



Amy Goodson, MS, RD, LD - Sports Dietitian
amygoodson@texashealth.org
817-250-7512

Healthy Choices for Quick Eating

Subway

- 6" sandwich on whole wheat or honey oat
-Met, cheese, veggie, & sauce on the side
w/1 bag Baked Lays or Apples

Chick-Fil-A

- Breakfast: Bagel w/egg & cheese w/fruit cup
- Grilled chicken sandwich w/fruit cup
- Grilled chicken wrap w/small amount dressing
- Grilled chicken salad w/large fruit cup

McDonald's

- Breakfast: Egg McMuffin w/apple dippers
- Grilled chicken sandwich w/apple dippers
- Grilled chicken snack wrap w/yogurt/granola parfait
- Grilled chicken snack wrap w/snack-size fruit, yogurt, walnut salad
- Grilled chicken salad w/apple dippers & caramel
- Toasted turkey deli sandwich (no bacon) w/apple dippers & caramel

Jack In The Box

- Breakfast: Breakfast Jack w/apple sauce or 2% milk
- Grilled chicken sandwich w/fruit cup or apple sauce
- Chicken fajita pita w/fruit cup
- Grilled chicken salad w/dressing on side & fruit cup

Panera bread

- Grilled chicken salad & fruit
- $\frac{1}{2}$ Sandwich on wheat bread
w/ $\frac{1}{2}$ salad & dressing on side or
broth-based soup

Arby's

- Market Fresh sandwich or wrap
w/sauce on the side
- Hot Ham & Cheese Melt
- Market Fresh salad

Wendy's

- Frescata sandwich (sauce on side)
w/mandarin orange cup
- Grilled chicken sandwich w/low-fat yogurt
- Grilled chicken salad w/low-fat yogurt & granola
- Small chili w/4 saltines and low-fat yogurt & granola

Starbucks

- Non-fat latte (cold or hot)
-can add sugar-free syrup
- Non-fat chai tea
- Grande frappuccino light

General Restaurant Rules

- Add a salad before your meal w/dressing on the side
- Your plate should be assembled as such: $\frac{1}{4}$ carbohydrate, $\frac{1}{4}$ protein, $\frac{1}{2}$ vegetables/salad
 - ~1 fist carbohydrate (pasta, rice, potato, sweet potato, bread, corn, peas, etc.)
 - ~1 palm size meat/protein (chicken, fish, red meat, egg, tofu, cottage cheese, etc.)
 - $\frac{1}{2}$ plate veggies (salad, steamed vegetables, sautéed vegetables, raw vegetables, etc.)
- Get all dressings, sauces, gravies, dips, etc. on the side
- Never make pasta, rice, or potatoes the meal...make it the side dish & watch what sauces, butters, etc, it is cooked in or covered with
- Avoid drinks with high calories like sodas, sugar-sweet tea, alcohol, juice, etc