

Morning meal options under 500 calories

Mornings are busy. You might be racing to get kids to school, go to the gym, or to arrive at work on time. It's tempting to grab a quick, unhealthy bite — or to skip breakfast altogether. Experts say a nutritious breakfast can curb hunger, boost energy and rev metabolism. Healthy Lifestyles wants to help you find the best breakfast on the go.

Each of these meals is under 500 calories with 18 grams of fat or less. When ordering, be aware that you may find high fat content and calorie counts in bread and pastries. Checking nutritional information and making smart choices can help you stay on track to a healthier you!

ARBY'S

Chicken Biscuit

CALORIES: 370, FAT: 17G

Ham and Swiss Croissant

CALORIES: 270, FAT: 14G

French Toast Stix

CALORIES: 350, FAT: 14G

BURGER KING

Three Pancakes and 1oz Breakfast Syrup

CALORIES: 490, FAT: 16G

Croissan'wich Egg & Cheese

CALORIES: 330, FAT: 18

BK Breakfast Muffin Sandwich

Egg and Cheese

CALORIES: 260, FAT: 11

DUNKIN' DONUTS

Bacon, Egg & Cheese on an English Muffin

CALORIES: 290, FAT: 10G

Original Oatmeal with Dried Fruit Topping

CALORIES: 270, FAT: 4G

Turkey Sausage Wake-Up Wrap

CALORIES: 210, FAT: 11G

JACK IN THE BOX

Blueberry Muffin Oatmeal with

Blueberry Blend & Crumble

CALORIES: 250, FAT: 4G

Egg White and Turkey Breakfast Sandwich

CALORIES: 250, FAT: 6G

Mango Smoothie

CALORIES: 290, FAT: 0

Chiquita Apple Bites with Caramel

CALORIES: 70, FAT: 0

JAMBA JUICE

22oz Peach Pleasure Smoothie,

"Make it Light"

CALORIES: 240, FAT: 0

Large Island Strawberry Coconut Water

Fruit Refresher

CALORIES: 280, FAT: 1.5

22oz Apple & Greens Fruit &

Veggie Smoothie

CALORIES: 320, FAT: 1

MC DONALD'S

Fruit & Maple Oatmeal

CALORIES: 290, FAT: 4G

Fruit 'N Yogurt Parfait

CALORIES: 150, FAT: 2G

Egg White Delight Muffin

CALORIES: 250, FAT: 8G

Medium McCafe Strawberry Banana

Real Fruit Smoothie

CALORIES: 250, FAT: 1G

PANERA

Steel Cut Oatmeal with Summer

Blueberries & Granola (1 and 1/3 cups)

CALORIES: 350, FAT: 9G

Steel Cut Oatmeal with Strawberries &

Pecans (1 and 1/3 cups)

CALORIES: 340, FAT: 13G

Strawberry Granola Parfait

CALORIES: 310, FAT: 11G

Need something
sweet? Try a side
of fruit instead of a
cookie or other treat.

SUBWAY

Egg White with Cheese and Avocado

Sandwich on 3" Flatbread

CALORIES: 200, FAT: 8

Steak, Egg (White) and Cheese Sandwich

on 3" Flatbread

CALORIES: 190, FAT: 6

6" Egg and Cheese Omelet Sandwich

CALORIES: 360, FAT: 12

STARBUCKS

Perfect Oatmeal

*Toppings: dried fruit (+100 cal); nut medley (+100 cal);
brown sugar (+50 cal)*

CALORIES: 140-390, FAT: 2.5G

Reduced-Fat Turkey Bacon, Cholesterol-

Free Egg White, Reduced-Fat White

Cheddar Breakfast Sandwich

CALORIES: 230, FAT: 6

Spinach, Roasted Tomato, Feta &

Egg White Wrap

CALORIES: 290, FAT: 10G

Lunchtime meal options under 500 calories

The healthiest lunch is often the one you pack for yourself. You know exactly which ingredients you've used, and you can control your portions. For those occasions when you need to eat lunch out, Healthy Lifestyles wants to help you make the best choices possible.

Each of these meals is under 500 calories with 18 grams of fat or less. When ordering, be aware that you may find high fat content and calorie counts in salad dressings, simple soups and wraps. Checking nutritional information and making smart choices can help you stay on track to a healthier you!

ARBY'S

Chopped Farmhouse Salad with Roast Turkey

Calories: 230, Fat: 13g

Jr. Ham and Cheddar Melt

Calories: 210, Fat: 6g

Roast Beef Classic

Calories: 360, Fat: 14g

BOSTON MARKET

1/4 White Rotisserie Chicken (no skin), Garlic Dill New Potatoes, and Fresh Steamed Vegetables

Calories: 400, Fat: 10g

3-piece Dark Rotisserie Chicken (thigh and 2 drumsticks, no skin), Garlic Dill New Potatoes

Calories: 380, Fat: 14g

Half Turkey Boston Carver® (no cheese, no mayo) and Garlic Dill New Potatoes

Calories: 420, Fat: 11.5g

Half Turkey Boston Carver® with Sweet Garlic Vinaigrette (no mayo)

Calories: 360, Fat: 16g

CHICK-FIL-A

Chick-fil-A® Nuggets (8) with Barbecue Sauce and Medium Fruit Cup

Calories: 365, Fat: 13g

Chick-fil-A® Grilled Market Salad with Fat-Free Honey Mustard Dressing and Hearty Breast of Chicken Soup (Medium)

Calories: 430, Fat: 8g

Grilled Chicken Cool Wrap® and Large Fruit Cup

Calories: 410, Fat: 13g

CHIPOTLE MEXICAN GRILL

We've left the cheese and sour cream out of these meals to keep the fat below 16 grams.

