

On-the-Go Healthy Foods

Key Tips:

1. Plan your meals out ahead of time
2. Pack your food the night before (day before)
3. Get a cooler or thermos to keep foods hot and cold
4. Get a water bottle for liquid drinks
5. Look up **calories** ahead of time – aim for 300-500 calories per meal



Bring Your Own Options

Sandwiches (flatout wrap or sandwich thin)
Tuna packs
Fruit (fresh or canned in water)
Veggies (carrots, celery, cucumber)
Veggie tray and bean dip
String cheese, laughing cow cheese
Turkey slices/roll ups
Beans (black beans, lima) or bean salad
Peanut butter (individual, Justin's)
Light canned fruit (water)
Hard boiled eggs
Yogurt (plain)
Cottage cheese
Protein shakes (Premier®, Pure, Atkins)
Protein bars (Think thin®, Kashi, Quest, atkins)
100 -150 calorie Nut packs
Skinny pop® (popcorn)
Special K® or Quest® chips and salsa
Greek yogurt dip & veggies
Pretzels (10) and wholly molly guac
Applesauce (plain)
Turkey, veggie burgers
Grilled chicken or rotisserie chicken
Shrimp cocktail with salsa
Frozen meals (Amy's®, Healthy Choice®)
Oatmeal (think thin® sprouted, instant)
Soup (black bean, chili, vegetable)
Salads (chicken, tofu, shrimp) w/ balsamic
Lettuce wraps

Center for Lifestyle Medicine
259 E. Erie, Suite 1600, Chicago, IL
(312) 695-2300

Eating out Options

Convenience stores=

Hard-boiled eggs
Protein shakes (Muscle milk, EAS, Pure protein, Atkins, Premier, Orgain)
Protein bars (Think thin, Balance, Special K, Kashi, Fiber one, Nugo, Atkins, Rx)
Fresh fruit, canned fruit in water
Pre-made sandwiches or salad
Beef or turkey jerky
String Cheese
Rice cakes, Kashi crackers, graham crackers
Apple slices, unsweetened applesauce
Freeze dried fruit
Pre-cut veggies with salsa/hummus
Popcorn (light)
Wasabi, edamame, or snap peas
Light Yogurt, greek yogurt, cottage cheese
Rotisserie Chicken
Sushi, sashimi
Zero calorie drinks: Vitamin water zero, sobe life water, Dasani flavored water, unsweetened tea, La Croix, Sparkling water

Resources

www.myfitnesspal.com or www.calorieking.com

Apps: HealthyOut, Healthy Dining Finder

Fooducate (food scanner), Paprika, Eat this much (planning, grocery)

Tips for Restaurants, fast food, cafeteria or ordering in=

- Look up calories ahead of time!
- Plan what you are going to have and look at the menu.

CHOOSE

- Beans, lentils
- Chili, turkey or veggie
- Plain sandwiches
- Chicken breast, turkey, tofu, plain tuna
- Extra veggies
- Sushi, sashimi, nigiri
- Baked potatoes (regular or sweet)
- Vinegar, mustard, balsamic, spices/herbs, chili sauce
- Salsa, Hot sauce, yogurt sauces
- Broth-vegetable based soups
- Bean or Lentil soups
- Shrimp cocktail or shrimp salad
- Extra fruit (side)
- Spinach salad (dressing on side)
- Sushi (no mayo or tempura)
- Flat out or flatbread wraps
- Skinny/Thin sandwiches
- Lettuce wraps
- Tuna (no mayo)
- Steamed veggies
- Flatbread wraps
- Protein bowls
- Appetizer portions (not fried)
- Tuna /ahi tuna

AVOID

- Creamy dressing
- Butter, oils or butter sauce
- Naked drinks, Odwalla, juice drinks, sweet tea
- Energy drinks or sweet tea
- Vitamin water (regular)
- Gatorade, Juice, Pop, ice tea
- Trail mix, nut mix
- Pretzel roll, croissants, baked goods, pita, biscuits
- Paninis
- Sautéed foods in butter
- Extra bread
- Fries, chips (Even baked)
- Loaded salads (cheese, croutons, dressing, fatty meats)
- Dried fruit
- French fries, sweet potato fries
- Cream soups
- Fried foods
- Cheese
- Mayo
- Sauces, cream sauces and cream dressings

