DINING OUT DOs & DON’Ts

UPDATED FOR 2016
Making smart choices when dining out is not as difficult as you might think. Research the restaurant’s nutrition information in advance so you know what to avoid. More than likely, the culprit is portion size, so ask if a dish can be halved or check to see if a lunch portion is available. In general, opt for grilled, baked, or steamed dishes over fried. Choose leaner proteins, such as chicken, fish, or sirloin steak, and load up on veggies. Also, think about what you can do to make a dish healthier, such as ordering the salad dressing on the side and using only half of it.

Some national chains do not list nutritional information on their website. We see this as a red flag. Without all the facts, it’s hard to make a smart choice. However, in July 2015, the FDA released new labeling requirements for chain restaurants—all nutrition information must now be listed on the menu, no exceptions. Restaurants have until December 1, 2016 to comply.
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**ARBY’S® DO**

**LUNCH & DINNER**

**Junior Roast Beef Sandwich**
Cal: 210, Fat: 8g, Sat Fat: 2.5g, Sodium: 530mg

**Roast Turkey Farmhouse Salad (no vinaigrette)**
Cal: 230, Fat: 13g, Sat Fat: 7g, Sodium: 780mg

**Classic Roast Beef Sandwich (no Arby’s Sauce)**
Cal: 360, Fat: 14g, Sat Fat: 5g, Sodium: 970mg

**SIDES**

**Apple Slices**
Cal: 35, Fat: 0g, Sat Fat: 0g, Sodium: 0mg

**Applesauce**
Cal: 60, Fat: 0, Sat Fat: 0, Sodium: 20

**Balsamic Vinaigrette**
Cal: 130, Fat: 12g, Sat Fat: 2g, Sodium: 470mg

**Arby’s Sauce**
Cal: 15, Fat: 0g, Sat Fat: 0g, Sodium: 180mg

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**DON’T**

One small packet of mayo-based Horsey Sauce adds 60 calories, 5g of fat, and 150mg of sodium. Choose barbecue-flavored Arby’s Sauce instead.

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**BURGER KING® DO**

**BREAKFAST**

**Maple-Flavor Oatmeal**
Cal: 170, Fat: 3g, Sat Fat: 1.5g, Sodium: 270mg

**Breakfast Muffin Sandwich Egg & Cheese**
Cal: 260, Fat: 11g, Sat Fat: 4g, Sodium: 830mg

**SIDES**

**Apple Slices**
Cal: 30, Fat: 0g, Sat Fat: 0g, Sodium: 0mg

**Side Garden Salad (no dressing)**
Cal: 70, Fat: 4g, Sat Fat: 2.5g, Sodium: 95mg

**LUNCH & DINNER**

**Tendergrill Chicken Sandwich (no mayo)**
Cal: 350, Fat: 9g, Sat Fat: 1g, Sodium: 610mg

**BK Veggie Burger (no mayo)**
Cal: 310, Fat: 7g, Sat Fat: 1g, Sodium: 990mg

**Chicken Apple & Cranberry Garden Fresh Salad with Tendergrill Chicken (no dressing)**
Cal: 320, Fat: 8g, Sat Fat: 4g, Sodium: 360mg

**Lite Honey Balsamic Vinaigrette**
Cal: 120, Fat: 7g, Sat Fat: 1g, Sodium: 220mg

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**TIP!**
Ask for no mayo on your veggie burger or Whopper—you’ll save big on calories, fat, and sodium. Instead, grab an individual-sized packet and spread it on yourself. This way, you’ll only add 80 calories, 9g of fat, 0.5g of saturated fat, and 75mg of sodium.
**CHICK-FIL-A® DO**

**BREAKFAST**

Multigrain Oatmeal (no toppings)
Cal: 140, Fat: 3g, Sat Fat: 0g, Sodium: 45mg

Multigrain Oatmeal, with dried fruit, cinnamon brown sugar, and roasted mixed nuts
Cal: 290, Fat: 10g, Sat Fat: 1g, Sodium: 60mg

**LUNCH & DINNER**

6-Count Chicken Nuggets
Cal: 200, Fat: 10g, Sat Fat: 2g, Sodium: 790mg

Grilled Chicken Sandwich
Cal: 320, Fat: 5g, Sat Fat: 2g, Sodium: 800mg

Grilled Chicken Cool Wrap (no dressing)
Cal: 340, Fat: 13g, Sat Fat: 5g, Sodium: 900mg

Fat-Free Honey Mustard Dressing
Cal: 90, Fat: 0g, Sat Fat: 0g, Sodium: 330mg

Grilled Market Salad (no vinaigrette)
Cal: 200, Fat: 5g, Sat Fat: 2g, Sodium: 570mg

Reduced-Fat Berry Balsamic Vinaigrette
Cal: 110, Fat: 4g, Sat Fat: 0g, Sodium: 260mg

Medium Chicken Tortilla Soup
Cal: 260, Fat: 6g, Sat Fat: 3g, Sodium: 960mg

**SIDES**

Medium Fruit Cup
Cal: 50, Fat: 0g, Sat Fat: 0g, Sodium: 0mg

Side Salad (no dressing)
Cal: 80, Fat: 5g, Sat Fat: 3g, Sodium: 110mg

**DON’T**

With 430 calories, 22g of fat, and 1370mg of sodium (all before salad dressing!), Chick-Fil-A’s Chicken Cobb Salad is a poor choice. Opt for a salad that avoids fried chicken nuggets, bacon, and cheese, such as the Grilled Market Salad.
**DAIRY QUEEN® DO**

**LUNCH & DINNER**
- Garden Greens Salad with Grilled Chicken (no dressing)
  Cal: 160, Fat: 2g, Sat Fat: 0.5g, Sodium: 710mg
- Light Ranch Dressing
  Cal: 80, Fat: 4.5, Sat Fat: 0.5g, Sodium: 330mg
- Grilled Chicken Wrap (no dressing)
  Cal: 210, Fat: 7, Sat Fat: 34g, Sodium: 210mg

