

EDHEALTH AND WELLNESS

A Guide to Eating Healthy on the Go



General Tips for Meal Time

- Be sure to always include a source of protein.
- Look for menu items with vegetables/colorful plants.
- Choose dishes that are higher in fiber (veggies, fruit, beans, whole grains)
- Be mindful of the carb portion, modify your order as needed. (lite rice, no bun, etc.)
- Avoid fried foods and be mindful of sauces and condiments.
- Avoid highly sweetened or diet beverages. Choose water or sparkling water instead.
- Eat slowly, chew well, and stop when you feel full.



Healthier Fast Food

Eating fast food regularly is not the best option for a healthy diet. This is because most fast food restaurants cook their foods with refined vegetable oils, use low quality animal proteins, and often don't offer many vegetables or whole grain options. However, eating out is a part of life for many people! Keep reading for some healthier menu options to consider when you do decide to eat out.



Tips for MEXICAN FOOD

- Order a bowl, salad or 2 tacos (1 tortilla each)
- Order with "lite" or no rice
- Stick to 2 tortillas or if eating rice/beans, skip all tortillas.
- Choose grilled chicken, fish, or beans for protein.
- Include veggies such as pico de gallo, guacamole, fajita veggies, and lettuce.
- Order with "lite" or no cheese and sour cream.
- Avoid fried foods like tostadas, flautas, and tacos dorados, carnitas.
- Avoid sweetened beverages



Restaurant	Item Description	Calories	Carbs (g)	Protein (g)	Tips/Mods
Chipotle	Chicken Salad Bowl (fajita veggies, salsa, lettuce)	~410	~20-25	~35	Skip rice, beans, cheese, sour cream. Add guac if desired.
	Veggie Bowl (½ rice, no cheese)	~470	~48	~12	Stick with black beans, fajita veggies, and mild salsa.
	2 Chicken Tacos (corn tortillas, salsa, lettuce)	~370	~40	~25	Corn tortillas are lower-carb than flour.
QDOBA	Chicken Protein Bowl (no rice, beans optional)	~440	~18-30	~35	Add veggies, salsa. Ask for light cheese or guac.
	Impossible™ Taco Salad (no cheese)	~480	~45	~20	Vegetarian option. Watch dressing.
	Street Tacos (2, grilled chicken)	~400	~38-45	~20-30	Stick to salsa and skip queso.

Tips for MEXICAN FOOD

Restaurant	Item Description	Calories	Carbs (g)	Protein (g)	Tips/Mods
Baja Fresh	Grilled Chicken Bare Burrito (no tortilla)	~450	~40	~30	Bowl version of burrito. Keep it lean with veggies and salsa.
	Baja Ensalada (chicken, no cheese, light dressing)	~420	~35	~28	Sub salsa for dressing to cut fat.
	2 Chicken Tacos Mexicano (corn tortillas)	~390	~42	~25	Avoid creamy sauces.
Moe's SW Grill	Earmuffs Bowl (no rice, no queso)	~430	~35	~30	Add veggies, skip the chips.
	2 Chicken Tacos (corn, lettuce, salsa)	~390	~38	~25	Ask for light cheese or none.
	Mini Joey Burrito (chicken, no cheese)	~480	~47	~30	Go easy on rice and beans.
Taco Bell	Chicken Burrito Supreme (Fresco style)	~370	~49	~19	Fresco style removes cheese/sour cream – adds fresh pico.
	2 Chicken Soft Tacos (Fresco style) + black beans	~380	~48	~30	Lean and balanced; soft shells have fewer carbs than burritos.
	Veggie Power Bowl (modified – no cheese, light rice)	~420	~47	~12	Watch portions of rice; go heavy on veggies and beans.
	Chicken Power Bowl (no rice/beans, extra chicken)	~290	~8	~29	Protein-packed, ultra low-carb. Add guac if desired.
	Black Bean Crunchwrap Supreme (Fresco)	~440	~50	~12	Fun, filling veggie option; limit creamy sauces.

Tips for SANDWICHES & BURGERS

- Order on whole grain, whole wheat wrap, or lettuce wrapped.
- Load up on the veggies or order a side salad.
- Skip the chips and fries.
- Choose chicken and turkey over beef/pork.
- Limit sauces like mayo, ketchup, and ranch.
- Choose mustard and vinegar instead.