Burrito Bowl with Carnitas, Pinto Beans, Fajita Vegetables, Tomato Salsa and Lettuce

Calories: 380, Fat: 14.5g

Burrito Bowl with Chicken, Black Beans, Green Tomatillo Salsa, and Lettuce

Calories: 325, Fat: 8g

Crispy Tacos with Barbacoa (assuming 4 oz. meat total), Tomato Salsa, and Lettuce

Calories: 400, Fat: 14.5g

DUNKIN' DONUTS

Bacon, Egg & Cheese on an English Muffin

Calories: 290, Fat: 10g

Original Oatmeal with Dried Fruit Topping

Calories: 270, Fat: 4g

Turkey Sausage Wake-Up Wrap

Calories: 210, Fat: 11g

FIREHOUSE SUBS

Chopped Salad with Smoked Turkey, Mozzarella, and Light Italian Dressing

Calories: 345, Fat: 17g

Medium Chicken Breast Sub (no mayo, no cheese)

Calories: 390, Fat: 4g

Medium Engineer Sub (no mayo, no cheese)

Calories: 380, Fat: 5g

Medium Turkey Sub (no mayo, no cheese)

Calories: 370, Fat: 4g

Sriracha Beef Sub (no cheese)

Calories: 408, Fat: 9.5g

JACK IN THE BOX

Grilled Chicken Strips (4) with Teriyaki Dipping Sauce and Side Salad with Low-Fat Balsamic Dressing

Calories: 460, Fat: 9.5g

Chicken Fajita Pita made with Whole Grains and Fire Roasted Salsa

Calories: 370, Fat: 13g

Choose water, unsweetened tea or diet soda for your beverage to keep these meals under 500 calories.

KFC

Grilled Chicken Breast and Drumstick, Green Beans, and Corn on the Cob

Calories: 405, Fat: 11.5g

Honey BBQ Sandwich and Macaroni and Cheese

Calories: 490, Fat: 9.5g

Original Recipe® Bites with Honey Mustard Dipping Sauce

Calories: 250, Fat: 16g

Lunchtime meal options under 500 calories

MCDONALD'S

Chipotle BBQ Snack Wrap® (Grilled), Side Salad with Newman's Own® Low-Fat Balsamic Vinaigrette
Calories: 310, Fat: 8.5g

Hamburger, Side Salad with Newman's Own® Low-Fat Family Recipe Italian Dressing, Apple Slices with Honey
Calories: 375, Fat: 10.5g

Premium Grilled Chicken Classic Sandwich (no mayo) and Side Salad with Newman's Own® Low-Fat Family-Style Italian Dressing
Calories: 420, Fat: 11.5g

Premium Southwest Salad with Grilled Chicken and Newman's Own® Creamy Southwest Dressing
Calories: 390, Fat: 14g

Ask for salad dressing to be served on the side. Then use only as much as you want.

PANERA

Strawberry Poppyseed and Chicken Salad with Low-Fat Vegetarian Black Bean Soup (from the You Pick Two menu) and Apple
Calories: 470, Fat: 10.5g

Half Thai Chicken Flatbread Sandwich with Low-Fat Lemon Chicken Orzo (from the You Pick Two menu) and Apple
Calories: 480, Fat: 13g

Half Smoked Turkey Sandwich, Low-Fat Vegetarian Garden Vegetable Soup with Pesto (from the You Pick Two menu) and Apple
Calories: 435, Fat: 5.25g

QUIZNOS

Regular Turkey Lite Sub on Artisan Wheat Bread
Calories: 490, Fat: 9g

Small Honey Bourbon Chicken Sub on Artisan Wheat Bread with Cilantro-Jalapeño Slaw
Calories: 460, Fat: 13g

Create Your Own Turkey Sub on Artisan Wheat Bread with Mozzarella, Yellow Mustard and Seasonal Greens
Calories: 485 Fat: 12.5g

SONIC DRIVE-IN

Corn Dog and Apple Slices with Fat-Free Caramel Dipping Sauce
Calories: 340, Fat: 15g

Grilled Chicken Wrap and Apple Slices
Calories: 465, Fat: 14g

Super Crunch™ Chicken Strips (3 pieces) with BBQ Sauce and Apple Slices
Calories: 395, Fat: 16g

STARBUCKS

Ham & Swiss Panini
Calories: 340, Fat: 10g

Zesty Chicken & Black Bean Salad Bowl
Calories: 360, Fat: 15g

Chicken & Hummus Bistro Box
Calories: 270, Fat: 7g

Greek Yogurt with Berries Parfait
Calories, 220, Fat: 3g

Ask for salad dressing to be served on the side. Then use only as much as you want.

