

EAT OUT, EAT RIGHT

Guide to
Healthy Dining



Healthy Choices when
Eating Out in Eldon, Mo.

Compliments of

Capital Region

**Healthy
Communities**

MISSOURI FOUNDATION FOR HEALTH

**Healthy Schools
Healthy Communities**
LET'S BUILD A HEALTHIER FUTURE

Healthy Dining Guide

To Eating Out In Eldon, MO

About The Healthy Dining Guide:

The restaurants listed in the Healthy Dining Guide have self-declared their healthier choices by identifying menu items and the number of calories, carbohydrate, and fat in each item. Some calorie counts were calculated with the assistance of the Capital Region Medical Center, the Community Health Coordinator, and a registered dietitian, who used the following websites as information sources:

www.nutritiondata.self.com

www.choosemyplate.gov

www.supertracker.usda.gov

<http://ndb.nal.usda.gov/ndb/>

Our hope for how the information in the Guide will be used:

The Healthy Dining Guide is intended to give readers information about menu choices they will find while dining at local restaurants in the Eldon, Missouri area.

The Healthy Dining Guide is not intended to direct the food choices of the reader. The guide was developed with the idea that if people are aware of what they are eating, they are able to make more informed choices, both at restaurants while dining out, and at home.

The Healthy Dining Guide is not meant to provide comprehensive nutritional guidance. Readers who are interested in detailed, in-depth dietary information are encouraged to seek it by accessing information by consulting with area professionals, viewing information from credible sources on line, or through many of the excellent sources available through printed publications. This guide is meant to be a small step towards the possibility of a collaborative community approach to health and wellness.

We gratefully acknowledge the following local health professionals for their review of this guide:

- Lynn Eaton, R.D., L.D. - Registered Dietitian
Capital Region Medical Center

Note: Capital Region Medical Center has not verified the calorie content of the menus in the guide. Further, Eldon Community Wellness does not endorse any of the restaurants listed.



408 South Aurora Street
573-392-7827

Sandwiches

All numbers are for subs with wheat bread and vegetables.
Additional condiments will change nutritional content

Turkey Sub, 6"	280 calories
	3.5g fat / 46g total carbohydrate
Sweet Onion Chicken Teriyaki sub, 6"	380 calories
	4.5g fat / 59g total carbohydrate
Oven Roasted Chicken sub, 6"	320 calories
	5g fat, 47g total carbohydrate
Veggie Delite® Sub, 6"	230 calories
	2.5g fat / 44g total carbohydrate

Sides

Baked Lays®	130 calories
	2g fat / 23g total carbohydrate

Condiments

Sweet Onion Sauce.....	40 calories
	0g fat / 9g total carbohydrate
Red Wine Vinaigrette.....	30 calories
	0g fat / 6g total carbohydrate
Honey Mustard Sauce	30 calories
	0g fat / 7g total carbohydrate

Healthy Dining Tip:

*“Sugar Free” does not always mean carbohydrate free.
Always read labels when you can and look for carbohydrate counts.*



1709 US 54 Business
573-392-3434

12" Medium Pan Pizza

Serving size is 1/8 pizza

Veggie Lover's® 230 calories
9g fat / 27g total carbohydrate

12" Medium Thin 'N Cripsy® pizza

Serving size is 1/8 pizza

Cheese Only 190 calories
8g fat / 22g total carbohydrate

Pepperoni & Mushroom..... 190 calories
8g fat / 21g total carbohydrate

Veggie Lover's® 180 calories
6g fat / 23g total carbohydrate

12" Medium Hand-Tossed Style Pizza

Serving size is 1/8 pizza

Chicken, Red Onion, & Green Pepper..... 180 calories
4.5g fat / 22g total carbohydrate

Healthy Dining Tip:

Still feeling hungry? Try drinking a glass of water. Most of the time our thirst signals get mixed for hunger signals. Plus, water fills your stomach, making you feel fuller.



