



1. Go for the whole grain option like whole wheat bread or brown rice.
2. Order an entrée that isn't fried.
3. Ask for the sauce on the side to reduce calories and sodium.
4. Add a side of steamed vegetables and season with pepper.
5. Hit the salad bar and top with a vinegar-based dressing.
6. Go vegetarian for a day—look for low-fat, protein-rich vegetarian options.
7. Try fruit for dessert or a smaller portion cookie.
8. For breakfast, try oatmeal and top with berries or nuts.
9. Choose a healthy beverage like low-fat or non-fat milk or seltzer water.



6 ways to make your meal a healthier choice



Your health. Your food. Your choice.



Healthy options are here!

We heard you say that having access to healthy choices at work is important.

We're now offering:

- More fresh fruits and vegetables
- Whole grain rich options
- Lean protein options
- Lower sodium options
- Healthy substitutions



Healthy eating just got easier.

P R I N T I N G S P E C I F I C A T I O N S

Title: **Healthy Options Are Here!** (table tent card)

Size: 6.5 x 14"

Paper stock: 80# cover, smooth, white

Ink color: 4CP/0, bleeds

DOH Pub #: 340-230