Grilled Tilapia Dinner
served with fresh vegetables and garden salad

Calories: 300 • Total Fat 17g • Saturated Fat: 3.5g • Trans Fat: 0g • Sodium: 730mg
Carbohydrate: 4g • Protein: 32g • Fiber: 1g

Fruit Cup

Calories: 60• Total Fat 0g • Saturated Fat: 0g • Trans Fat: 0g • Sodium: 10mg
Carbohydrate: 16g • Protein: 1g • Fiber: 1g

Above selections certified as **¡Por Vida!** by the San Antonio Dietetic Association
For more information, please visit: www.sanantonio.gov/health/porvida