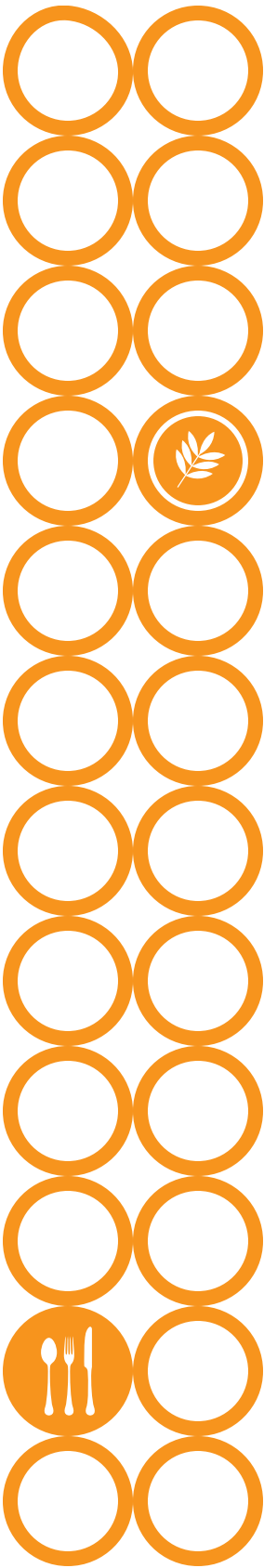


healthy lubbock dining guide



Restaurants listed offer menu items with 550 calories or less, 7 grams (g) of saturated fat or less and 800 milligrams (mg) of sodium and less.

*Choose one option from each Restaurant.

Baker Bros: 5412 Slide Road #7000

- ½ Taos Salad
- ½ Chicken Caesar Salad
- ½ Santa Fe Salad
- Fresh 8oz cup of fruit

Bless Your Heart: 3701 19th Street

- Healthy Clucker Sandwich
- Grilled Chicken Salad
- Baked Potato

Burger King: All Locations

- Quaker Oatmeal
- Breakfast Muffin Sandwich, egg and cheese
- Croissan'wich, egg and cheese
- Any 12oz smoothie

Cattle Barons: 8201 Quaker Avenue

- Salad bar, follow tips for being healthy

Chik Fil A: All Locations

- Chicken Garden Salad
- Chicken and Fruit Salad
- Fruit cup or Yogurt Parfait

Chili's Bar and Grill: All Locations

- Small Caribbean Salad with grilled shrimp, with lemon wedges instead of dressing
- Margarita Grilled Chicken Salad without sides. Ask for a house salad and use half of the avocado dressing
- Southwest Chicken-cup of soup
- Terlingua Chili-cup of soup
- 6 oz. Classic Sirloin
- Black Bean Burger Only

Chipotle: All Locations

- Salad with Lettuce, Chicken, and Guacamole

Cotton Patch Café: 6601 Slide Road

- Dinner Salad
- Casear Salad-dinner size
- Grilled Caesar Salad with Chicken
- Blackened Tilapia (Right size plate) w/ sides of steamed broccoli and a fruit cup
- Grilled Chicken
- Grilled Tilapia
- Grilled Salmon
- Grilled Chicken Breast
- Grilled Chicken Breast (Right Size Plate) w/seasoned rice
- Mango Chicken

Sides:

- Baked Squash/Squash Casserole
- Broccoli Rice Casserole
- Cabbage
- Carrots
- Corn Muffin
- Dinner Roll (1 roll per serving)
- Fruit cup (4 oz.)
- Green Beans
- Hot cinnamon Apples
- Hushpuppies (2)
- Sautéed Mushrooms
- Seasoned rice
- Skinny vegetables
- Steamed Broccoli
- Sweet Potato Casserole

Ordering from Kids Menu:

- Grilled Chicken Tenders w/Garlic Mashed potatoes
- Steak Finger Dinner w/skinny broccoli
- Lettuce Wraps
- Quesadilla
- Cinnamon Bananas
- Hot Sticks (carrots with dip)
- Mandarin Orange Cup
- Salad – Kid size (no dressing)
- Sweet Honey Kabobs

Cracker Barrel: 5018 Milwaukee Avenue

- Turkey Breast
- Side Salad
- Good Morning Breakfast
- Multi Grain French Toast
- Oatmeal with banana topping

Einstein Bros Bagels: 4525 Marsha Sharp Freeway

- Albacore Tuna Salad Deli or Chicken Salad Deli
- Chicken Salad Wrap
- Veg out on Sesame Seed Bagel
- Smart Choices Asparagus, Mushroom, and Swiss Bagel
- Thin Egg White Sandwich

Freddys: All Locations

- California Style Steakburger w/o Cheese
- California Style Steakburger w/o Sauce
- Veggieburger w/o cheese or sauce
- Grilled Chicken Breast Sandwich

Freebird's World Burrito: 1202 University Avenue or 4930 S Loop 289

- Build a Taco (2 corn tortillas) with white chicken, lettuce, tomatoes, guacamole, onions, and jalapenos

Healthy Meals to Go!