301 East 4th Street
573-392-5561

Sandwiches

Low Carb Charbroiled Chicken Club	340 calories
	21g fat / 13g total carbohydrate
Charbroiled BBQ Chicken Sandwich.....	330 calories
	6g fat / 50g total carbohydrate
Soft Taco (Chicken)	200 calories
	9g fat / 17g total carbohydrate

Sides

Side Salad.....	120 calories
	7g fat / 7g total carbohydrate
Natural-Cut French Fries – Kids.....	230 calories
	11g fat / 30g total carbohydrate

Healthy Dining Tip:

If you are interested in learning how many calories, how much fat, and how much carbohydrate you should consume, visit with a Registered Dietitian. For more information on carbohydrate counting, please visit www.diabetes.org



401 South Aurora Street
573-392-1487

Breakfast

- Egg McMuffin® 300 calories
12g fat / 31g total carbohydrate
- Fruit & Maple Oatmeal 290 calories
4.5g fat / 58g total carbohydrate

Sandwiches

- Buffalo Ranch McChicken® 370 calories
17g fat / 41g total carbohydrate

Salads

- Premium Southwest Salad with Grilled Chicken 320 calories
9g fat / 28g total carbohydrate

Sides

- Fruit 'n Yogurt Parfait..... 160 calories
2g fat / 30g total carbohydrate
- Apple Slices 15 calories
0g fat / 4g total carbohydrate
- Kiddie Ice Cream Cone..... 45 calories
1g fat / 7g total carbohydrate

Healthy Dining Tip:

Lean proteins with no breading, like baked fish and chicken, contain few or no carbohydrates.



1501 US 54 Business
573-392-3555

Breakfast

Grilled Breakfast Burrito – Fiesta Potato	340 calories
	3.5g fat / 43g total carbohydrate
Side of Eggs.....	60 calories
	4.5g fat / 1g total carbohydrate

Burritos

Bean Burrito	370 calories
	11g fat / 55g total carbohydrate

Fresco

Fresco Burrito Supreme® - Chicken	340 calories
	8g fat / 49g total carbohydrate
Fresco Chicken Soft Taco.....	140 calories
	3.5g fat / 16g total carbohydrate

Sides

Black Beans	80 calories
	1.5g fat / 12g total carbohydrate
Premium Latin Rice	100 calories
	18g total carbohydrate

Healthy Dining Tip:

If you are served a large portion, put half of the meal in a “to-go” box and place it out of your direct eye sight. This way, you won’t be tempted to eat the entire portion in one sitting.



1501 US 54 Business
573-392-3555

Chicken

- Kentucky Grilled Chicken – Drumstick..... 90 calories
4g fat / 0g total carbohydrate
- 4-piece Original Recipe Bites 130 calories
6g fat / 5g total carbohydrate

Sandwiches

- Chicken Littles without Sauce 210 calories
8g fat / 23g total carbohydrate

Salads

- Caesar Side Salad without Dressing & Crouton 40 calories
2g fat / 2g total carbohydrate
- House Side Salad without Dressing 15 calories
0g fat / 3g total carbohydrate

Sides

- Mashed Potatoes 120 calories
4g fat / 19g total carbohydrate
- Corn on the Cob 70 calories
0.5g fat / 16g total carbohydrate

Healthy Dining Tip:

Eating slower allows the body to send signals to your brain that you're full.



205 South Maple Street
573-557-2300

Breakfast

Build Your Own Omelet 336 calories
*(Numbers were calculated using 1 slice
of wheat toast, veggies, no sauce)* 19g fat
18g total carbohydrate

Lunch

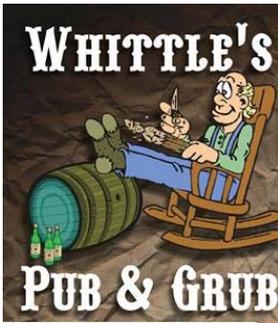
Turkey Sandwich 366 calories
*(Numbers were calculated using wheat
bread with mustard, lettuce, tomato,
onion, no cheese, no sauce)* 10g fat
31g total carbohydrate

Garden Salad 252 calories
*(Numbers were calculated with light
balsamic, light Italian, or light raspberry
vinaigrette dressing)* 16g fat
18g total carbohydrate

Greek Salad 289 calories
*(Numbers were calculated light
balsamic, light Italian, or light raspberry
vinaigrette dressing)* 21g fat
21g total carbohydrate

Healthy Dining Tip:

Be cautious of what's in your salad. Some salads, although they appear low in carbohydrates, actually have high amounts of carbohydrates. Consider all the items in the salad, including croutons and dressings.