Restaurant	Item Description	Calories	Carbs (g)	Protein (g)	Tips/Mods
Chick-fil-A	Grilled Chicken Sandwich	380	44	28	Add side fruit (60 cal) instead of fries.
	8-count Grilled Nuggets + Side Salad	270 + 80	1 + 8	25 + 5	Low-carb, high-protein combo. Light dressing only.
McDonald's	McChicken (no mayo)	~360	~40	~14	Remove mayo to save ~100 cal.
	Hamburger (regular)	250	31	12	Add apple slices as a side (15 cal).
	Egg McMuffin	310	30	17	Great breakfast option—balanced macros.
Wendy's	Grilled Chicken Sandwich	370	36	34	Ask for no mayo to cut 60–80 cal.
	Small Chili + Side Salad	240 + 90	20 + 8	17 + 5	Warm, hearty low-carb lunch.

Tips for SANDWICHES & BURGERS

Restaurant	Item Description	Calories	Carbs (g)	Protein (g)	Tips/Mods
Subway	6" Turkey Breast Sub (on wheat, no cheese, light mayo)	~360	~45	~20	Add lots of veggies; mustard instead of mayo for lower fat.
	6" Veggie Delight (no cheese, whole wheat)	~230	~44	~9	Add avocado or double veggies for fullness.
Panera Bread	Half Roasted Turkey & Avocado BLT + Cup Tomato Soup	~470	~45	~25	Choose apple or no side bread to save carbs.
	Mediterranean Veggie Sandwich (half portion)	~240	~35	~7	Go half-size or on flatbread.
Arby's	Classic Roast Beef Sandwich	360	37	23	Avoid sauces and curly fries.
	Turkey & Swiss Wrap (Market Fresh, half wrap)	~440	~40	~24	Stick to half; full wrap is 840 cal.
Jimmy John's	"Unwich" Turkey Tom (lettuce wrap, no mayo)	250	2	19	Ultra low-carb, great if skipping bread.
	8" Turkey Tom (no mayo, regular wheat)	~480	~48	~23	Add cucumbers, sprouts for crunch.

Tips for ASIAN FOOD

- Order half or no rice.
- Choose steamed rice instead of fried rice or noodles.
- Include steamed or sautéed veggies
- Avoid sweet sauces like teriyaki, sweet & sour, and General Tso's are high in sugar & sodium
- Choose a grilled protein, not fried



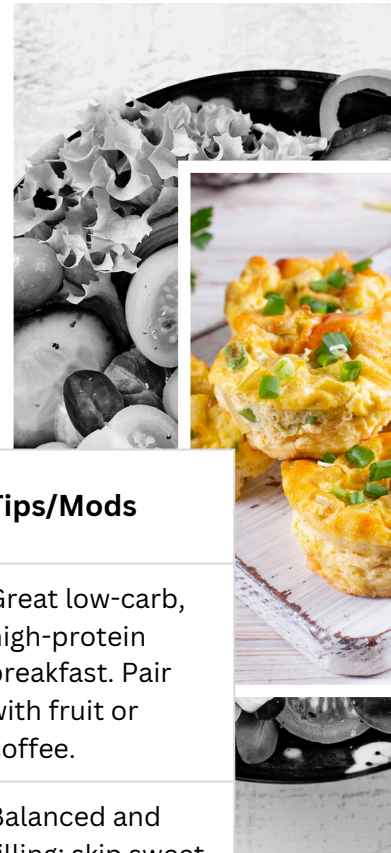
Restaurant	Item Description	Calories	Carbs (g)	Protein (g)	Tips/Mods
Flame Broiler	Chicken Bowl (regular size, no rice, add veggies)	~400	~20-25	~30-35	Choose steamed veggies; skip Magic Sauce or use it lightly.
	Half & Half Bowl (chicken + tofu, veggies, no rice)	~480	~25	~35	Balanced protein; lower sodium than beef.
	Mini Bowl (chicken + veggies + ½ rice)	~450	~45	~25	Brown rice = better fiber & blood sugar control.
WaBa Grill	Chicken Veggie Bowl (no rice or ½ brown rice)	~400	~30-35	~30	Ask for “no sauce” or “sauce on the side” to control sugar & sodium.
	Tofu Veggie Bowl (no rice, sauce on side)	~450	~35	~20	High in fiber, moderate protein.
	Steamed Veggies with Plant-Based Steak	~480	~30	~25	A filling vegan-friendly option.

