

EMPLOYEE HEALTH CENTRE'S

# Healthy Eating on the Go

A GUIDE TO HEALTHIER CHOICES



Stopping at a convenience store can be convenient and healthy! Skip the sweetened beverages, and choose a coffee with milk or an unsweetened iced tea. Grab a simple egg muffin sandwich for breakfast, or a plain Glazer if you absolutely need something sweet. It's also a great place to grab fresh fruit, string cheese, turkey jerky, hardboiled eggs, or nuts for a healthy snack.

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## 12 OZ. COFFEE W/ 1% MILK

*60 calories, 1.5 g fat (1 g saturated fat, 0 g trans-fat), 70 mg sodium, 8 g carbs (0 g fiber, 4 g sugar), 3 g protein*



## EGG WHITE, HAM & CHEESE MUFFIN

*260 calories, 9 g fat (3.5 g saturated fat, 0 g trans-fat), 880 mg sodium, 29 g carbs (0 g fiber, 3 g sugar), 18 g protein*



## GARLIC & HERB CHICKEN SANDWICH

*310 calories, 4 g fat (1 g saturated fat, 0 g trans-fat), 840 mg sodium, 37 g carbs (2 g fiber, 1 g sugar), 31 g protein*



## CHIPOTLE CHICKEN BURRITO

*280 calories, 9 g fat (4 g saturated fat, 0 g trans-fat), 570 mg sodium, 39 g carbs (2 g fiber, 3 g sugar), 12 g protein*



## GLAZER DONUT

*230 calories, 11 g fat (5 g saturated fat, 0 g trans-fat), 190 mg sodium, 29 g carbs (1 g fiber, 15 g sugar), 3 g protein*



Start your morning by having a breakfast packed with protein, like an egg sandwich. Steer clear of the sugar and fat packed in most of the donuts and fancy coffee drinks. Try sticking with a plain coffee with whole milk. If you want a sweet treat, try the sugared donut which has the least amount of added sugars, or a small hot chocolate to curb your craving.

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## MEDIUM COFFEE W/ WHOLE MILK

30 calories, 1.5 g fat (1 g saturated fat, 0 g trans-fat), 25 mg sodium, 3 g carbs (0 g fiber, 2 g sugar), 2 g protein



## SMALL HOT CHOCOLATE

220 calories, 7 g fat (6 g saturated fat, 0 g trans-fat), 210 mg sodium, 40 g carbs (2 g fiber, 32 g sugar), 2 g protein



## EGG WAKE-UP WRAP SANDWICH

180 calories, 10 g fat (4 g saturated fat, 0 g trans-fat), 470 mg sodium, 14 g carbs (0 g fiber, 1 g sugar), 7 g protein



## VEGGIE EGG WHITE SANDWICH

290 calories, 13 g fat (5 g saturated fat, 0 g trans-fat), 550 mg sodium, 27 g carbs (5 g fiber, 4 g sugar), 17 g protein



## SUGARED DONUT

210 calories, 11 g fat (4.5 g saturated fat, 0 g trans-fat), 270 mg sodium, 24 g carbs (1 g fiber, 5 g sugar), 4 g protein



Try a protein packed egg sandwich or wrap to jumpstart your morning. Watch out for the excess sugar packed in many of the pastries and fancy coffee drinks. Stick to a coffee with whole milk or an iced tea lemonade, if you're looking for something refreshing. If you just can't pass on the sweets, grab a petite vanilla scone to get your fix!

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### GRANDE MEDIUM ROAST W/ WHOLE MILK

40 calories, 2 g fat (1 g saturated fat, 0 g trans-fat), 30 g sodium, 3 g carbs (0 g fiber, 3 g sugar), 2 g protein



### GRANDE ICED GREEN TEA LEMONADE

90 calories, 0 g fat (0 g saturated fat, 0 g trans-fat), 10 mg sodium, 23 g carbs (0g fiber, 22 g sugar), 0 g protein



### REDUCED-FAT TURKEY BACON & CAGE-FREE EGG WHITE BREAKFAST SANDWICH

230 calories, 5 g fat (2 g saturated fat, 0 g trans-fat), 550 mg sodium, 28 g carbs (3 g fiber, 2 g sugar), 18 g protein



