



Physical Therapy Class
2009

Healthy Choices



Heart Friendly Choices

Chicken Breast Build your own Sandwich
(wheat hoagie, veggies, swiss/havarti or pepperjack cheese)

Calories: 405 Total Fat: 7g Carbohydrates: 43g
Cholesterol: 55g
Sodium: 790 mg Protein: 33g Fiber: 3g

Estimate (variable depending on cheese, condiments)



Physical Therapy Class
2009

Healthy Choices



Heart Friendly Choices

Chicken Breast Build your own Sandwich
(wheat hoagie, veggies, swiss/havarti or pepperjack cheese)

Calories: 405 Total Fat: 7g Carbohydrates: 43g
Cholesterol: 55g
Sodium: 790 mg Protein: 33g Fiber: 3g

Estimate (variable depending on cheese, condiments)

Overall Healthy Choices

Vegetarian Chili Bowl

Calories: 380 Total Fat: 3g Carbohydrates: 42g
Cholesterol: 0 mg
Sodium: 1467 mg Protein: 8g Fiber: 21 g

Chipotle Chicken Wrap

Calories: 444 Total Fat: 11g Carbohydrates: 57g
Cholesterol: 35 mg
Protein: 27 g Sodium: 1313g Fiber: 8g

Sweet Chipotle Chicken Salad with light ranch

Calories: 425 Fat: 11g Carbohydrates: 58g
Cholesterol: 35mg
Sodium: 1242mg Protein: 27g Fiber: 4g

**Values were provided by McAllisters® and are approximated as portion sizes may vary*

Overall Healthy Choices

Vegetarian Chili Bowl

Calories: 380 Total Fat: 3g Carbohydrates: 42g
Cholesterol: 0 mg
Sodium: 1467 mg Protein: 8g Fiber: 21 g

Chipotle Chicken Wrap

Calories: 444 Total Fat: 11g Carbohydrates: 57g
Cholesterol: 35 mg
Protein: 27 g Sodium: 1313g Fiber: 8g

Sweet Chipotle Chicken Salad with light ranch

Calories: 425 Fat: 11g Carbohydrates: 58g
Cholesterol: 35mg
Sodium: 1242mg Protein: 27g Fiber: 4g

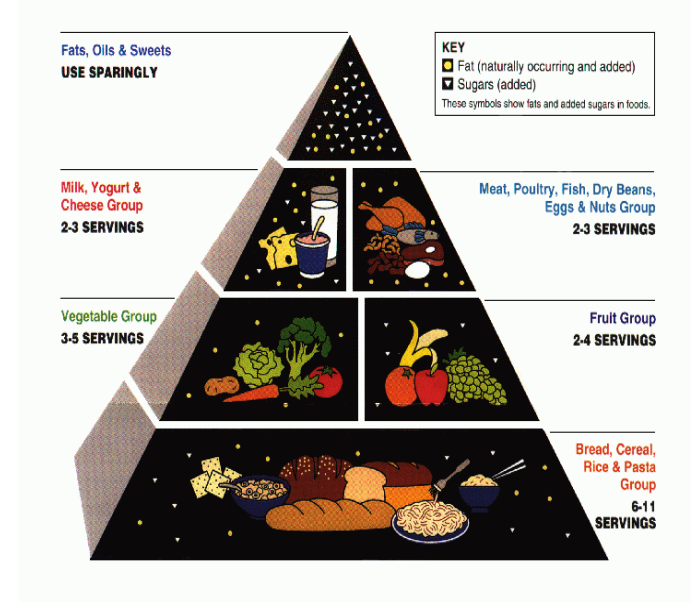
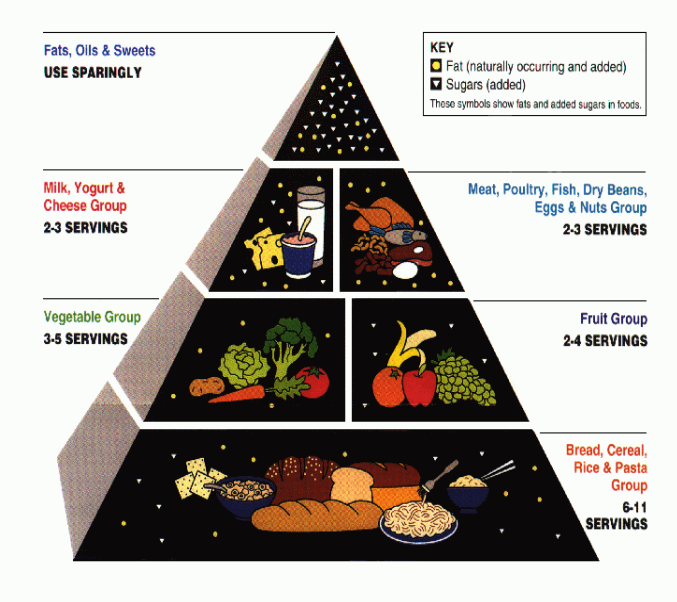
Values were provided by McAllisters® and are approximated as portion sizes may vary

Daily Recommended Intakes

Calories: 2000 **Total Fat:** <65g
Carbohydrates: 300g **Cholesterol:** <300mg
Protein: 50g **Fiber:** 25g
Sodium:
 <2400mg - Healthy Individuals
 <1500 mg - Individuals with High Blood Pressure

Daily Recommended Intakes

Calories: 2000 **Total Fat:** <65g
Carbohydrates: 300g **Cholesterol:** <300mg
Protein: 50g **Fiber:** 25g
Sodium:
 <2400mg - Healthy Individuals
 <1500 mg - Individuals with High Blood Pressure



Additional Nutritional Resources:
MyPyramid.gov
Eatright.org

Additional Nutritional Resources:
MyPyramid.gov
Eatright.org