portion sizes and order the regular size! Healthy salad selections include the Garden Salad and the Chinese Chicken Salad with fat-free dressing. There are also plenty of other options with 7 grams of fat or less including the Chicken Breast Sandwich and the Smoked Turkey Breast Sandwich.

Staccato Café & Grill

Healthy Choices: For lunch, try Grilled Chicken Kabob, Tuna Steak, Grilled Shrimpburger, and Grilled Portobello Mushroom Sandwich. The Vegetarian Garden Burger and Vegetarian Black bean Burger make for healthy choices as well. For side items, choose Steamed Jasmine Rice, Grilled Asparagus, or Black beans and Rice. For dinner, the Blackened Pork Tenderloin and the Scottsdale Seafood Medley are good selections. Remember, a fresh fruit plate can be enjoyed any time of the day. Ask your server about other healthy items.

Starbucks

Healthy Choices: Order your coffee drink with skim or reduced fat milk and go light on the sugar and syrups. Order your Frappuccino "light", which means no whipped cream. Try any of their teas, unsweetened or lightly sweetened. Choose the Low-Fat Blueberry Muffin or the Low-Fat Banana Chocolate Chip Cake for a healthier sweet treat but you may want to share.

Starlight Café

Healthy Choices: For lunch choose from a wide variety of salads, or try the Grilled Veggie Sandwich. Healthy options at dinner include the Seared Salmon with a Spiced Yogurt Sauce or Roasted Chicken with Oyster Mushroom Marsala Sauce.

Subway

Healthy Choices: Try any of the Fresh Subs from the "under 6 grams of fat" menu on wheat bread with lots of veggies, and with mustard, fat-free or low fat dressing instead of mayo. Choose between the Turkey or Tuna wraps with fat-free or low-fat dressing. Enjoy your sandwich with baked chips.

Texas Steakhouse

Healthy Choices: Try the "Famous Mushrooms" as an appetizer (33 Calories, 3g Fat). Try the House or Grilled Chicken House Salad without croutons, and with Reduced Calorie Italian or Fat Free French dressing. Try the Lone Chicken (243 Calories, 5g Fat) or the Texas Marinated Chicken Breast (203 Calories, 5g Fat). When ordering steak, your best bet is the Texas Sirloin. Choose the Grilled Shrimp as an add-on. The healthy side item choices include BBQ Beans, Button Mushrooms, Cole Slaw, Fresh Vegetable Blend, Roasted Corn and Peppers, Sautéed Mushrooms or Onions, Green Beans, and Baby Carrots.



Tokyo Japanese

Healthy Choices: Choose the Eda Mame or Pepper Tuna appetizers. Choose among any of the sushi menu items, and use low sodium soy sauce for dipping. Try the Hibachi Steak, Chicken, or Seafood, but go light on the fried rice or choose steamed white rice instead. The Chicken, Beef, Salmon, or Sushi Bento Boxes are a great choice but go light on the Tempura.



Upper Crust

Winner's Circle items: This menu changes daily it is guaranteed to provide healthy selections to choose from. There is always a vegetarian selection such as the Grilled Veggie Sandwich or the Garden Sandwich. Also try the Garden Salad.

Wendy's

Healthy Choices: Try the Mandarin Chicken Salad (170 Calories, 2g Fat) without the crispy noodles, light on the roasted almonds and dressing. Try the Caesar Chicken Salad (180 Calories, 5g Fat) without the croutons. The Side Garden or Side Caesar Salad (without bacon pieces or croutons) are great choices as side items. For any of the salads, choose Fat Free French, Reduced Fat Creamy Ranch, or Low Fat Honey Mustard. On the side, they also offer a Mandarin Orange Cup or Low Fat Strawberry Flavored Yogurt. A Plain or Broccoli Baked Potato are good choices and help yourself to the Reduced Fat Sour Cream and chives, but skip the butter. Order your chili with no cheese. Try the burgers and grilled chicken sandwiches without bacon or mayonnaise, and request extra lettuce and tomato.

Wimpie's Steam Bar & Cajun Restaurant

Healthy Choices: Order items from the *Seafood Plates*, but choose broiled instead of fried and request that your side order of vegetables be cooked without butter or oil. Also try the Blackened Catfish but replace the jambalaya with steamed veggies. The steamed shrimp or crawfish are good picks too.

Wendy's those portion sizes!