### SPINACH, FETA & CAGE-FREE EGG WHITE BREAKFAST WRAP

280 calories, 8 g fat (3 g saturated fat, 0 g trans-fat), 830 mg sodium, 34 g carbs (4 g fiber, 5 g sugar), 20 g protein



### PETITE VANILLA BEAN SCONE

120 calories, 5 g fat (2 g saturated fat, 0 g trans-fat), 95 mg sodium, 18 g carbs (0 g fiber, 8 g sugar), 2 g protein





Stick with a classic coffee and an egg McMuffin to start your day off. Avoid coffee drinks packed with loads of sugar. At lunch, choose a single cheeseburger or a grilled chicken sandwich with veggies and avoid high fat sauces. Better yet choose a grilled chicken salad and asked for the dressing on the side. Beware though – some salads can pack in more calories than a Big Mac!

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### **MEDIUM ROAST COFFEE W/ COFFEE CREAM**

20 calories, 1.5 g fat (1 g saturated fat, 0 trans-fat), 40 mg sodium, 3 g carbs (0 g fiber, 0 g sugar), 2 g protein



### **EGG MCMUFFIN**

300 calories, 12 g fat (6 g saturated fat, 0 trans-fat), 760 mg sodium, 30 g carbs (2 g fiber, 3 g sugar), 17 g protein



### **CHEESEBURGER**

300 calories, 12g fat (6 g saturated fat, 0.5 trans-fat), 680 mg sodium, 33 g carbs (2 g fiber, 7 g sugar), 15 g protein



### **ARTISAN GRILLED CHICKEN SANDWICH (NO MAYO)**

330 calories, 4.5g fat (1 g saturated fat, 0 trans-fat), 980 mg sodium, 39 g carbs (2 g fiber, 9 g sugar), 33 g protein



### **BACON RANCH GRILLED CHICKEN SALAD W/ BALSAMIC DRESSING**

330 calories, 15g fat (6 g saturated fat, 0 trans-fat), 1580 mg sodium, 11 g carbs (3 g fiber, 6 g sugar), 39 g protein



Choosing portions like a small chili as a side or a junior cheeseburger can satisfy your cravings without overdoing it. Try the Southwest Avocado Chicken Salad if you're looking for something filling and a bit of spice. If you're craving something sweet choose a junior frosty instead of a large, which is packed with extra sugar and calories.

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## SMALL CHILI

160 calories, 4 g fat (1.5 g saturated fat, 0 g trans-fat), 780 mg sodium, 19 g carbs (6 g fiber, 6 g sugar), 14 g protein



## JR. CHEESEBURGER DELUXE

340 calories, 19 g fat (7 g saturated fat, 1 g trans-fat), 610 mg sodium, 27 g carbs (1 g fiber, 7 g sugar), 15 g protein



## GRILLED CHICKEN SANDWICH

370 calories, 10 g fat (2 g saturated fat, 0 g trans-fat), 810 mg sodium, 36 g carbs (2 g fiber, 8 g sugar), 34 g protein



## SOUTHWEST AVOCADO CHICKEN SALAD

600 calories, 41 g fat (11 g saturated fat, 0 g trans-fat), 1,240 mg sodium, 17 g carbs (7 g fiber, 7 g sugar), 43 g protein



## JR. CLASSIC CHOCOLATE FROSTY

200 calories, 5 g fat (3 g saturated fat, 0 g trans-fat), 90 mg sodium, 33 g carbs (0 g fiber, 27 g sugar), 6 g protein

Try ordering the snack fry to keep your calories and fat in check. Choose the 3-piece chicken tenders to pack in protein, but careful - the dipping sauces which can add on calories, fat and sugar. Other healthier options include the salad with dressing on the side and some of the classic sandwiches. Deli meats are packed with sodium, so watch your salt intake the rest of the day.