Other Healthy Eating Out Places: Whole foods, Marianos, Pret a Manger, True Food Kitchen, Sweet Green, Brown Bag Seafood Co., Beatrix, Native Foods, Aloha Poke Co., Beatrix

*Check individual nutrition facts on each menu

Restaurants- Healthier options

Protein Bar®

- All protein shakes are < 400 calories
- Black bean or Healthy Parm bowl (340)
- Spinach & pesto bowl (370)
- Chicken or Veggie Chili (340-400) large
- Baja salad (no tortilla) 420
- Superfood vegan salad 420

Starbuck's™

- Protein bistro box (400)
- Turkey havarti sandwich (no mayo-400)
- Chicken & black bean salad bowl (360)
- Turkey bacon, egg breakfast sandwich (230)
- Spinach, feta, Egg white wrap (290)
- Cauliflower Tabbouleh (130)

Potbelly

- "Thin" sandwiches = 300 -350 calories
- Mediterranean thin/ turkey/ hammie (400-450)
- Chickpea veggie salad NF vinegar dressing(400)

Wendy's

- Chili (large= 310 calories/small = 210)
- Chicken breast (150)< orange cup (90)
- Grilled Chicken-Go Sandwich (260)
- Ultimate Chicken Grill Sandwich (350)
- Power Mediterranean salad full (430cal)

McDonald's

- Snack wrap (200-250 calories)
- Yogurt parfait (150) with 1% milk
- Oatmeal with apples (250)
- Grilled chicken classic sandwich (350)
- Salad with Grilled chicken (350 with dressing)
- Egg white delight mcmuffin (250)

Chick-fil-A

Chicken sandwich (310) or chicken wrap (350)
Superfood side salad or fruit cup or yogurt parfait (200)

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Chipotle

- Chicken Burrito bowl (no cheese, no sour cream, no guac) (470)
- Tacos with black beans and fajita veggies (350)
- Tofu (sofritas) corn taco with salsa (500)

Jimmy John's

- Unwich = 300-400 calories
- Veggie sandwich (no cheese) (370)
- Turkey slim sandwich (410)

Burger King

- Veggie burger (410), no mayo (320)
- Chicken tacos (250 calories for 2)
- Whopper Jr (no mayo- 290 calories)
- Tendergrill Chicken Salad (220cal, 1,080mg sodium)

Subway

- 6 inch BLT (320) or Cold Cut combo (350)
- 6 in oven roasted chicken or chicken teriyaki 360
- Turkey or Veggie mini sub (200)

Corner Bakery

- Steel-Cut Oatmeal (350) or Farmers Scrambler (330)
- Power flatbread (360)
- Spinach sweet crisp salad (470)
- Three lentil soup (210)
- Mom's turkey on harvest (470)
- Chicken chop salad (half) (380)

Lyfe Kitchen

- Spinach & Avocado Frittata Or Egg sandwich (400)
- Greek yogurt bowl (215)
- All soups (200)
- Thai red curry bowl (450)
- Grilled veggie salad (490)
- Flat Bread (<500)

Freshii

- Fiesta Salad w/chicken (450)
- Zen or buffalo salad (350)
- Powerhouse smoothie (230)
- Apple breakfast oatmeal (350)
- Spinach, mushroom egg pocket (320) or Green eggs & Kale Bowl (400)

Panera

- Power Almond Quinoa Oatmeal (290)
- Power chicken hummus bowl (330)
- Flatbread sandwich (320)
- Bean or vegetable soup (220)
- ***Clean pairing menu (<500 calories)-**
Low-Fat Vegetarian Garden Vegetable Soup with Pesto + Mediterranean Quinoa Salad with almonds: 310 calories, Thai Garden Chicken Wonton Broth Bowl + Classic Salad: 370