**SIDES**
- Side Salad (no dressing)
  Cal: 25, Fat: 0g, Sat Fat: 0g, Sodium: 15mg
- Banana:
  Cal: 110, Fat: 0g, Sat Fat: 0g, Sodium: 0mg

**HARDEE’S® DO**

**LUNCH & DINNER**
- ½ lb. Low-Carb Little Thickburger (with lettuce and tomato)
  Cal: 220, Fat: 15g, Sat Fat: 6g, Sodium: 590mg
- Charbroiled Chicken Club Sandwich (no bacon, no mayo)
  Cal: 360, Fat: 9g, Sat Fat: 3.5g, Sodium: 1040mg

**SIDES**
- Side Salad (no dressing)
  Cal: 120, Fat: 7g, Sat Fat: 4.5g, Sodium: 160mg

**DON’T**

The Monster Thickburger combines two ½-pound beef patties with 2 slices of bacon, mayo, and 3 slices of cheese. At 1340 calories, 96g of fat, 34g of saturated fat, and 3130mg of sodium, this burger is arguably the worst fast-food burger you can order. On a 1600-calorie diet, that’s nearly two days’ worth of saturated fat (18g per day)!
JACK IN THE BOX®  DO

**BREAKFAST**
Breakfast Jack (Ham, Egg, & Cheese Sandwich)
Cal: 280, Fat: 11g, Sat Fat: 4.5, Sodium: 780mg

**LUNCH & DINNER**
Grilled Chicken Salad (no dressing or croutons)
Cal: 250, Fat: 9g, Sat Fat: 4.5g, Sodium: 750mg

Low-Fat Balsamic Dressing
Cal: 25, Fat: 1.5g, Sat Fat: 0g, Sodium: 370mg

Hamburger
Cal: 280, Fat: 11g, Sat Fat: 4g, Sodium: 620mg

Chicken Fajita Pita (no salsa)
Cal: 340, Fat: 12g, Sat Fat: 6g, Sodium: 1000mg

SIDES
Side Salad (no dressing)
Cal: 20, Fat: 0g, Sat Fat: 0g, Sodium: 10mg

**DON’T**
After 9 p.m., Jack in the Box offers “Munchie Meals” menu. Most of the options are overloaded with fat and sodium. The worst offender—Chick-N-Tater Melt meal—has 1760 calories, 109g of fat, and 3460mg of sodium. Stick to the regular menu.

KENTUCKY FRIED CHICKEN®  DO

**LUNCH & DINNER**
Kentucky Grilled Chicken Drumstick
Cal: 90, Fat: 4g, Sat Fat: 1g, Sodium: 290mg

Kentucky Grilled Chicken Breast
Cal: 220, Fat: 7g, Sat Fat: 2g, Sodium: 730mg

**SIDES**
House Side Salad (no dressing)
Cal: 15, Fat: 0g, Sat Fat: 0g, Sodium: 10mg

Green Beans
Cal: 25, Fat: 0g, Sat Fat: 0g, Sodium: 260mg

Caesar Side Salad (no dressing)
Cal: 40, Fat: 2g, Sat Fat: 1g, Sodium: 90mg

Fat-Free Ranch Dressing
Cal: 35, Fat: 0g, Sat Fat: 0g, Sodium: 410mg

Applesauce
Cal: 60, Fat: 0g, Sat Fat: 0g, Sodium: 0mg

Corn on the Cob
Cal: 70, Fat: 0.5g, Sat Fat: 0g, Sodium: 0mg
McDonald’s® **DO**

**BREAKFAST**

**Egg White Delight McMuffin**  
Cal: 250, Fat: 7g, Sat Fat: 4g, Sodium: 760mg

**Fruit & Maple Oatmeal**  
Cal: 290, Fat: 4g, Sat Fat: 1.5g, Sodium: 160mg

**LUNCH & DINNER**

**Hamburger**  
Cal: 250, Fat: 8g, Sat Fat: 3g, Sodium: 490mg

**Premium Southwest Salad with Grilled Chicken (no dressing)**  
Cal: 330, Fat: 11g, Sat Fat: 4g, Sodium: 920mg

**SIDEs**

**Side Salad (no dressing)**  
Cal: 15, Fat: 0g, Sat Fat: 0g, Sodium: 10mg

**Low-Fat Balsamic Dressing**  
Cal: 35, Fat: 2g, Sat Fat: 0g, Sodium: 410mg

**Creamy Southwest Dressing**  
Cal: 120, Fat: 8g, Sat Fat: 1g, Sodium: 300mg

**Artisan Grilled Chicken Sandwich**  
Cal: 360, Fat: 6g, Sat Fat: 1.5g, Sodium: 960mg

**Apple Slices**  
Cal: 15, Fat: 0g, Sat Fat: 0g, Sodium: 0mg

**Strawberry Flavored Low Fat Yogurt Tube**  
Cal: 50, Fat: 0.5g, Sat Fat: 0g, Sodium: 35mg

**DON’T**

McDonald’s offers several healthy breakfast options, but the **Steak & Egg Biscuit**, with 530 calories, 32g of fat, 15g of saturated fat, and 1420mg of sodium, is not one of them. If you must get your egg fix, the **Egg White Delight** is a better choice.
PANDA EXPRESS® **DO**

**LUNCH & DINNER**

**Broccoli Beef**
Cal: 150, Fat: 7g, Sat Fat: 1.5g, Sodium: 520mg

**Mushroom Chicken**
Cal: 170, Fat: 9g, Sat Fat: 2g, Sodium: 750mg

**String Bean Chicken Breast**
Cal: 190, Fat: 9g, Sat Fat: 2g, Sodium: 590mg

**SIDES**

**Mixed Veggies**
Cal: 80, Fat: 0.5, Sat Fat: 0g, Sodium: 540mg

**Hot and Sour Soup, cup**
Cal: 120, Fat: 4.5g, Sat Fat: 0.5g, Sodium: 880mg

**2 Vegetable Spring Rolls**
Cal: 190, Fat: 8g, Sat Fat: 1.5g, Sodium: 520mg

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**DON’T**
If you opt for an extra packet of soy sauce—it will add a whopping 375mg of sodium to your meal!