- Sweet Potato Hash
- Simple Breakfast
- Steel Cut Oatmeal
- Egg Muffin

- Steakhouse Breakfast
- Chorizo Burrito
- Fruity Tooty
- Almond Butter Fun Snack
- Super Snack
- Yogurt Parfait
- Vietnamese Spring Rolls
- Hummus Snack
- Beef Stew
- Turkey Meatloaf
- Chicken Simple Meal
- Spaghetti And Meatballs
- Blackbean Salad
- Pork Tenderloin Stew
- Lemon Turkey
- Jambalaya
- Simple Salmon
- Chicken Tikka Masala
- Nicoise Salad
- Healthy Mac
- Tuna Salad
- Chicken Salad
- Fast Snack
- Egg Salad

IHOP: 3911 S Loop 289 or 1627 University Avenue

SIMPLE & FIT:

- SIMPLE & FIT Vegetable Omelet
- SIMPLE & FIT Two-Egg Breakfast
- SIMPLE & FIT Under 600 Calories Simply Chicken Sandwich
- SIMPLE & FIT Under 600 Calories Grilled-Balsamic-Glazed Chicken
- Fruit bowl

Jason's Deli: 4002 S Loop 289

- Garden Sandwich on Ciabatta Bread
- Slim or ½ Roast Beef Rye Bread with Provolone and veggies
- Slim or ½ Smoked Turkey on Whole Wheat Bread with veggies
- Nutty Minced Up Salad without chicken. With organic raspberry vinaigrette dressing

Johnny Carino's: 6821 Slide Road

- Create your own pasta
- Chicken Salad Sandwich on 1 slice wheat bread

La Madeleine: All Locations

- Tuna Salade Croissant, Half Bistro
- Chicken Salade Croissant, Half Bistro
- Balsamic Chicken and Pesto Sandwich, Half Bistro
- Chicken Caesar, Half Signature
- Roasted Vegetable Sandwich, Half Gourmet
- Chicken Provence Sandwich, Half Gourmet
- Spinach Pochette

Longhorn Steakhouse: 4805 S Loop 289

- Authentic Ranch house Chili
- Renegade Top Sirloin 6 or 8 oz
- Longhorn Salmon 7 or 10 oz
- Grilled Fresh Rainbow Trout

- Seasoned Veggies
- Caesar Side Salad with Caesar Dressing
- Mixed Greens Side Salad
- Fresh Steamed Asparagus
- Strawberry Pecan Salad with Dressing
- Kids Chicken Tenders
- Kids Grilled Chicken Tenders
- Kids Grilled Chicken Salad
- Kids Sirloin
- Kids Mac n Cheese
- Kids Broccoli
- Kids Fresh Fruit

McAllister's Deli: 4210 82nd Street or 2415 19th Street

- Bowl of Chicken Chili
- Chicken Salad Sandwich on 1 Slice of Wheat bread
- Justaspud, add 1 cup of Chicken Chili
- Add a side of applesauce or fruit salad yogurt parfait
- Veggie Club (Choose 2 Portion)
- Grilled Chicken Sandwich (Choose 2 Portion)
- Harvest Chicken Salad (Choose 2 Portion)
- Tuna Salad Sandwich (Choose 2 Portion)
- Deli Roast Beef (Choose 2 Portion)
- Deli Ham (Choose 2 Portion)
- Pecanberry Salad
- Garden Salad
- Grilled Chicken Salad
- Savannah Chopped Salad (Choose 2 Portion)
- Southwest Cobb (Choose 2 Portion)
- Black Angus Roast Beef Spud (Choose 2 Portion)
- Cheese Spud (Choose 2 Portion)
- Grilled Chicken Spud (Choose 2 Portion)
- Pot Roast Spud (Choose 2 Portion)Spud Max (Choose 2 Portion)
- Veggie Spud (Choose 2 Portion)
- Bacon Spud (Choose 2 Portion)
- White Chicken Chili, cup
- Fire Roasted Vegetable, cup