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### **SNACK SIZE CURLY FRIES**

250 calories, 13 g fat (2 g saturated fat, 0 g trans-fat), 570 mg sodium, 29 g carbs (3 g fiber, 0 g sugar), 3 g protein



### **ARBY'S HAM & SWISS MELT**

300 calories, 9 g fat (3.5 g saturated fat, 0 g trans-fat), 1,060 mg sodium, 37 g carbs (2 g fiber, 6 g sugar), 19 g protein



### **ROAST TURKEY FARMHOUSE SALAD WITH ½ PACKET DIJON HONEY MUSTARD DRESSING**

330 calories, 21 g fat (8 g saturated fat, 0 g trans-fat), 1,055 mg sodium, 13 g carbs (9 g fiber, 5 g sugar), 23 g protein



### **3-PIECE CHICKEN TENDERS**

360 calories, 17 g fat (2.5 g saturated fat, 0 g trans-fat), 950 mg sodium, 28 g carbs (2 g fiber, 0 g sugar), 23 g protein



### **CLASS BEEF 'N CHEDDAR**

450 calories, 20 g fat (6 g saturated fat, 1 g trans-fat), 1,280 mg sodium, 45 g carbs (2 g fiber, 9 g sugar), 23 g protein



Choosing a grilled chicken sandwich or salad with chicken is your best bet here, but sometimes you just need a burger. Choose a single patty instead of a double, or triple and load on the veggies! If you need that sweet treat, go for a scoop of chocolate in a dish or a short root beer float – they pack in less sugar and fat than most other options on the menu.



### **GRILLED CHICKEN SANDWICH**

390 calories, 7 g fat (3 g saturated fat, 0 trans-fat), 1,070 mg sodium, 40 g carbs (1 g fiber, 5 g sugar), 41 g protein



### **STRAWBERRY FIELDS SALAD W/ GRILLED CHICKEN & RASPBERRY VINAIGRETTE**

390 calories, 22 g fat (4.5 g saturated fat, 0 trans-fat), 838 mg sodium, 10 g carbs (4 g fiber, 4 g sugar), 40 g protein



### **SINGLE SWISS BUTTERBURGER**

470 calories, 23 g fat (9.5 g saturated fat, 1 trans-fat), 520 mg sodium, 39 g carbs (1 g fiber, 6 g sugar), 26 g protein



### **1 SCOOP CHOCOLATE IN DISH**

280 calories, 14 g fat (9 g saturated fat, 1 trans-fat), 120 mg sodium, 35 g carbs (1 g fiber, 29 g sugar), 6 g protein



### **SHORT ROOT BEER FLOAT**

400 calories, 17 g fat (10 g saturated fat, 0 trans-fat), 135 mg sodium, 61 g carbs (0 g fiber, 58 g sugar), 5 g protein



The basic soft tacos and crunchy tacos are actually great options. They are low in calories and pack in some protein. Don't be afraid to order more than one for lunch. Other good options like the bean burrito or chicken power bowl, contain lean protein and veggies and aren't pack with cheese and fatty sauces. If you want something crunchy, try the side of chips and guacamole.

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## CHEESY BEAN & RICE BURRITO

410 calories, 16 g fat (4 g saturated fat, 0 g trans-fat), 880 mg sodium, 56 g carbs (7 g fiber, 3 g sugar), 10 g protein



## CHICKEN POWER MENU BOWL

480 calories, 20 g fat (6 g saturated fat, 0 g trans-fat), 1,170 mg sodium, 50 g carbs (6 g fiber, 2 g sugar), 26 g protein



## SPICY TOSTADA

190 calories, 10 g fat (2.5 g saturated fat, 0 g trans-fat), 410 mg sodium, 22 g carbs (6 g fiber, 2 g sugar), 6 g protein



## CHICKEN SOFT TACO

170 calories, 8 g fat (3 g saturated fat, 0 g trans-fat), 450 mg sodium, 16 g carbs (1 g fiber, 1 g sugar), 10 g protein



## CRUNCHY TACO

170 calories, 9 g fat (3.5 g saturated fat, 0 g trans-fat), 310 mg sodium, 13 g carbs (3 g fiber, 1 g sugar), 8 g protein



Try a combination of Knockout Tacos for lunch. Create your own burrito bowl using lean protein, brown rice, lots of veggies and add black beans for more protein. Top with their fresh salsa, pico de Gallo or guacamole for some extra flavor. Avoid their queso sauces, which are packed with extra calories, fat and sodium.