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QUIZNOS® **DO**

**BREAKFAST**

**Ham & Egg Grilled Flatbread**
Cal: 300, Fat: 12g, Sat Fat: 5g, Sodium: 760mg

**LUNCH & DINNER**

**Half Apple Harvest Chicken Salad (no vinaigrette)**
Cal: 200, Fat: 9g, Sat Fat: 1.5g, Sodium: 300mg

**Acai Vinaigrette**
Cal: 140, Fat: 11g, Sat Fat: 1.5g, Sodium: 280mg

**Kid’s 6” Grilled Flatbread with Ham, Swiss, Fat-Free Balsamic, Lettuce, and Tomatoes**
Cal: 330, Fat: 10.5g, Sat Fat: 2g, Sodium: 960mg

**Kid’s 6” Grilled Flatbread with Turkey, Swiss, and Sautéed Mushrooms**
Cal: 310, Fat: 12.5g, Sat Fat: 1g, Sodium: 970mg

**SIDES**

**Small Chicken Tortilla Soup (with 2 crackers)**
Cal: 120, Fat: 6g, Sat Fat: 2.5g, Sodium: 550mg

**Pasta Salad**
Cal: 170, Fat: 7g, Sat Fat: 1g, Sodium: 260mg

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**DON’T**
The Honey Mustard Chicken Sandwich may sound harmless, but a regular 8” sub has 850 calories, 41g of fat, 13g of saturated fat, and 2000mg of sodium. That’s nearly an entire day’s worth of fat, saturated fat, and sodium.
**SUBWAY®**

**BREAKFAST**

6” Flatbread with Egg White, Swiss, and Spinach  
Cal: 340, Fat: 11g, Sat Fat: 3.5g, Sodium: 800mg

6” Flatbread with Ham, Egg White, Spinach and Tomato  
Cal: 300, Fat: 7g, Sat Fat: 1.5g, Sodium: 920mg

**LUNCH & DINNER**

6” Veggie Delight on 9-Grain Wheat with Avocado  
Cal: 290, Fat: 8g, Sat Fat: 1.5g, Sodium: 280mg

6” Turkey Breast on 9-Grain Wheat with Lettuce, Tomatoes, Onion, Green Peppers & Cucumbers  
Cal: 280, Fat: 3.5g, Sat Fat: 1g, Sodium: 670mg

Veggie Flatizza  
Cal: 410, Fat: 17g, Sat Fat: 8g, Sodium: 850mg

Double Chicken Chopped Salad (no dressing)  
Cal: 220, Fat: 4.5g, Sat Fat: 1.5g, Sodium: 490mg

**SIDES**

Apple Slices  
Cal: 35, Fat: 0g, Sat Fat: 0g, Sodium: 0mg

1 Oatmeal-Raisin Cookie  
Cal: 200, Fat: 8g, Sat Fat: 3.5g, Sodium: 130mg

**DON’T**

Avoid the 6” Chicken & Bacon Ranch Melt sub, which has 610 calories, 30g of fat, 10g of sat fat, and 1290mg of sodium. You’re better off sticking to options from the “Fresh Fit” menu.

**TIP!**

Read the menu closely—more often than not, if a dish’s name sounds unhealthy, then it probably is unhealthy. Taco Bell’s XXL Grilled Stuffed Burrito with Beef has 860 calories, 41g of fat, 14g of saturated fat, and 2,200mg of sodium. Case in point.

**TACO BELL®**

**LUNCH & DINNER**

Fresco Chicken Soft Taco with Lettuce & Pico de Gallo  
Cal: 140, Fat: 3.5g, Sat Fat: 1g, Sodium: 470mg

Fresco Grilled Steak Taco with Lettuce & Pico de Gallo  
Cal: 150, Fat: 4, Sat Fat: 1.5g, Sodium: 440mg

Fresco Chalupa Supreme Chicken  
Cal: 340, Fat: 17g, Sat Fat: 3.5g, Sodium: 530mg

Fresco Burrito Supreme with Chicken  
Cal: 390, Fat: 12g, Sat Fat: 4.5g, Sodium: 1090mg
TIM HORTONS’ DO

BREAKFAST
3 Honey Dip Timbits
Cal: 135, Fat: 3g, Sat Fat: 1.5g, Sodium: 90mg

Oatmeal with Mixed Berries
Cal: 210, Fat: 3g, Sat Fat: 0.5g, Sodium: 220mg

English Muffin with Egg White & Cheese
Cal: 220, Fat: 5g, Sat Fat: 3g, Sodium: 510mg

Egg & Cheese Grilled Breakfast Wrap
Cal: 230, Fat: 12g, Sat Fat: 4.5g, Sodium: 600mg

TIP!
Timbits—Tim Hortons’ version of doughnut holes—give you much more bang for your buck than traditional doughnuts. One Apple Fritter Donut has 290 calories, 8g of fat, 3.5g of saturated fat, and 330mg of sodium. Four Apple Fritter Timbits have 200 calories, 6g of fat, 4g of saturated fat, and 160mg of sodium.

WENDY’S DO

LUNCH & DINNER
Half Asian Cashew Chicken Salad (no vinaigrette)
Cal: 190, Fat: 8g, Sat Fat: 1.5g, Sodium: 380mg

Light Spicy Asian Chili Vinaigrette
Cal: 45, Fat: 1.5g, Sat Fat: 0g, Sodium: 190mg

Half Power Mediterranean Chicken Salad
Cal: 230, Fat: 8g, Sat Fat: 2g, Sodium: 630mg

SIDES
Apple Slices
Cal: 35, Fat: 0g, Sat Fat: 0g, Sodium: 0mg

Garden Side Salad (no vinaigrette, no croutons)
Cal: 25, Fat: 0g, Sat Fat: 0g, Sodium: 20mg