Mcdonald's: All Locations

- Fruit and Maple oatmeal with a yogurt parfait
- Premium Caesar or Ranch Grilled Chicken Salad, with no dressing
- Fish Filet Sandwich with side salad
- Grilled Ranch Style Snack Wrap with side salad, no dressing
- 4 piece Nugget Happy Meal with Kids Fry, milk, and apple slices
- Hamburger Happy Meal with fries, milk, and apple slices

Noodles and Company: 1003 University Avenue

- Small Portion of Spinach and Fresh Fruit Salad
- Small Portion of Grilled Chicken Caesar Salad
- Small Portion of Caesar Salad
- Small Portion of Chicken Chop Salad
- Small Portion of Chinese Chop Salad
- Small Portion of Med Salad
- Spicy Chicken Caesar Sandwich without dressing
- Sautéed Shrimp
- Organic Tofu

Pei Wei: All Locations

- Vegetable Spring Rolls (2); sauce not included
- Pork Egg Roll (1); sauce not included
- Crispy Potstickers (4); sauce not included

Orlando's: All Locations

- NUT Appetizer, Fried Ravioli
- Side Salad
- NUT Salad, Small Caesar
- Dressings: Fat Free Italian 2oz, Creamy Italian 2oz, 1000 Island 2oz

Olive Garden: All Locations

- Herb Grilled Salmon
- Garden-Fresh Salad

Potbelly's: 2402 9th Street

- Chicken Salad
- Chickpea Veggie Salad
- Uptown Salad
- Farmhouse Salad
- Garden Veggie Soup
- Loaded Baked Potato
- Tomato Soup
- Any Irish Oatmeal
- Potato Salad
- Coleslaw

Red Robin: 4805 S Loop 289 #200

- Freckled Fruit Salad
- Simply Grilled Chicken Salad with no dressing
- Lettuce Wrap Your Burger

Smoothie King: All Locations

- Most 20oz smoothies
- Select Stay Healthy and Trim Down Varieties

Steak 'n Shake: All Locations

- Guacamole Single Steakburger
- Single Steakburger with Cheese
- Fish Sandwich
- Apple Pecan Grilled Chicken Salad
- Small Garden Salad
- Breakfast Bowl w/o Hash Browns
- Shooter w/ bacon
- Shooter w/ sausage
- Bean and Cheese Taco
- Potato and Egg Taco
- Sausage, Egg, and Cheese Taco
- Nutella Crepe

Starbucks Coffee Company: All Locations

- Chicken Sausage Breakfast Wrap
- Starbucks Perfect Oatmeal
- Turkey Bacon White Cheddar or Veggie Monterey Jack Artisan Breakfast Sandwich
- Peach Raspberry or Strawberry Blueberry Yogurt Parfait
- Greek Yogurt with Mango and Passion Fruit
- Goat Cheese and Veggie Bistro Box
- Protein Bistro Box
- Chicken Santa Fe or Roasted Tomato and Mozzarella Panini
- Egg Salad Sandwich

Subway: All Locations

- 6'' 9 Grain Wheat bread, Chicken or Veggie Delight no Cheese or dressing
- 6'' Flat Bread, Chicken or Veggie Delight, no cheese or dressing
- Toppings: lettuce, tomato, onion, green pepper and cucumbers

Souper Salad: 6703 Slide Road

- Salad Bar: follow tips for being healthy

Taco Bell: All Locations

- Any Single Chalupa with Border Sauce

Torchy's: 2407 9th Street

- Green Chili Pork on Corn Tortilla
- Mr Pink on Corn Tortilla

United Market Street: 4425 19th street, 3405 50th Street, or 4205 98th street

- Choose from the Living Well Favorites

Wendy's: All Locations

- Half Sized Apple Pecan Chicken salad with fat free dressing
- Half Sized BLT Cobb Sandwich with fat free dressing
- Sour Cream and Chives Baked Potato, with sweet and sour sauce
- 5 piece Chicken Nuggets with apple slices or side Caesar salad
- Jr Hamburger, Add Apple Slices and Garden or Caesar salad
- Hamburger Kids Meal
- Crispy Chicken Sandwich (kids meal)

Which Wich: All Locations


- Veggie and Egg Breakfast

Zio's: 4414 82nd Street

- Lunch Spaghetti with Meat Sauce
- Lunch Fettuccini Alfredo
- Kids Ravioli with a house salad
- House Caesar Salad
- Past Lunch Hour? Share a plate with a friend or take half of it home

