



Physical Therapy Class
2009

Healthy Choices



♥ Heart Friendly Choices

Salmon Salad (w/out seasoning)
Calories: 340 Total Fat: 9g Carbohydrates: 17g
Cholesterol: 114 mg
Sodium: 338 mg Protein: 50g Fiber: 7g

Grilled Hawaiian Chicken (w/out seasoning)
Sides: Salad and Sautéed Vegetables
Calories: 483 Total Fat: 8g Carbohydrates: 18g
Cholesterol: 192mg
Sodium: 170mg Protein: 66g Fiber: 6g

🍏 Overall Healthy Choices

Grilled Mahi Mahi (lightly seasoned)
Sides: Salad and Sautéed Vegetables
Calories: 363 Total Fat: 3g Carbohydrates: 7g
Cholesterol: 35mg
Sodium: 240mg Protein: 63g Fiber: 5g

Grilled Tilapia (lightly seasoned)
Calories: 439 Total Fat: 19g Carbohydrates: 7g
Cholesterol: 196mg
Sodium: 240mg Protein: 61g Fiber: 5g

Lite Ranch Dressing Add: 118 calories, 8g fat, 545 mg sodium, 12g carbs, 10g cholesterol

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



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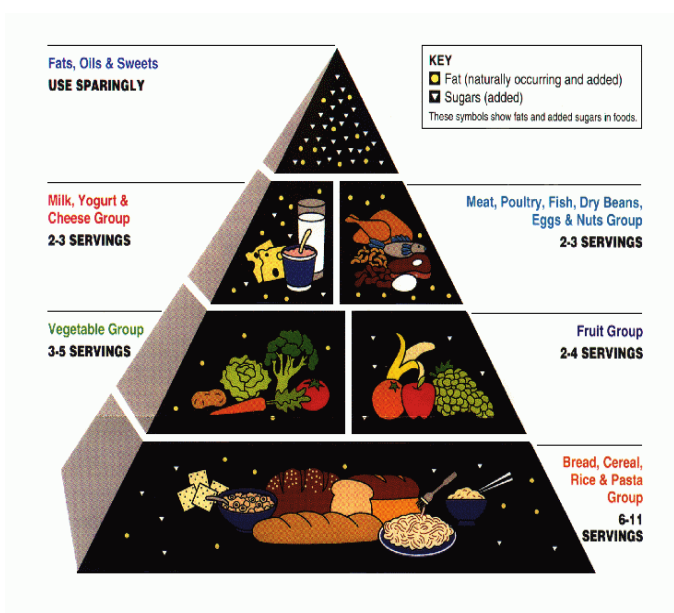
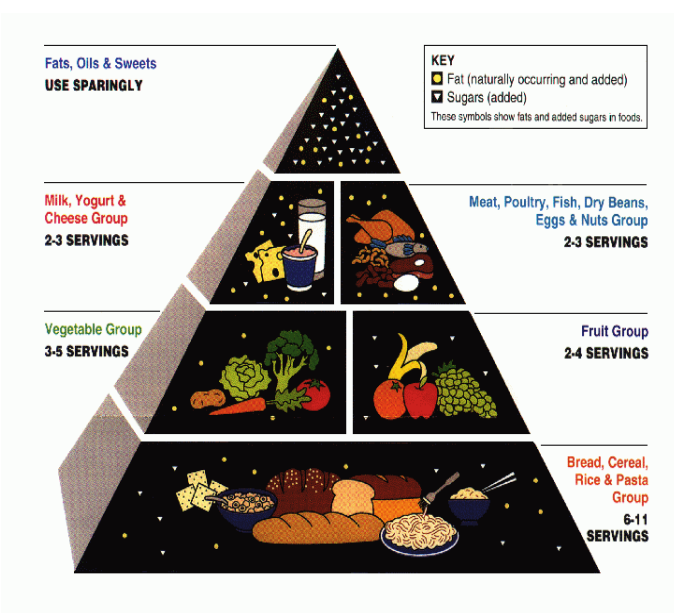
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Daily Recommended Intakes

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

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Additional Nutritional Resources:
Mypyramid.gov
Eatright.org

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