Italian Vinaigrette
Cal: 70, Fat: 6g, Sat Fat: 1g, Sodium: 180mg

Ultimate Chicken Grill Sandwich
Cal: 380, Fat: 8g, Sat Fat: 1.5g, Sodium: 980mg

Grilled Chicken Wrap
Cal: 270, Fat: 10g, Sat Fat: 3.5g, Sodium: 730mg

Small Rich & Meaty Chili
Cal: 170, Fat: 5g, Sat Fat: 2g, Sodium: 780mg

Plain Baked Potato
Cal: 270, Fat: 0g, Sat Fat: 0g, Sodium: 25mg

Sour Cream & Chive Baked Potato
Cal: 310, Fat: 2.5g, Sat Fat: 1.5g, Sodium: 35mg

DONT’
A sandwich with the name “Baconator” couldn’t possibly be good for you—Wendy’s clocks in at 960 calories, 62g of fat, 24g of saturated fat, and 1870mg of sodium.
DOMINO’S PIZZA® DO

LUNCH & DINNER

2 Slices Medium Cheese, Roasted Red Peppers, Mushrooms & Spinach Pizza with Robust Tomato Sauce & Thin Crust
Cal: 285, Fat: 14g, Sat Fat: 5.5g, Sodium: 525mg

2 Slices Medium Grilled Chicken with Spinach and Mushroom Pizza with Robust Tomato Sauce & Thin Crust
Cal: 310, Fat: 15g, Sat Fat: 5.5g, Sodium: 635mg

2 Slices Medium Ham and Pineapple Pizza with Robust Tomato Sauce & Crunchy Thin Crust
Cal: 310, Fat: 15, Sat Fat: 5.5g, Sodium: 700mg

2 Slices Medium Cheese Pizza with Robust Tomato Sauce & Crunchy Thin Crust
Cal: 280, Fat: 13.5g, Sat Fat: 5.4g, Sodium: 500mg

PAPA JOHN’S® PIZZA DO

LUNCH & DINNER

2 Slices Small Garden Fresh Pizza with Original Crust
Cal: 400, Fat: 12g, Sat Fat: 5g, Sodium: 900mg

2 Slices Small Cheese Pizza with Original Crust
Cal: 360, Fat: 12g, Sat Fat: 6g, Sodium: 940mg

2 Slices Medium Ham and Pineapple Pizza with Robust Tomato Sauce & Crunchy Thin Crust
Cal: 310, Fat: 15, Sat Fat: 5.5g, Sodium: 700mg

2 Slices Medium Cheese Pizza with Robust Tomato Sauce & Crunchy Thin Crust
Cal: 280, Fat: 13.5g, Sat Fat: 5.4g, Sodium: 500mg

PIZZA HUT® DO

LUNCH & DINNER

2 Slices Medium Garden Party Pizza with Hand-Tossed Crust
Cal: 400, Fat: 12g, Sat Fat: 6g, Sodium: 780mg

2 Slices Medium Veggie Lover’s Pizza with Hand-Tossed Crust
Cal: 400, Fat: 14g, Sat Fat: 6g, Sodium: 840mg

1 Slice Large Cheese Pizza with Thin ‘N Crispy Crust
Cal: 260, Fat: 11g, Sat Fat: 6g, Sodium: 790mg

TIP!

When ordering pizza, use your common sense. Any pizza likened to a cheeseburger or Philly Cheese Steak is probably not a smart choice. We recommend building your own pizza using the menu’s healthiest ingredients and requesting lighter portions of cheese or sauce when possible. Beef, pepperoni, sausage, bacon, and extra-cheese are the greatest fat and sodium offenders, so opt for leaner proteins such as chicken or ham, and make sure to pile on the veggies!
## AU BON PAIN® DO

### BREAKFAST
- **Egg Whites and Cheddar Breakfast Sandwich**
  Cal: 210, Fat: 7g, Sat Fat: 4.5g, Sodium: 490mg
- **Large Apple Cinnamon Oatmeal**
  Cal: 370, Fat: 6g, Sat Fat: 1g, Sodium: 15mg

### LUNCH & DINNER
- **Southwest Chicken Salad (no dressing)**
  Cal: 390, Fat: 16g, Sat Fat: 2.5g, Sodium: 730mg
- **Half Black Angus Roast Beef and Cheddar Sandwich**
  Cal: 260, Fat: 10g, Sat Fat: 4g, Sodium: 810mg
- **Balsamic Vinaigrette**
  Cal: 110, Fat: 9g, Sat Fat: 1.5g, Sodium: 360mg
- **Half Caprese Sandwich**
  Cal: 240, Fat: 11g, Sat Fat: 4.5g, Sodium: 310mg
- **Avocado Greek Yogurt Dressing**
  Cal: 190, Fat: 18g, Sat Fat: 3g, Sodium: 370mg
- **Napa Chicken with Avocado Wrap**
  Cal: 490, Fat: 21g, Sat Fat: 6g, Sodium: 750mg
- **Small 12 Veggies Soup**
  Cal: 120, Fat: 4g, Sat Fat: 0g, Sodium: 600mg
- **Small Butternut Squash and Apple Soup**
  Cal: 140, Fat: 5g, Sat Fat: 2g, Sodium: 540mg
- **Black Bean and Corn Salad Petit Plate**
  Cal: 190, Fat: 7g, Sat Fat: 1g, Sodium: 340mg
- **Fresh Grapes**
  Cal: 160, Fat: 0g, Sat Fat: 0g, Sodium: 0mg
- **Side Garden Salad (no vinaigrette)**
  Cal: 50, Fat: 0g, Sat Fat: 0g, Sodium: 35mg

### SIDES
- **Large Fruit Cup**
  Cal: 140, Fat: 0.5g, Sat Fat: 0g, Sodium: 30mg
- **2 Hard-Boiled Eggs**
  Cal: 150, Fat: 1g, Sat Fat: 3.5g, Sodium: 125mg
- **Small Tomato Basil Bisque**
  Cal: 160, Fat: 7g, Sat Fat: 4.5g, Sodium: 250mg

### DON’T

The Caprese with Chicken Sandwich sounds like a smart choice, but not when you crunch the numbers—with 660 calories, 30g of fat, 14g of saturated fat, and 1080mg of sodium, it’s one of the worst sandwich options on the menu.
BOSTON MARKET® DO