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### DRUNKEN YARDBIRD TACO

220 calories, 8 g fat (2 g saturated fat, 0 g trans-fat), 540 mg sodium, 25 g carbs (3 g fiber, 6 g sugar), 12 g protein



### BOHEMIAN VEG TACO

230 calories, 9 g fat (4 g saturated fat, 0 g trans-fat), 530 mg sodium, 28 g carbs (7 g fiber, 2 g sugar), 9 g protein



### MAD RANCHER TACO

230 calories, 10 g fat (3 g saturated fat, 0 g trans-fat), 780 mg sodium, 21 g carbs (3 g fiber, 2 g sugar), 15 g protein



### CHICKEN BURRITO BOWL W/ BROWN RICE, FAJITA VEGETABLES, BLACK BEANS, PICO DE GALLO & GUACAMOLE

655 calories, 23 g fat (3 g saturated fat, 0 g trans-fat), 1,650 mg sodium, 75 g carbs (21 g fiber, 7 g sugar), 31 g protein



### STEAK BURRITO (WHOLE WHEAT TORTILLA, BROWN RICE, FAJITA VEGETABLES, CHEESE & PICO DE GALLO)

610 calories, 41 g fat (11 g saturated fat, 0 g trans-fat), 1,240 mg sodium, 18 g carbs (7 g fiber, 7 g sugar), 43 g protein





**PANDA**  
EXPRESS

Many of their entree are pretty good options, especially if they're grilled and served with veggies. Make sure to pay attention to the sodium content though and try it over brown rice instead of white. Be mindful that if you're eating it over rice or noodles these are not carb friendly meals. If you need a little something on the side try the potstickers, vegetable spring rolls or the hot and sour soup.

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## GRILLED TERIYAKI CHICKEN

720 calories, 17 g fat (5 g saturated fat, 0 g trans-fat), 545 mg sodium, 94 g carbs (4 g fiber, 9 g sugar), 45 g protein



## BROCCOLI BEEF

570 calories, 11 g fat (2.5 g saturated fat, 0 g trans-fat), 535 mg sodium, 99 g carbs (6 g fiber, 8 g sugar), 18 g protein



## FIRECRACKER SHRIMP

530 calories, 14.5 g fat (1.5 g saturated fat, 0 g trans-fat), 645 mg sodium, 93 g carbs (5 g fiber, 5 g sugar), 20 g protein



## STRING BEAN CHICKEN

610 calories, 13 g fat (3 g saturated fat, 0 g trans-fat), 605 mg sodium, 99 g carbs (8 g fiber, 5 g sugar), 23 g protein



## VEGETABLE SPRING ROLLS (2)

190 calories, 8 g fat (1.5 g saturated fat, 0 g trans-fat), 520 mg sodium, 27 g carbs (2 g fiber, 3 g sugar), 3 g protein



Try sticking with leaner proteins like chicken or turkey, and load on extra veggies. Also try skipping the mayo or other fatty dressings, and using mustard instead. If you need to have it, try asking for “light” on the mayo. You might need to have a side with your sub, but remember these add additional calories and fat. Try sticking with a bowl of fiesta tortilla soup or baked chips to keep your totals down!

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### STEAK CHEESE STEAK 7.5" SUB

540 calories, 16 g fat (8 g saturated fat, 0 g trans-fat), 1,220 mg sodium, 53 g carbs (4 g fiber, 2 g sugar), 24 g protein



### TURKEY BREAST 7.5" SUB

550 calories, 25 g fat (3.5 g saturated fat, 0 g trans-fat), 1,770 mg sodium, 53g carbs (4 g fiber, 3 g sugar), 24 g protein



### BLT 7.5" SUB

650 calories, 37 g fat (8 g saturated fat, 0 g trans-fat), 1,230 mg sodium, 49 g carbs (4 g fiber, 2 g sugar), 24 g protein



