

QUICK GUIDE TO LABEL READING

	Amount/Serving	% Daily Value
Fat	3 grams	5% or less
Saturated Fat	2 grams	10% or less
Trans ⁺ Fat	0 grams	
Cholesterol		5% or less
Sodium	120 mg	5% or less
Fiber	4 grams	15% or more
Calcium, Iron, Vit A, Vit C		15% or more

EATING OUT AT RESTAURANTS

RECOMMENDED

Chinese/Japanese

- Steamed/grilled meat & veg
- Sushi

Burger Chains

- Veg or Junior burgers
- Grilled meats
- Side salads (drsg on side)

Italian

- Marinara/marsala/ tomato sauces
- Cacciatore dishes
- Minestrone soup

Deli/Coffee Shop

- Chicken/Turkey/Veg Sandwich
- Veg soup

Mexican

- Chicken fajitas, plain soft tacos, mexican rice, salsa, gazpacho

NOT RECOMMENDED

Chinese/Japanese

- Deep fried dishes
- Spring rolls

Burger Chains

- Burgers w/ extra cheese, mayo, special sauce & bacon
- Fillet of fish, chicken nuggets

Italian

- Alfredo/cream sauces
- Ceaser salad
- Parmigiana dishes

Deli/Coffee Shop

- Sauces, mayo, sausage meats, deli salads, cream soups

Mexican

- Nachos, sour cream, taco salad, hard taco shells, guacamole