LUNCH & DINNER
Regular-Size Turkey Breast
Cal: 200, Fat: 9g, Sat Fat: 0g, Sodium: 710mg

Skinless Quarter White-Meat Rotisserie Chicken
Cal: 220, Fat: 2.5g, Sat Fat: 1g, Sodium: 700mg

Half Mediterranean Chicken Carver Sandwich
Cal: 285, Fat: 7.5g, Sat Fat: 2.5g, Sodium: 630mg

Kid’s 1 Breast & 1 Wing White-Meat Chicken
Cal: 320, Fat: 12g, Sat Fat: 4g, Sodium: 780mg

SIDES
Kid’s Chicken Noodle Soup
Cal: 50, Fat: 2g, Sat Fat: 0.5g, Sodium: 230mg

Garlic Dill New Potatoes
Cal: 100, Fat: 2g, Sat Fat: 0.5g, Sodium: 80mg

Sweet Corn
Cal: 120, Fat: 2.5g, Sat Fat: 0g, Sodium: 55mg

Fresh Steamed Vegetables
Cal: 70, Fat: 4g, Sat Fat: 0g, Sodium: 130mg

DON’T
Boston Market’s Carver sandwiches sound wholesome, but they are loaded with calories, fat, and sodium. We recommend eating half of the Mediterranean Chicken Carver, which has 285 calories, 7.5g of fat, 2.5g of saturated fat, and 630mg of sodium. Pair with a kid’s portion of Chicken Noodle Soup to add 50 calories, 2g of fat, 0.5g of saturated fat, and 230mg of sodium.

CHIPOTLE MEXICAN GRILL® DO

LUNCH & DINNER
Kid’s Carnitas Tacos with 2 Soft Corn Tortillas, Fresh Tomato Salsa, Lettuce & Grapes
Cal: 345, Fat: 7g, Sat Fat: 3g, Sodium: 370mg

Kid’s Steak Tacos with 2 Soft Corn Tortillas, Black Beans, roasted Chili-Corn Salsa & Chips
Cal: 505, Fat: 12.5g, Sat Fat: 2g, Sodium: 685mg

Steak Salad with Black Beans, Fajita Vegetables & Roasted Chili-Corn Salsa (no vinaigrette)
Cal: 420, Fat: 9.5g, Sat Fat: 2g, Sodium: 1050mg

Vegetarian Burrito Bowl with Brown Rice, Black Beans, Fajita Vegetables, Lettuce, & Corn Salsa
Cal: 435, Fat: 8.5g, Sat Fat: 1g, Sodium: 925mg

Chicken Tacos with 3 Soft Corn Tortillas, Black Beans, Lettuce, and Fresh Tomato Salsa
Cal: 535, Fat: 8g, Sat Fat: 3g, Sodium: 810mg

Vegetarian Burrito Bowl with Brown Rice, Black Beans, Fajita Vegetables, Lettuce, & Corn Salsa
Cal: 435, Fat: 8.5g, Sat Fat: 1g, Sodium: 925mg
### Fast Casual

#### JASON’S DELI®

**LUNCH & DINNER**
- **Organic Vegetable Soup, bowl**
  Cal: 150, Fat: 7g, Sat Fat: 0g, Sodium: 730mg
- **Half Mediterranean Wrap**
  Cal: 180, Fat: 5g, Sat Fat: 0g, Sodium: 610mg
- **Half Amy’s Turkey-O Sandwich**
  Cal: 240, Fat: 8g, Sat Fat: 3g, Sodium: 630mg
- **Salad Bar: Mixed Greens, Grilled Chicken, Sliced Cucumber, Grape Tomatoes, Kalamata Olives, & Diced Almonds with Red Wine Vinegar**
  Cal: 310, Fat: 12g, Sat Fat: 0.5g, Sodium: 630mg
- **Salad Bar: Mixed Greens, Grilled Chicken Breast, Hard-Boiled Egg, Organic Baby Carrots, Zucchini Stix, Sliced Cucumber, Grape Tomatoes, Organic Balsamic Vinegar**
  Cal: 330, Fat: 7g, Sat Fat: 1.5g, Sodium: 680mg

**SIDES**
- **Quinoa Mango Salad**
  Cal: 110, Fat: 1g, Sat Fat: 0g, Sodium: 120mg
- **Steamed Veggies**
  Cal: 60, Fat: 0g, Sat Fat: 0g, Sodium: 55mg
- **Organic Vegetable Soup, cup**
  Cal: 110, Fat: 5g, Sat Fat: 0g, Sodium: 550mg

#### MOE’S SOUTHWEST GRILL®

**LUNCH & DINNER**
- **Fish Tacos with 2 Soft Flour Tortillas, Corn Pico, Shredded Lettuce**
  Cal: 316, Fat: 10g, Sat Fat: 4g, Sodium: 426mg
- **Chicken Salad with Black Beans, Corn Pico & Guacamole (no dressing, no tortilla shell)**
  Cal: 390, Fat: 15g, Sat Fat: 3g, Sodium: 980mg
- **Junior Chicken Burrito with Black Beans, Cheese, Pico de Gallo & Shredded Lettuce**
  Cal: 405, Fat: 14g, Sat Fat: 6g, Sodium: 682mg
- **Vegetarian Burrito Bowl with Black Beans, Seasoned Rice, Shredded Lettuce, Guacamole, Pico de Gallo & Grilled Peppers**
  Cal: 449, Fat: 8g, Sat Fat: 1g, Sodium: 1083mg

#### DON’T

- **If you’re eyeing a sandwich with the word “club” in its title, think twice. A club sandwich might be tasty, but it’s little more than a fat and sodium bomb. Jason’s Deli’s version, the California Club Sandwich, piles guacamole on top of roasted turkey, Swiss cheese, bacon, and mayo, and clocks in at 700 calories, 44g of fat, 18g of saturated fat, and 1340mg of sodium. Yikes!**

