

Choosing Healthier Menu Options

Some restaurants offer healthier options than others, but there are small choices we can make wherever we go to be a little healthier. Salads are not always the healthiest choice. **For help with an individualized nutrition program, contact the Northside Sports Medicine Dietitian at 404-327-1626.**

Here are some general guidelines when eating at restaurants:

Choose grilled over fried • Limit fried foods • Add extra veggies

Be mindful of portion size • Stick with water rather than sweetened drinks

Here are a few healthier items at some popular restaurants:

Chick-Fil-A

- Stick with grilled chicken
- Opt for small fries, or get fruit or a side salad instead of fries
 - Grilled chicken sandwich
 - Grilled nuggets
 - Grilled cool wrap

Waffle House

- Stick with an egg dish for breakfast
 - 2 eggs with whole wheat toast, and city ham
 - Omelet with veggies and whole wheat toast
 - Skip the cheese
- Grilled chicken sandwich

Subway

- Choose 9 grain wheat bread or artisan flat bread
- Add veggies: tomato, cucumber, onion, peppers, lettuce, spinach
- Go for oil & vinegar, vinaigrette, mustard or sweet onion sauce
 - Fresh Fit menu options: 6" sub on 9 grain wheat with tomatoes, cucumber, onion, peppers, lettuce and spinach
 - Baked chips

Chipotle/Moe's/Willy's

- Choose a bowl or salad
- Pick brown rice OR beans, but not both (unless you are going without meat)
- Add a protein
- Load up on the veggies: peppers, onions, pico de gallo, lettuce
- Stick to one high fat item: cheese, queso, sour cream or guacamole

Zaxby's

- Choose a grilled or blackened chicken
- Ask for no Texas toast on the side
 - House or Caesar salad with grilled chicken
 - Choose vinaigrette, Caesar or a light dressing
 - Grilled chicken sandwich
 - Side of coleslaw or salad instead of fries