SUBWAY

Sandwiches listed include lettuce, tomatoes, onions, green peppers and cucumbers, with no mayonnaise. Served on 9-grain wheat bread.

Oven Roasted Chicken Salad with Fat-Free Italian Dressing and Bowl of Minestrone
Calories: 265, Fat: 3.5g

6-inch Oven Roasted Chicken Breast and Baked Lays
Calories: 450, Fat: 7g

6-inch Subway Melt and one package of Apple Slices
Calories: 405, Fat: 11g

6-inch Sweet Onion Teriyaki Sandwich and Minestrone
Calories: 460, Fat: 5.5g

6-inch Turkey Breast and Ham and Baked Lays®
Calories: 410, Fat: 6g

WENDY'S

Grilled Chicken Go Wrap and Apple Slices
Calories: 330, Fat: 10g

Large Rich and Meaty Chili*, Side Salad with Light Honey French Dressing
Calories: 425, Fat: 14.5g*

**330 calories and 8g fat when you skip the saltines and cheddar cheese.*

Dinnertime meal options under 500 calories

Your kitchen is the best place to go for the healthiest dinner. You can limit high-fat ingredients such as oils and creams, and pack your meals with protein and veggies. But don't worry, you also can dine out and stay healthy if you know what to order. Healthy Lifestyles wants to help you make the best choices.

Each of these meals is under 500 calories with 18 grams of fat or less. When ordering, be aware that you may find high fat content and calorie counts in salad dressings, simple soups and fried foods. Checking nutritional information and making smart choices can help you stay on track to a healthier you!

APPLEBEES

Half Oriental Grilled Chicken Salad
(without dressing)
CALORIES: 330, FAT: 10G

Napa Chicken with Portobellos
(from the Have It All menu)
CALORIES: 480, FAT: 14G

Weight Watchers® Chicken Freshcado
CALORIES: 440, FAT: 10G

CALIFORNIA PIZZA KITCHEN

California Cobb Half Salad with
Ranch Dressing
CALORIES: 450, FAT: 36G*

**Substitute nonfat vinaigrette to lower this fat count*

Shaved Mushroom and Spinach Flatbread
CALORIES: 400, FAT: 18G

Spicy Fennel Sausage and
Poblano Flatbread
CALORIES: 390, FAT: 15G

CHILI'S

Lighter Choice 6oz Classic Sirloin Steak
with Pico de Gallo and Steamed Broccoli
CALORIES: 250, FAT: 7G

Lighter Choice Margarita Grilled Chicken
with Sweet Corn on the Cob
CALORIES: 380, FAT: 11G

Spicy Garlic & Lime Grilled Shrimp,
Black Beans, and Steamed Broccoli
CALORIES: 310, FAT: 10G

OLIVE GARDEN

Capellini Pomodoro (lunch portion, no side)
CALORIES: 430, FAT: 10G

Garlic Rosemary Chicken (no side)
CALORIES: 400, FAT: 16G

Spaghetti with Meat Sauce (mini pasta
bowl) and Minestrone (one serving)
CALORIES: 380, FAT: 9.5G

OUTBACK STEAKHOUSE

Chicken on the Barbie
CALORIES: 312, FAT: 3.6G

Victoria's 8oz Filet
CALORIES: 301, FAT: 12.4G

Simply Grilled Mahi
CALORIES: 379, FAT: 3.7G

P.F. CHANG'S

Vegetable Lo Mein
CALORIES: 490, FAT: 6

Ginger Chicken with Broccoli
(rice not included)
CALORIES: 470, FAT: 11G

Wonton Soup (bowl) with Spring Rolls (2)
and Chili Bean Sauce (2oz)
CALORIES: 405, FAT: 9G

Moo Goo Gai Pan
CALORIES: 420, FAT: 15G

RED LOBSTER

Wood-Grilled Lobster, Shrimp, and Scallops
CALORIES: 390, FAT: 10G

Snow Crab Legs (1lb) with Corn and
Potatoes
CALORIES: 470, FAT: 13G

Coconut Shrimp Bites
CALORIES: 380, FAT: 18G

Oven-Broiled Flounder/Sole
CALORIES: 290, FAT: 5G

RUBY TUESDAY

Hickory Bourbon Chicken with Fresh Grilled
Zucchini and Roasted Spaghetti Squash
CALORIES: 450, FAT: 15G

Petite Creole Catch with Steamed Broccoli
CALORIES: 338, FAT: 14G

TGI FRIDAYS

Sizzling Chicken and Spinach
CALORIES: 410, FAT: 6G

Grilled Salmon
CALORIES: 480, FAT: 18G

6oz Sirloin with Grilled Lobster Tail
CALORIES: 490, FAT: 12G

Thai Pork Tacos
CALORIES: 280, FAT: 3.5G