- **A whole-grain tortilla may sound more nutritious, but the savings in calories, fat, and saturated fat don’t outweigh the huge increase in sodium. One 12-inch whole-grain tortilla has 1070mg of sodium—while one regular 12-inch flour tortilla only has 320mg!**
**PANERA**

**FAST CASUAL**

**BREAKFAST**

**Power Almond Quinoa Oatmeal**
Cal: 290, Fat: 6g, Sat Fat: 1g, Sodium: 220mg

**Steel Cut Oatmeal with Strawberries & Pecans**
Cal: 340, Fat: 14g, Sat Fat: 2g, Sodium: 160mg

**Egg White, Avocado & Spinach Breakfast Power Sandwich**
Cal: 400, Fat: 13g, Sat Fat: 6g, Sodium: 650mg

**LUNCH & DINNER**

**Half Thai Chicken Salad (no vinaigrette)**
Cal: 250, Fat: 10g, Sat Fat: 1.5g, Sodium: 460mg

**Low-Fat Thai Chili Vinaigrette (half portion)**
Cal: 25, Fat: 1g, Sat Fat: 0g, Sodium: 90mg

**Half Roasted Turkey & Avocado BLT on Sourdough**
Cal: 270, Fat: 11g, Sat Fat: 2g, Sodium: 480mg

**Whole Ancient Grain Arugula & Chicken Salad**
Cal: 420, Fat: 14g, Sat Fat: 3g, Sodium: 300mg

**Low-Fat Vegetarian Black Bean Soup, cup**
Cal: 150, Fat: 2g, Sat Fat: 0g, Sodium: 750mg

**White Balsamic Apple Vinaigrette (half portion)**
Cal: 80, Fat: 6g, Sat Fat: 1g, Sodium: 80mg

**SIDES**

**Fresh Fruit Cup**
Cal: 60, Fat: 0g, Sat Fat: 0g, Sodium: 15mg

**Low-Fat Chicken Noodle Soup, cup**
Cal: 110, Fat: 2.5g, Sat Fat: 1.5g, Sodium: 890mg

**Baked Potato Chips**
Cal: 120, Fat: 2g, Sat Fat: 0g, Sodium: 135mg

**Sprouted Whole Grain Roll**
Cal: 160, Fat: 1g, Sat Fat: 0g, Sodium: 360mg

**All-Natural Turkey Chili, cup**
Cal: 210, Fat: 7g, Sat Fat: 1.5g, Sodium: 730mg

**DON’T**

Panera’s Broth Bowls add a global twist to the menu with both Asian and Mediterranean-inspired offerings. While they are low in calories and fat, they pile on the sodium—the Lentil Quinoa Bowl with Chicken packs nearly 1400mg. If you’re limiting your sodium, Panera’s cup of Low-Fat Vegetarian Garden Vegetable Soup with Pesto, with 560mg, is a safer bet.
**PRET A MANGER® DO**

**BREAKFAST**
- Five-Grain Oatmeal
  Cal: 240, Fat: 8g, Sat Fat: 0.5, Sodium: 250mg

**LUNCH & DINNER**
- Balsamic Chicken & Avocado Sandwich
  Cal: 490, Fat: 25g, Sat Fat: 3g, Sodium: 610mg
- Chicken Avocado Salad (no vinaigrette)
  Cal: 370, Fat: 21g, Sat Fat: 2.5, Sodium: 190mg
- Lemon Shallot Dressing (per 28g serving)
  Cal: 100, Fat: 10g, Sat Fat: 1g, Sodium: 190mg

**SIDES**
- Small Moroccan Lentil Soup
  Cal: 270, Fat: 12g, Sat Fat: 1.5, Sodium: 590mg
- Salmon & Pickled Veggies Power Lunch
  Cal: 480, Fat: 22g, Sat Fat: 3.5, Sodium: 570mg
- Nori Veggie Wrap
  Cal: 460, Fat: 25g, Sat Fat: 3g, Sodium: 550mg

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**DON’T**
While Pret offers plenty of health-conscious cold sandwiches and salads, their prepared hot items are a different story. The Crispy Bacon Mac & Cheese has 470 calories, 26g of fat, 15g of saturated fat, and 1230mg of sodium.

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**STARBUCKS® DO**

**BREAKFAST**
- Tall Cafe Latte with Nonfat Milk
  Cal: 100, Fat: 0g, Sodium: 120mg
- Classic Whole-Grain Oatmeal
  Cal: 160, Fat: 2.5g, Sat Fat: 0.5g, Sodium: 0mg
- Egg & Cheddar Breakfast Sandwich
  Cal: 280, Fat: 13g, Sat Fat: 0.5g, Sodium: 460mg

**LUNCH & DINNER**
- Roasted Tomato & Mozzarella Panini
  Cal: 390, Fat: 18g, Sat Fat: 6g, Sodium: 630mg
- Hearty Veggie & Brown Rice Salad Bowl
  Cal: 430, Fat: 22g, Sat Fat: 3g, Sodium: 640mg

**SIDES**
- Spinach & Feta Breakfast Wrap
  Cal: 290, Fat: 10g, Sat Fat: 3.5g, Sodium: 830mg
- Petite Vanilla Bean Scone
  Cal: 120, Fat: 4.5g, Sat Fat: 2g, Sodium: 95mg

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**TIP!**
Approach Starbucks’ blended coffee drinks and other flavored beverages with caution (especially the seasonal favorite pumpkin spice latte). They’re likely loaded with sugar, and the ingredients are often controversial. Opt for a simple espresso drink such as an Americano or a basic latte, and stick to nonfat milk to cut out a significant amount of fat.
APPLEBEE’S® DO

LUNCH & DINNER
7 oz. House Sirloin
Cal: 270, Fat: 15g, Sat Fat: 6g, Sodium: 770mg

SIDES
Garlic Broccoli
Cal: 35, Fat: 0g, Sat Fat: 0g, Sodium: 340mg

Seasonal Vegetables
Cal: 45, Fat: 0.5g, Sat Fat: 0g, Sodium: 440mg

Kid’s Garlic Mashed Potatoes
Cal: 130, Fat: 7g, Sat Fat: 1g, Sodium: 300mg

DON’T
The Applebee’s Pub Diet menu is full of so-called ‘healthier’ entrées, but aren’t actually smart choices. The Cedar Grilled Lemon Chicken has 590 calories, 25g of fat, 4g of saturated fat, and 2480mg of sodium. So steer clear of the whole Pub Diet menu and stick to a simple 7 oz. House Sirloin instead.