***Menus and recipes may change without notice. Listings are based on current information at date of publication. Other restaurants may have lower calories/fat options, however the sodium criteria for these menu items was not met.**

Tips for eating healthy when dining out

- Choose broth-based soups over creamy soups and be aware of sodium.
- Order sandwiches with whole grain bread, veggies and mustard.
- Skip the cheese and cheese toppings.
- Avoid fried foods like chicken tenders and french fries.
- Limit yourself to five or six chips with salsa, or skip them.
- Marinara or clam sauces are healthier than pesto or alfredo.
- Order sauces and dressings on the side. Use only enough for flavor.
- Be aware of portion sizes. One serving of meat is 3 to 4 ounces.
- Order brown rice instead of fried or white rice.
- Limit the use of condiments that are very high in sodium.
- If you have diabetes, don't forget to count your carbohydrates.
- Share or take home half of an entrée if it's too large.
- Deli Meats and Processed Cheeses can be high in sodium, try a Vegetable Deli Sandwich every now and then.
- Ordering Pizza? Add extra vegetables in place of high fat meats.
- Make half of your plate fruits and vegetables.
- Drink water instead of soda, alcohol or gourmet coffee 

Frozen yogurt tips and shops

Tips: How to keep calories under control?

- Weigh your yogurt first to 4 oz (less than half).
- Go slow and under estimate, then measure to 4 oz on the scale before adding toppings.
- Topping Choices: Add fresh fruit and nuts sparingly.
- Yogurt ½ cup (4 oz) 80-105 cal, 0 fat, and 90-100 mg sodium.
½ cup of fresh fruit 45-65 cal.
2 tablespoons of Slivered Almonds 79 cal.

Shops:

- Cup of Yo: 6076 Marsha Sharp Freeway #450 [Next to 5 Guys Burgers and Fries in Canyon West]
- Cup of Yo: 4505 98th St.
- Red Mango Frozen Yogurt: 8004 Quaker Ave., Suite A
- Spoonful Frozen Yogurt: 411 University Ave. #160
- Yo Fresh, Yogurt Café: 5510 4th St.

Restaurants with gluten free menus

- BJ's
- Carino's
- Chik Fil A
- Cici's
- Coldstone's
- Jason's Deli
- McAlister's Deli
- Olive Garden
- Outback Steakhouse
- On the Border Mexican Grill
- Pei Wei Asian Grill
- Rockfish Seafood Grill
- Texas Land and Cattle Steakhouse
- Wendy's
- Zio's

It is your responsibility to be aware that recipes and ingredients may change at these restaurants. Ask for their Gluten Free (GF) menu or check their website for more information regarding GF options. Ask to speak to a manager for any questions or concerns you may have regarding meal preparation and/or cross-contamination. Some inherently gluten-free grains, seeds and flours may be contaminated with gluten, which could be a health concern for those who must follow a strict gluten-free diet for medical conditions.

Healthy Travel

Exercise Tips:

- Plan for exercise.
- Walk in airports or malls and bring a change of shoes if need be.
- Use the hotel pool, tennis court, gym, or walking paths. Walk everywhere you can and take stairs.
- No Room for weights? Resistance bands can easily be packed into a suitcase or carry-on.
- Use these bands for exercises such as chest press, rows, shoulder press, tricep extensions, bicep curls, squats, hamstring curls and many others. Jump ropes and light dumbbells can also be taken along on trips. Go to www.body-bands.com for free demos of exercises for a 10, 20, or 30 minute workout.
- Look for activities, tourist attractions and site seeing trips that will get you moving, such as kayaking, canoeing, swimming, hiking, biking, beach volleyball, etc.
- Download a travel fitness app on your smart phone.

Restaurant Tips:

- Research which restaurants will be available at the airports you will be in and if they offer healthy options.
- Look for a section on the menu that offers healthy selections.
- Pass on the free bread/chips/breadsticks that are often offered before the meal.
- Download a healthy travel app on your smart phone.

Beat the Hunger:

- Short on time? Pack snacks that travel, such as whole grain crackers, almonds, walnuts, fresh or dry fruit, granola bars and pop top canned tuna. 100-200 calories is a good snack amount.
- Pack your own lunch, such as a peanut butter and jelly sandwich.





Check out meal options at
www.healthylubbock.org

*for more menu items
that meet criteria.*



If you are interested in listing your business with us, please contact:

**Texas Tech University Health Sciences Center
Garrison Institute on Aging
6610 S. Quaker
Lubbock, TX 79413**

P 806.743.7821 F 806.743.7816

www.healthylubbock.org



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