



## Healthier / Lighter Menu Options In Beaumont, TX

- ❖ **APPLEBEE'S**  
[under 550 calories](#)
- ❖ **ARBY'S**  
[under 500 calories](#)
- ❖ **Carl's Jr**  
[alternative options nutritional info](#)
- ❖ **Cattle Company**  
[lighter fare info](#)
- ❖ **Domino's**  
[lighter options](#)
- ❖ **Dunkin' Donuts**  
[smart options under 500 calories](#)
- ❖ **Healthy Options Café**  
[heart healthy meals under 500 calories](#)
- ❖ **Hooters**  
[healthy dining nutritional info](#)
- ❖ **Jack in the Box**  
[healthy dining info](#)
- ❖ **Jason's Deli**  
[nutritional and lighter side info](#)
- ❖ **Logan's Roadhouse**  
[Health Nuts \(under 550 calories\)](#)
- ❖ **Luby's**  
[smart meals under 650 calories](#)
- ❖ **Novrosky's**  
[healthy burger choices](#)
- ❖ **Olive Garden**  
[lower fat and carbohydrates](#)
- ❖ **Outback Steakhouse**  
[nutritional info and under 500 calorie](#)
- ❖ **Schlotzsky's**  
[nutritional info and under 600 calorie](#)
- ❖ **Starbucks**  
[under 350 calorie foods](#)  
[under 200 calorie drinks](#)
- ❖ **Subway**  
[nutritional info and under 6 grams of fat](#)
- ❖ **Whataburger**  
[low calorie options](#)

Healthy eating is not just about maintaining a healthy weight - it affects your total state of well-being. Poor lifestyle habits have been linked to endless numbers of diseases, many of which can be prevented by eating right and exercising.

9-2012

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For more information about a balanced diet and staying physically fit visit the below seven (7) sites (click on picture of each):



One cannot think well, love well, sleep well, if one has not dined well ~ Virginia Woolf



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## Other Available Online Nutritional Menus In Beaumont, TX

- **BASKIN ROBBIN'S**  
[nutrition info](#)
- **BURGER KING**  
[nutritional info](#)
- **Carl's Jr**  
[alternative options nutritional info](#)
- **Checkers**  
[nutritional info](#)
- **Chick-Fil-A**  
[nutritional info](#)
- **Chili's**  
[nutritional info](#)
- **Chinese Gourmet Express**  
[nutritional info](#)
- **Chuck E. Cheese's**  
[nutritional info](#)
- **Church's Chicken**  
[nutritional info](#)
- **Dairy Queen**  
[nutritional info](#)
- **Denny's**  
[nutritional info](#)
- **Golden Corral**  
[nutritional info](#)
- **IHOP**  
[nutritional info](#)
- **Jack in the Box**  
[nutritional info](#)
- **Kentucky Fried Chicken**  
[nutritional info](#)
- **Mazzio's**  
[nutritional info](#)
- **McDonald's**  
[nutritional info](#)
- **Papa John's**  
[nutritional info](#)

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## Other Available Online Nutritional Menus In Beaumont, TX

- **Pei Wei**  
[nutritional and allergy info](#)
- **Pizza Hut**  
[nutritional info](#)  
[Diabetic exchange list table](#)
- **Pizza Pro**  
[nutritional info](#)
- **Popeye's Chicken & Biscuits**  
[nutritional and allergy info](#)
- **Quizno's**  
[nutritional info](#)
- **Red Lobster**  
[nutritional info](#)
- **ShIPLEY'S**  
[nutritional info](#)
- **Sonic**  
[nutritional info](#)
- **Taco Bell**  
[nutrition info and options for reduction in fat](#)  
[diabetic exchange](#)
- **Wendy's**  
[nutrition info](#)  
[nutritious options](#)
- **Whataburger**  
[nutritional info](#)

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10  
tips

Nutrition  
Education Series

# choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

## 1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

## 2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



## 3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

## 4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



## 5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

## 6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



## 7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

## 8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

## 9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”



## 10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.