CALIFORNIA PIZZA KITCHEN® DO

LUNCH & DINNER
Half Classic Caesar with Grilled Shrimp
Cal: 320, Fat: 20g, Sat Fat: 6g, Sodium: 800mg

Kid’s Grilled Chicken Breast with Broccoli
Cal: 240, Fat: 6g, Sat Fat: 1.5g, Sodium: 210mg

Grilled Chicken Chimichurri
Cal: 460, Fat: 27g, Sat Fat: 4g, Sodium: 820mg

SIDES
Kid’s Fresh Fruit
Cal: 60, Fat: 0g, Sat Fat: 0g, Sodium: 0mg

Kid’s Fusilli With Meat Sauce
Cal: 500, Fat: 14g, Sat Fat: 3.5g, Sodium: 660mg

Kid’s Traditional Cheese Pizza
Cal: 560, Fat: 12g, Sat Fat: 6g, Sodium: 1180mg

Dakota Smashed Pea & Barley Soup, cup
Cal: 170, Fat: 0g, Sat Fat: 0g, Sodium: 650mg

DON’T
CPK’s pizzas strike out in nearly every category—they are all loaded with calories, fat, and sodium. The Thai Chicken Pizza may look like more salad than pizza, but it has 1290 calories, 45g of fat, 15g of saturated fat, and 3190mg of sodium. Even halving this pizza still sets you back significantly.
CARRABBA’S ITALIAN GRILL® DO

**LUNCH & DINNER**

**Tuscan Grilled Chicken**
Cal: 287, Fat: 7g, Sat Fat: 2g, Sodium: 788mg

**Wood-Grilled Tilapia**
Cal: 310, Fat: 13g, Sat Fat: 3g, Sodium: 984mg

**SIDES**

**Freshly Steamed Spinach**
Cal: 26, Fat: 0g, Sat Fat: 0g, Sodium: 354mg

**Tomato Cucumber Salad**
Cal: 117, Fat: 8g, Sat Fat: 1g, Sodium: 117mg

**Minestrone Soup, cup**
Cal: 118, Fat: 5g, Sat Fat: 2g, Sodium: 682mg

**Half Caprese Sandwich**
Cal: 241, Fat: 10g, Sat Fat: 4g, Sodium: 326mg

**Half Chicken Bryan Sandwich**
Cal: 315, Fat: 15g, Sat Fat: 5g, Sodium: 391mg

**DON’T**

The Cavatappi Franco with wood-grilled chicken, mushrooms, and sun-dried tomatoes sounds relatively harmless. However, with 1023 calories, 48g of fat, 13g of saturated fat, and 2067mg of sodium, it’s one of the worst pasta dishes on the menu.

DENNY’S® DO

**BREAKFAST**

**Oatmeal with Milk & Brown Sugar**
Cal: 240, Fat: 5g, Sat Fat: 1.5g, Sodium: 220mg

**Build Your Own: Grand Slam with 2 Egg Whites, 1 English Muffin without Margarine, Seasonal Fruit & 2 Turkey Bacon Strips**
Cal: 325, Fat: 6g, Sat Fat: 1g, Sodium: 797mg

**Fit Slam Breakfast**
Cal: 390, Fat: 10g, Sat Fat: 2g, Sodium: 890mg

**SIDES**

**Seasonal Fruit**
Cal: 70, Fat: 0g, Sat Fat: 0g, Sodium: 7mg

**Fresh Steamed Zucchini and Squash**
Cal: 15, Fat: 0g, Sat Fat: 0g, Sodium: 50mg

**Broccoli**
Cal: 25, Fat: 0g, Sat Fat: 0g, Sodium: 20mg

**Sweet Petite Corn**
Cal: 130, Fat: 0g, Sat Fat: 0g, Sodium: 0mg

**LUNCH/DINNER**

**Cranberry Apple Chicken Salad with Balsamic Vinaigrette (without bread)**
Cal: 360, Fat: 9g, Sat Fat: 1g, Sodium: 1060mg

**Build Your Own Burger with Grilled Seasoned Chicken Breast, Fresh Avocado, Lettuce & Tomato on Sesame Seed Bun**
Cal: 510, Fat: 15g, Sat Fat: 3g, Sodium: 718mg

**DON’T**

The Bacon Slamburger has 880 calories, 49g of fat, 20g of saturated fat, and 1530mg of sodium. Skip it and build your own burger instead. This is a great way to control portion-sizes and ensure a healthier plate. Opt for the chicken or veggie burger; pile on veggie toppings, and limit mayo, bourbon sauce, and barbecue sauce.
OLIVE GARDEN®  DO

**LUNCH & DINNER**

Minestrone Soup, cup
Cal: 110, Fat: 1.5g, Sat Fat: 0g, Sodium: 840mg

Kids' Penne Rotini with Marinara
Cal: 310, Fat: 7g, Sat Fat: 0.5g, Sodium: 480mg

Baked Tilapia with Shrimp
Cal: 360, Fat: 12g, Sat Fat: 6g, Sodium: 1130mg

Spaghetti with Meat Sauce Mini Pasta Bowl (lunch only)
Cal: 280, Fat: 9g, Sat Fat: 2.5g, Sodium: 390mg

**SIDES**

Kid’s Steamed Broccoli
Cal: 20, Fat: 0g, Sat Fat: 0g, Sodium: 20mg

Famous House Salad (One Serving with Low-Fat Dressing)
Cal: 100, Fat: 4g, Sat Fat: 0g, Sodium: 690mg

DON’T

Olive Garden’s Cucina Mia menu allows customers to create their own pasta dishes from a selection of noodles, sauces, and proteins. In theory, this sounds like a smart choice. However, a simple combination of cavatappi pasta, five-cheese marinara sauce, and grilled chicken has 1020 calories, 44g of fat, 19g of saturated fat, and 1450mg of sodium. Stick to smaller portions, such as the lunch-size Spaghetti with Meat Sauce.

