



Physical Therapy Class
2009

Healthy Choices



♥ Heart Friendly Choices

Chicken Fajita Salad Without Sour Cream, Guacamole, or Cheese:

Calories: 200 Total Fat: 8g Carbohydrates: 5g
Cholesterol: 55mg
Sodium: 320mg Protein: 27g Fiber: 3g

#18 Crispy Chicken Taco

Calories: 170 Total Fat: 8g Carbohydrates: 10g
Cholesterol: 50mg
Sodium: 190mg Protein: 18g Fiber: 1g



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Overall Healthy Choices

#13 Beef Fajita with Guacamole:

Calories: 340 Total Fat: 21g Carbohydrates: 32g
Cholesterol: 35mg
Sodium: 440mg Protein: 20g Fiber: 2g

#14 Beef Fajita with Queso

Calories: 350 Total Fat: 15g Carbohydrates: 33g
Cholesterol: 45mg
Sodium: 530mg Protein: 21g Fiber: 2g



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Values were provided by Rosa's Café® and are approximated as portion sizes may vary

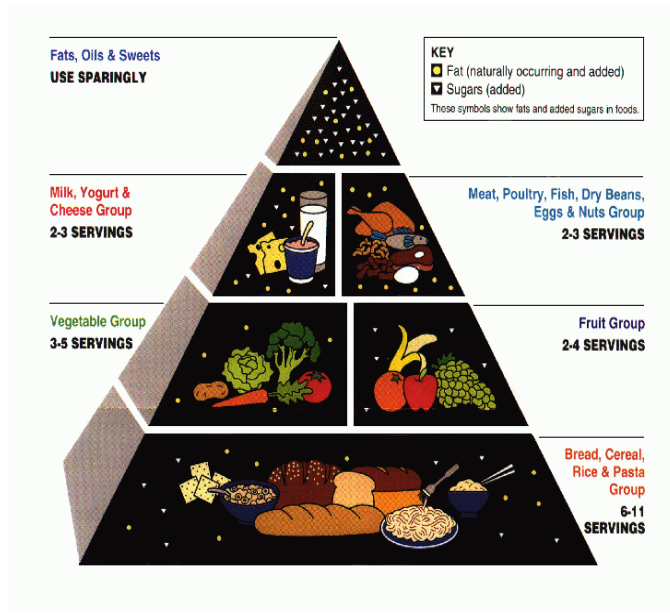
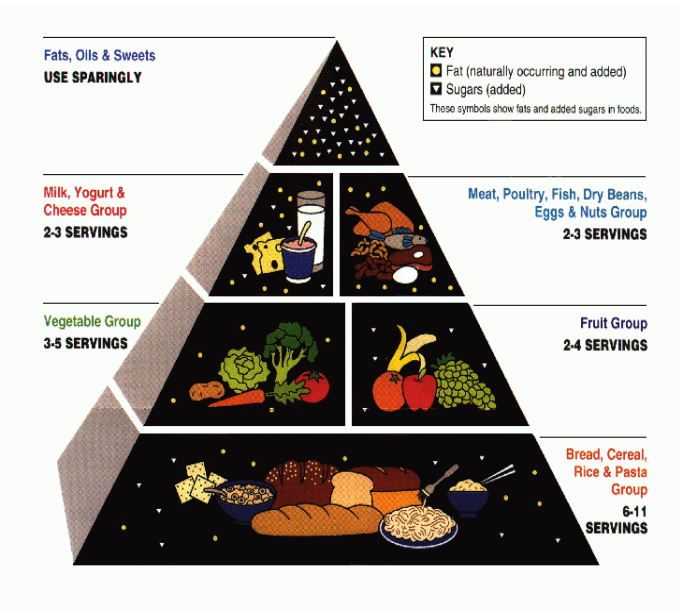
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Daily Recommended Intakes

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

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Additional Nutritional Resources:
Mypyramid.gov
Eatright.org

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