¡Por Vida!™

Healthy Restaurants Coalition

A Better Choice "For Life"

Hamburger· Fruit 'n Yogurt Parfait (7oz) · Side Salad

Calories: 420 • Total Fat 11g • Saturated Fat: 04g • Trans Fat: 0.5g • Sodium: 620mg
Carbohydrate: 66g • Protein: 18g • Fiber: 4g

Hamburger · Premium Southwest Salad (without chicken) · Apple Dippers with Low Fat Caramel Dip

Calories: 490 • Total Fat 14g • Saturated Fat: 5g • Trans Fat: 0.5g • Sodium: 700mg
Carbohydrate: 74g • Protein: 19g • Fiber: 8g

Hamburger · Fruit 'n Yogurt Parfait (7oz) · Strawberry Banana Smoothie (Small)

Calories: 620• Total Fat 11g • Saturated Fat: 4.5g • Trans Fat: 0.5g • Sodium: 640mg
Carbohydrate: 110g • Protein: 18g • Fiber: 5g

Hamburger · Side Salad · Wild Berry Smoothie (Small)

Calories: 470 • Total Fat: 9g • Saturated Fat: 3.5g • Trans Fat: 0.5g • Sodium: 560mg
Carbohydrate: 83g • Protein: 15g • Fiber: 6g

Premium Southwest Salad (without chicken) · Snack Size Fruit and Walnut Salad · Vanilla Reduced Fat Ice Cream Cone

Calories: 500 • Total Fat 17g • Saturated Fat: 5g • Trans Fat: 0g • Sodium: 260mg
Carbohydrate: 75g • Protein: 14g • Fiber: 8g

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For more information, please visit: www.sanantonio.gov/health/porvida

Premium Southwest Salad (without chicken) · Snack Size Fruit and Walnut Salad · Vanilla Reduced Fat Ice Cream Cone · 1% Low Fat Milk Jug

Calories: 600 • Total Fat 19g • Saturated Fat: 7g • Trans Fat: 0g • Sodium: 390mg
Carbohydrate: 87g • Protein: 22g • Fiber: 8g

Scrambled Eggs (2) · Hash Brown · Fruit 'n Yogurt Parfait (7oz)

Calories: 470 • Total Fat 23g • Saturated Fat: 6g • Trans Fat: 0g • Sodium: 570mg
Carbohydrate: 47g • Protein: 21g • Fiber: 2g

Scrambled Eggs (2) · Hash Brown · Fruit 'n Yogurt Parfait (7oz) · 1% Low Fat Milk Jug

Calories: 580 • Total Fat 25g • Saturated Fat: 8g • Trans Fat: 0g • Sodium: 700mg
Carbohydrate: 59g • Protein: 29g • Fiber: 2g

Egg McMuffin (without Canadian Style Bacon) · Apple Dippers with Low Fat Caramel Dip · Strawberry Banana Smoothie (Small)

Calories: 590 • Total Fat 14g • Saturated Fat: 6g • Trans Fat: 0g • Sodium: 660mg
Carbohydrate: 29g • Protein: 14g • Fiber: 2g

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Premium Southwest Salad (without chicken)

Calories: 140 • Total Fat 4.5g • Saturated Fat: 2g • Trans Fat: 0.5g • Sodium: 150mg
Carbohydrate: 20g • Protein: 6g • Fiber: 6g

Premium Caesar Salad (without chicken)

Calories: 90 • Total Fat 4g • Saturated Fat: 2.5g • Trans Fat: 0g • Sodium: 180mg
Carbohydrate: 9g • Protein: 7g • Fiber: 3g

Side Salad

Calories: 20 • Total Fat 0g • Saturated Fat: 0g • Trans Fat: 0g • Sodium: 10mg
Carbohydrate: 4g • Protein: 1g • Fiber: 1g

Fruit 'n yogurt Parfait (7 oz)

Calories: 160 • Total Fat: 2g • Saturated Fat: 1g • Trans Fat: 0g • Sodium: 85mg
Carbohydrate: 31g • Protein: 4g • Fiber: 1g

Fruit 'n yogurt Parfait (7 oz) without granola

Calories: 130 • Total Fat: 2g • Saturated Fat: 1g • Trans Fat: 0g • Sodium: 55mg
Carbohydrate: 25g • Protein: 4g • Fiber: 0g

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Apple Dippers with Low Fat Caramel Dip

Calories: 100 • Total Fat 0.5g • Saturated Fat: 0g • Trans Fat: 0g • Sodium: 35mg
Carbohydrate: 23g • Protein: 0g • Fiber: 0g

Strawberry Banana Smoothie (Small)

Calories: 210 • Total Fat 0.5g • Saturated Fat: 0g • Trans Fat: 0g • Sodium: 35mg
Carbohydrate: 49g • Protein: 2g • Fiber: 2g

Wild Berry Smoothie (Small)

Calories: 210 • Total Fat 0.5g • Saturated Fat: 0g • Trans Fat: 0g • Sodium: 30mg
Carbohydrate: 48g • Protein: 2g • Fiber: 3g

Vanilla Reduced Fat Ice Cream Cone

Calories: 150 • Total Fat: 3.5g • Saturated Fat: 2g • Trans Fat: 0g • Sodium: 60mg
Carbohydrate: 24g • Protein: 4g • Fiber: 0g

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