OUTBACK STEAKHOUSE®  DO

**LUNCH & DINNER**

Outback Special Sirloin, 6 oz.
Cal: 254, Fat: 13g, Sat Fat: 5g

Grilled Chicken on the Barbie (5 oz. lunch portion)
Cal: 198, Fat: 2g, Sat Fat: 0g

Perfectly Grilled Salmon
Cal: 383, Fat: 25g, Sat Fat: 4g

**SIDES**

Asparagus
Cal: 60, Fat: 4g, Sat Fat: 0g

Plain Sweet Potato
Cal: 289, Fat: 2g, Sat Fat: 0g

DON’T

Outback’s Bloomin’ Burger—the signature Bloomin’ Onion appetizer meets burger—sounds like a heavenly match, until you see the nutrition—1076 calories, 77g of fat, and 33g of saturated fat. Instead, dress up a 6 oz. sirloin steak with sides such as asparagus and a baked sweet potato.
**P.F. CHANG’S®**

**DO**

**LUNCH & DINNER**

- **Buddha’s Feast (steamed)**
  Cal: 260, Fat: 4g, Sat Fat: 0g, Sodium: 300mg

- **Ahi Tartare with Avocado**
  Cal: 320, Fat: 14g, Sat Fat: 2g, Sodium: 530mg

**SIDES**

- **Small Spinach with Garlic**
  Cal: 120, Fat: 8g, Sat Fat: 1g, Sodium: 400mg

- **2 Vegetable Spring Rolls, without dipping sauce**
  Cal: 210, Fat: 5g, Sat Fat: 1g, Sodium: 860mg

- **Brown Rice (6 oz.)**
  Cal: 310, Fat: 2g, Sat Fat: 0g, Sodium: 5mg

**DON’T**

Dishes with tuna, such as the Spicy Tuna Roll and Ahi Tartare with Avocado, are usually smart choices on P.F. Chang’s menu. However, the Seared Ahi Salad is not, with 700 calories, 55g of fat, 8g saturated fat, and 1490mg of sodium. **If you order this dish, ask for the sesame vinaigrette on the side, and only use half of it.**

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**RED LOBSTER®**

**DO**

**LUNCH & DINNER**

- **Wood-Grilled Fresh Tilapia**
  Cal: 260, Fat: 6g, Sat Fat: 1.5g, Sodium: 640mg

- **Broiled Flounder Dinner**
  Cal: 450, Fat: 9g, Sat Fat: 0g, Sodium: 920mg

**SIDES**

- **Steamed Broccoli**
  Cal: 50, Fat: 0.5g, Sat Fat: 0g, Sodium: 105mg

- **Manhattan Clam Chowder, cup**
  Cal: 80, Fat: 3g, Sat Fat: 2g, Sodium: 810mg

- **Plain Baked Potato**
  Cal: 200, Fat: 0.5g, Sat Fat: 0g, Sodium: 310mg

- **½-Pound Steamed Snow Crab Legs**
  Cal: 90, Fat: 1g, Sat Fat: 0g, Sodium: 790mg

- **Garlic-Grilled Shrimp Skewer (lunch portion)**
  Cal: 230, Fat: 6g, Sat Fat: 1g, Sodium: 620mg

**DON’T**

The Cheddar Bay Biscuits are delicious, so indulge with one—but stop after that. Each biscuit has 160 calories, 10g of fat, 3g of saturated fat, and 380mg of sodium.
**RUBY TUESDAY**

**DO**

**LUNCH & DINNER**

Plain Grilled Top Sirloin
Cal: 270, Fat: 10g, Sodium: 600mg

Blackened Tilapia
Cal: 200, Fat: 7g, Sodium: 790mg

Plain Grilled Salmon
Cal: 330, Fat: 22g, Sodium: 468mg

Half-Rack Barbecue Baby-Back Ribs – Classic Barbecue
Cal: 470, Fat: 24g, Sodium: 365mg

**SIDES**

Fresh Grilled Zucchini
Cal: 41, Fat: 2g, Sodium: 321mg

Roasted Spaghetti Squash
Cal: 54, Fat: 3g, Sodium: 167mg

Plain Baked Potato
Cal: 251, Fat: 3g, Sodium: 18mg

**DON’T**

Ruby Tuesday offers more smart dining choices than most chain restaurants, but its burgers are a nutritional trainwreck. The Colossal Burger clocks in at 1697 calories, 96g of fat, and 4171mg of sodium. To get your meat-fix, try the Half-Rack Barbecue Baby Back Ribs instead.

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**T.G.I. FRIDAYS**

**DO**

**LUNCH & DINNER**

Bourbon Barrel Chicken
Cal: 270, Fat: 14g, Sat Fat: 5g, Sodium: 870mg

Bourbon Barrel Mahi Mahi
Cal: 260, Fat: 14g, Sat Fat: 4.5g, Sodium: 610mg

Lunch Portion Grilled Chicken Cobb Salad (no dressing)
Cal: 300, Fat: 19g, Sat Fat: 7g, Sodium: 530mg

Low-Fat Balsamic Vinaigrette
Cal: 50, Fat: 2g, Sat Fat: 0g, Sodium: 180mg

**SIDES**

Coleslaw
Cal: 90, Fat: 6g, Sat Fat: 1g, Sodium: 250mg

Tomato Mozzarella Salad
Cal: 110, Fat: 6g, Sat Fat: 3.5g, Sodium: 220mg

House Salad with 1 Breadstick (no dressing)
Cal: 210, Fat: 7g, Sat Fat: 3g, Sodium: 280mg

**DON’T**

The majority of T.G.I. Fridays’ signature Jack Daniel’s-glazed items are sodium bombs—the burger has 4070mg, the chicken sandwich has 2970mg, and the ribs have 3080mg! The plainer, the better. Order a simple steak “From the Grill” to save on calories, fat, and sodium.