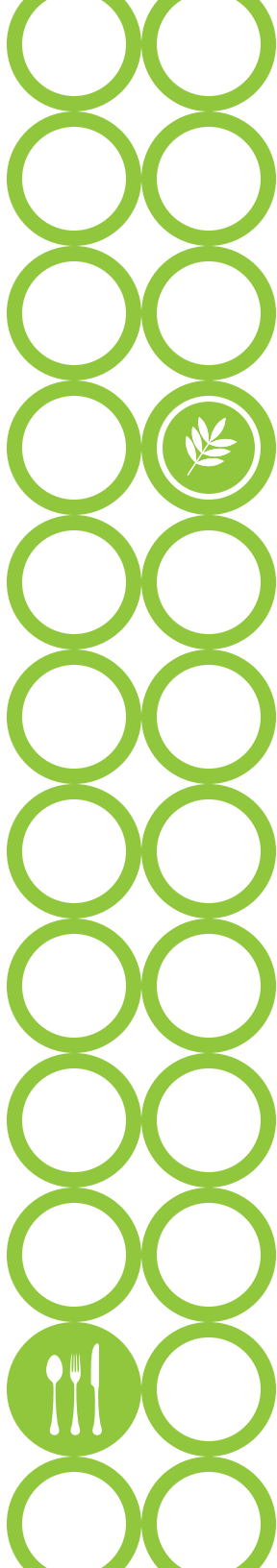


healthy lubbock dining guide



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 Taco Salad or ½ Chicken Caesar or ½ Santa Fe
- Dressing- 1 portion Fat Free Raspberry Vinaigrette
- ½ L.A. Prime or ½ North Beach Sandwich
- Add a fresh 8 oz cup of fruit

The Bistro 9816 Slide Road

- Watch for dietitian picks coming soon.

Bless Your Heart 3701 19th St.

- Healthy Clucker Sandwich
- Grilled Chicken Salad
- Bake Potato: 16 oz potato, Molly McButter, light sour cream, vegetable Bacos, fresh chives

Burger King All Locations

Breakfast

- Quaker Oatmeal Maple or Original
- Breakfast Muffin Sandwich: Egg and Cheese
- Croissan'wich: Egg and Cheese
- Smoothie: Any 12 oz, 16 oz or 20 oz

Entree

- Whopper Jr.; add Apple Slices
- Regular Hamburger or Regular Cheese Burger; add Apple Slices
- 10 Piece Chicken Nuggets without sauce; add Apple Slices

Cattle Barons #170 8201 Quaker Ave.

- Salad Bar: Follow tips for eating healthy.

Chick-Fil-A All Locations

- Chicken Garden Salad or Chicken and Fruit Salad
- Add a fruit cup or a yogurt parfait to either salad

Chili's Bar and Grill All Locations

- Small Caribbean Salad with Grilled Shrimp; ask for lemon wedges to use instead of dressing
- Margarita Grilled Chicken- without sides; instead order house salad and use half of the avocado ranch dressing

Cotton Patch Café 6810 Slide Road

- Grilled Caesar Salad with Chicken
- Blackened Tilapia (Right-size plate) with sides of steamed broccoli and a fruit cup
- Grilled Salmon with sides of garlic mashed potatoes and skinny steamed vegetables

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

Freebird's World Burritos 1202 University Ave. or 4930 S. Loop 289

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

Fuzzy's Taco Shop 2102 Broadway or 10101 Slide Road

Breakfast

- Egg, Cheese Taco
- Potato, Egg, Cheese Taco

Entrée

- Grilled Veggie Sandwich, add 10-12 Chips
- Corn and Tortilla Soup, add 10-12 Chips

IHOP 3911 S. Loop 289 or 1627 University Ave.

- SIMPLE & FIT Spinach
- Mushroom Tomato Omelet
- SIMPLE & FIT Veggie Omelet
- Add fresh fruit bowl to either omelet

Jason's Deli 4001 S. Loop 289

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

Johnny Carino's 6821 Slide Road

- Create Your Own Pasta
- Spicy Marinara (lunch or dinner)
- Meat Sauce (lunch portion only)

McAlister's Deli 4210 82nd St. or 2415 19th St.

- Bowl of Chicken Chili
- Chicken Salad Sandwich on 1 Slice Wheat Bread
- Justaspud, add 1 cup Chicken Chili
- Add side of applesauce or fruit salad with above choices

McDonalds All Locations

Breakfast

- Fruit and Maple or Berry oatmeal with a fruit yogurt parfait
- Cinnamon Melts

Entrees

- Premium Caesar or Ranch Grilled Chicken Salad, skip the dressing and bacon bits; add vanilla low fat ice cream cone
- Fish Filet Sandwich with Side Salad, skip the dressing
- Grilled Ranch Style Snack Wrap with Side Salad, skip the dressing
- 4 Piece Nugget Happy Meal with kids fry, milk and apple slices, skip the caramel
- Hamburger Happy Meal with kids fry, milk and apple slices, skip the caramel

Smoothie King All Locations

- Most 20 oz Smoothies fit nutrition criteria
- Select Stay Healthy and Trim Down Varieties

Starbucks Coffee Company All Locations

Breakfast

- 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

Lunch

- Goat Cheese and Vegetable 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
- 6" Flat Bread, Chicken or Veggie Delight no cheese
- Toppings: lettuce, tomato, onion, green pepper and cucumbers

Souper! Salad! 6703 Slide Road

- Salad Bar: Follow tips for eating healthy

Taco Bell All Locations

- Any single Chalupa with Border sauce

United Market Street 3405 50th St. or 4205 98th St.

- Choose from Living Well Favorites

Wendy's All Locations

- Half Size Apple Pecan Chicken Salad; add Fat Free French Dressing
- Half Size BLT Cobb Salad; add Fat Free French Dressing
- Sour Cream and Chives Baked Potato; add Cesar Side Salad
- 5 Piece Chicken Nuggets; add Apple Slices, with BBQ or Sweet and Sour Sauce
- Jr. Hamburger; add Apple Slices & Garden or Cesar Side Salad
- Hamburger Kids Meal
- Crispy Chicken Sandwich, Kids Meal

Zio's 4414 82nd St.


- Lunch Spaghetti with meat sauce
- Lunch Fettuccini Alfredo
- Kids Ravioli with a house salad
- Past the lunch hour? Share a regular serving of the above choices with a friend or take half home.

Zookini's 8217 University

- Salad Bar: Follow tips for eating healthy

***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 Restaurant & Brewhouse
- Carino's Italian Grill
- Chili's Bar & Grill
- Chick-Fil-A
- CiCi's Pizza
- Coldstone Creamery
- Jason's Deli
- McAlister's Deli
- Olive Garden
- Outback Steakhouse
- On The Border Mexican Grill and Cantina
- Pei Wei Asian Diner
- Rockfish Seafood Grill
- Texas Land & Cattle Steakhouse
- Wendy's
- West Crust Pizza

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**