### FIESTA TORTILLA CHICKEN SOUP (BOWL)

180 calories, 8 g fat (1.5 g saturated fat), 890 mg sodium, 18 g carbs (6 g fiber, 4 g sugar), 11 g protein



### BAKED SOUR CREAM & ONION CHIPS

130 calories, 1.5 g fat (0 g saturated fat), 220 mg sodium, 26 g carbs (2 g fiber, 2 g sugar), 2 g protein



Subs can be a great choice, since they allow you to customize and control your toppings. Start with a whole grain bread and lean protein source. Top with lots of fresh veggies and finish it off with a vinaigrette or mustard which add some flavor without the extra fat of mayonnaise. Forgo the combo and opt for a bottle of water instead of the bag of chips and soda.

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### **6" TURKEY BREAST ON 9-GRAIN WHEAT**

250 calories, 3 g fat (0.5 g saturated fat, 0 g trans-fat), 650 mg sodium, 40 g carbs (5 g fiber, 6 g sugar), 18 g protein



### **6" BLACK FOREST HAM ON 9-GRAIN WHEAT**

260 calories, 4 g fat (1 g saturated fat, 0 g trans-fat), 750 mg sodium, 42 g carbs (5 g fiber, 7 g sugar), 19 g protein



### **6" ROASTED CHICKEN ON 9-GRAIN WHEAT**

270 calories, 3.5 g fat (0.5 g saturated fat, 0 g trans-fat), 560 mg sodium, 40 g carbs (5 g fiber, 6 g sugar), 23 g protein



### **6" SUBWAY CLUB ON 9-GRAIN WHEAT**

290 calories, 4 g fat (1 g saturated fat, 0 g trans-fat), 780 mg sodium, 41 g carbs (5 g fiber, 6 g sugar), 24 g protein



### **6" TUNA FISH ON ITALIAN BREAD**

450 calories, 25 g fat (4.5 g saturated fat, 0 g trans-fat), 610 mg sodium, 38 g carbs (2 g fiber, 5 g sugar), 19 g protein

The 9-grain may seem like the better option, but it's actually loaded with more calories and fat. Opt for the 8" French or sliced wheat to keep you totals down. Choose lean protein and load up on veggies. Request light on the mayo or try topping with avocado instead. If you need to have some crunch with your sub choose the Thinny Chips, but be careful these still pack in nearly 300 calories and 11 grams of fat!

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### **TOTALLY TUNA 8" ON SLICED WHEAT**

630 calories, 29 g fat (3 g saturated fat, 0 g trans-fat), 1,100 mg sodium, 65 g carbs (6 g fiber, 12 g sugar), 28 g protein



### **HAM & CHEESE 8" ON 9-GRAIN**

600 calories, 23 g fat (6 g saturated fat, 0 g trans-fat), 1,380 mg sodium, 67 g carbs (5 g fiber, 10 g sugar), 38 g protein



### **TURKEY TOM 8" ON FRENCH**

740 calories, 37 g fat (4 g saturated fat, 0 g trans-fat), 1,260 mg sodium, 58 g carbs (5 g fiber, 2 g sugar), 25 g protein



### **CLUB LULU 8" ON FRENCH**

730 calories, 27 g fat (5 g saturated fat, 0 g trans-fat), 1,840 mg sodium, 78 g carbs (6 g fiber, 2 g sugar), 36 g protein



### **THINNY CHIPS**

260 calories, 11 g fat (2 g saturated fat, 0 g trans-fat), 190 mg sodium, 39 g carbs (3 g fiber, 3 g sugar), 4 g protein



Although noodles are higher in carbs, there are still some great options. Choose the small, add a lean protein and more veggies. Try their salads which contain healthy fats, lots of veggies and lean protein. Skip the Mac n Cheese, Beef Stroganoff and Pad Thai, which are the highest calorie, fat and sodium dishes they offer. If you need to have it opt for a small, and pass on the soda.