Tips for ASIAN FOOD

Restaurant	Item Description	Calories	Carbs (g)	Protein (g)	Tips/Mods
Chinese Takeout	Steamed Chicken & Broccoli (no rice, sauce on side)	~300	~15–20	~25	Ask for steamed , not stir-fried. Sauce adds ~100–150 cal.
	Shrimp with Mixed Veggies (steamed, no sauce, ½ rice)	~400	~40	~25	Light protein, keep rice to ½ cup.
	Moo Goo Gai Pan (chicken + mushrooms, light sauce)	~420	~30	~28	Often one of the lightest stir-fry dishes on the menu.
Panda Express	Grilled Teriyaki Chicken (1 entrée) + Super Greens (side)	~390	~15–20	~36	Ask for no sauce on the teriyaki for less sugar.
	String Bean Chicken Breast + Super Greens	~400	~30	~28	Best hot entrée + veggie combo for under 500 cal.
	Eggplant Tofu + Mixed Veggies	~460	~35–40	~15	Higher in fat but still within a balanced range.

Tips for OTHER OPTIONS

- For pizza, stick to 1-2 thin-crust slices and add a side salad.
- Limit creamy dressings and sauces.
- Choose options with veggies.
- Add protein like eggs, grilled chicken, legumes, or yogurt can turn a snack into a satisfying meal.
- Portion control is important. Many “healthy” meals become unhealthy when upsized.



Restaurant	Item Description	Calories	Carbs (g)	Protein (g)	Tips/Mods
Starbucks	Egg White & Roasted Red Pepper Egg Bites	~170	~11	~13	Great low-carb, high-protein breakfast. Pair with fruit or coffee.
	Spinach, Feta & Egg White Wrap	~290	~33	~20	Balanced and filling; skip sweet drinks.
	Turkey Bacon, Cheddar & Egg White Sandwich	~230	~28	~17	Low fat and moderate carbs; a strong morning option.
	Iced Shaken Espresso (with almond milk)	~80	~9	~2	Light caffeine boost with low sugar.
CAVA	Greens + Grains Bowl (½ rice, full greens, grilled chicken)	~480	~35-40	~35	Load up on dips like hummus/tzatziki; skip pita chips.
	Harissa Avocado Bowl (modified with ½ rice, no pita)	~460	~40	~30	Big flavor, balanced with protein and fiber.
	Build-Your-Own Pita (no grain, add protein + veggies)	~450	~40	~30	Choose lentils or falafel for a plant-based option.

Tips for OTHER FAST FOOD OPTIONS

Restaurant	Item Description	Calories	Carbs (g)	Protein (g)	Tips/Mods
Panera Bread	Mediterranean Veggie Sandwich (half portion)	~290	~38	~10	Add avocado for satiety; ask for whole grain bread.
	Strawberry Poppyseed Salad with Chicken (half)	~340	~24	~25	One of the lightest, most refreshing salads.
	Turkey Sandwich (half on whole grain)	~320	~35	~20	Balanced macros; hold mayo for less fat.
	Greek Yogurt with Berries Parfait	~240	~30	~15	Good snack with protein and calcium.
Smoothie Spots	Small Green Smoothie (e.g., kale + pineapple, no added sugar)	~180–250	~30–40	~2–5	Choose ones with whole fruit/veg, no sherbet or added juice.
	Protein Berry Smoothie (16 oz, with whey)	~300–400	~35–45	~20–25	Add chia/flax for fiber; avoid added sweeteners.
	Acai Bowl (½ portion, no granola)	~250	~35	~5	Great if portion-controlled; granola often spikes carbs.
Costco Food Court	Chicken Caesar Salad (no dressing/croutons)	~330	~15–20	~30	Use half the dressing or none at all.
	Hot Dog (½ bun, no condiments)	~460	~35	~18	Not ideal, but doable when trimmed down.
	Turkey Provolone Sandwich (½ sandwich)	~480	~47	~25	Share it or eat half with a side of fruit or veggies.
	Fruit Smoothie (12 oz)	~360	~48	~4	Avoid daily — high in carbs, low in protein.

DATE

MOOD

Food Journal

WHAT DID I EAT (AND DRINK) TODAY? | HOW DID I FEEL BEFORE EATING? | HOW DID I FEEL AFTER EATING? | WHERE WAS I AND WHAT WAS I DOING WHILE I ATE? | HOW HUNGRY WAS I (1-10) BEFORE AND AFTER EATING?

DID I ENJOY WHAT I ATE TODAY?

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WHAT WOULD I CHANGE NEXT TIME?

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