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### **REGULAR CHICKEN VERACRUZ SALAD**

650 calories, 47 g fat (8 g saturated fat, 0 g trans-fat), 1,520 mg sodium, 30 g carbs (6 g fiber, 9 g sugar), 33 g protein



### **SMALL PENNE ROSE W/ PARMESAN CHICKEN**

550 calories, 20 g fat (7 g saturated fat, 0 g trans-fat), 1,360 mg sodium, 60 g carbs (4 g fiber, 5 g sugar), 33 g protein



### **SMALL PESTO CAVATAPPI W/ GRILLED CHICKEN**

520 calories, 19 g fat (6 g saturated fat, 0 g trans-fat), 980 mg sodium, 47 g carbs (4 g fiber, 4 g sugar), 39 g protein



### **SMALL BUTTERED NOODLES W/ PORK**

540 calories, 25 g fat (11 g saturated fat, 0 g trans-fat), 800 mg sodium, 49 g carbs (2 g fiber, 3 g sugar), 33 g protein



### **REGULAR THAI CHICKEN SOUP**

370 calories, 22 g fat (16 g saturated fat, 0 g trans-fat), 1,660 mg sodium, 31 g carbs (0 g fiber, 12 g sugar), 12 g protein



Their menu gives you a lot of good options, from soups to salads to sandwiches. Try sticking with broth based soups with lean protein and ask for dressings on the side for salads. Choose whole grain breads and load up the veggies on your sandwiches. If it's breakfast time, pick a whole grain bagel with plain cream cheese to help fill you up first thing in the morning!

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## BOWL OF TURKEY CHILI

310 calories, 11 g fat (2 g saturated fat, 0 g trans-fat), 880 mg sodium, 35 g carbs (1 g fiber, 7 g sugar), 23 g protein



## ASIAN SESAME CHICKEN SALAD

410 calories, 21 g fat (3 g saturated fat, 0 g trans-fat), 540 mg sodium, 25 g carbs (4 g fiber, 5 g sugar), 32 g protein



## STEAK & ARUGULA ON SOURDOUGH

480 calories, 18 g fat (8 g saturated fat, 0 g trans-fat), 890 mg sodium, 50g carbs (3 g fiber, 8 g sugar), 33 g protein



## NAPA ALMOND CHICKEN ON COUNTRY RUSTIC

630 calories, 31 g fat (4.5 g saturated fat, 0 g trans-fat), 670 mg sodium, 62 g carbs (5 g fiber, 12 g sugar), 29 g protein



## SPROUTED GRAIN BAGEL W/ CREAM CHEESE

430 calories, 12.5 g fat (6 g saturated fat, 0 g trans-fat), 570 mg sodium, 67 g carbs (7 g fiber, 7 g sugar), 15 g protein





Beware - many of the sauces are packed with added sugars and sodium! Traditional wings contain more total fat, while boneless wings contain more carbohydrates and sodium. Choose their brisket tacos or sandwich or any grilled chicken option. Remember sides are in addition to your entree - your best bet is the potato wedges that still clock in with an additional 370 calories, 19g of fat and 1030mg of sodium!

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## 6-COUNT HONEY BBQ BONELESS WINGS

460 calories, 19 g fat (7 g saturated fat, 1 g trans-fat), 1,880 mg sodium, 39 g carbs (1 g fiber, 9 g sugar), 29 g protein



## 6-COUNT HOT TRADITIONAL WINGS

475 calories, 28 g fat (8.5 saturated fat, 0.5 trans-fat), 1260 mg sodium, 2 g carbs (1 g fiber, 21 g sugar), 53 g protein



## BRISKET TACOS

530 calories, 27 g fat (11 g saturated fat, 2 g trans-fat), 1420 mg sodium, 40 g carbs (5 g fiber, 5 g sugar), 31 g protein



## POTATO WEDGES

530 calories, 27 g fat (11 g saturated fat, 2 g trans-fat), 1420 mg sodium, 40 g carbs (5 g fiber, 5 g sugar), 31 g protein



## CHICKEN CAESAR SALAD

520 calories, 33 g fat (7 g saturated fat), 1650 mg sodium, 24 g carbs (4 g fiber, 4 g sugar), 31 g protein



**Contact your onsite Health Coach for more information:**

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