108 South Maple Street
573-392-5900

Grilled Fish Sandwich	288 calories
<i>(Numbers were calculated with side salad and no dressing, no sauce on sandwich)</i>	6g fat 31g total carbohydrate
Grilled Chicken Sandwich	322 calories
<i>(Numbers were calculated with side salad and no dressing, no sauce on sandwich)</i>	7g fat 31g total carbohydrate
Grilled Chicken Wrap	512 calories
<i>(Numbers were calculated with side salad and no dressing, no sauce on sandwich)</i>	21g fat 41g total carbohydrate
Fish Dinner	353 calories
<i>(Numbers were calculated using a side of veggies and no garlic bread)</i>	7g fat 30g total carbohydrate

Healthy Dining Tip:

Keep the alcohol consumption in check and eliminate the intake of sugar-sweetened beverages i.e. regular soda, sweetened ice tea, lemonade, etc. Alcohol is high in calories and increases your risk of cancer. Regular soda contains a lot of carbohydrates with little to no nutritional value.



102 East 4th Street
573-392-5599

Original Crust - 1/6 pizza

Small Cheese	240 calories
	7g fat / 31g total carbohydrate
Small Veggie Pie	250 calories
	7g fat / 32g total carbohydrate

Golden Crust - 1/6 pizza

Small Hawaiian.....	220 calories
	7g fat / 26g total carbohydrate

Thin Crust - 1/8 pizza

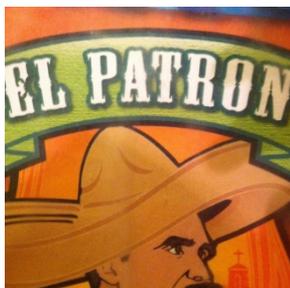
Medium Cheese.....	170 calories
	8g fat / 15g total carbohydrate

The Don's Light Line - 1/8 pizza

Medium Mediterranean Veggie.....	170 calories
	2.5g fat / 14g total carbohydrate
Medium Pizza Rustica.....	150 calories
	2g fat / 18g total carbohydrate
Medium Pesto Chicken Spinach.....	160 calories
	2.5g fat / 14g total carbohydrate

Healthy Dining Tip:

Avoid the "pre-dinner dinners". Rolls, bread, and appetizers often contain lots of calories and carbohydrates.



901 S. Aurora St.
573-392-4848

Lunch Fajitas.....	768 calories
<i>(Numbers were calculated with chicken and no sour cream)</i>	13g fat 92g total carbohydrate
Sopa Pollo (Chicken Soup).....	485 calories
	16g fat / 29g total carbohydrate
Grilled Chicken Salad	332 calories
<i>(Numbers were calculated using no dressing)</i>	7g fat 12g total carbohydrate
Filet al Agillo.....	450 calories
<i>(Numbers were calculated with vegetable side)</i>	4g fat 61g total carbohydrate

Healthy Dining Tip:

*Ask for salad dressing to be served on the side.
That way you can choose how much you eat.*



404 East 4th Street
573-557-8055

Grilled Chicken Sandwich.....	349 calories
<i>(Numbers were calculated using no dressing or sauce)</i>	9g fat 33g total carbohydrate
Spinach Salad.....	356 calories
<i>(Numbers were calculated using raspberry vinaigrette dressing)</i>	25g fat 27g total carbohydrate
Veggie Wrap.....	255 calories
<i>(Iceberg lettuce, spinach, avocado, pico de gallo, and flour tortilla)</i>	10g fat 39g total carbohydrate
Turkey Burger.....	378 calories
<i>(Numbers were calculated using no dressing, no sauce, and no cheese)</i>	18g fat 29g total carbohydrate
Blackened Grouper.....	414 calories
<i>(Numbers were calculated using no condiments)</i>	2g fat 70g total carbohydrate

Healthy Dining Tip:

Choosing whole fresh vegetables instead of fried foods will keep the carbohydrate count low and help you feel fuller.

Choosing from a Menu

Birthdays, date nights, forgotten packed lunches, - all good reasons to go out to eat, but not good reasons to forget healthy eating choices. Use the following suggestions for making healthy choices when ordering off a menu at a restaurant:

- Choose healthy portions instead of “supersize” or “jumbo.” (Lots of fresh veggies are OK!)
- Choose meal items with at least 2 servings of fresh, unprocessed vegetables or fruits.
- Opt for snack items with at least 1 serving of fresh, unprocessed vegetables or fruits.
- Choose cheese, cream, or butter in moderation. “Loaded” usually means extra butter, sour cream, cheese, bacon, etc., which can mean more fat.
- Choose lean meats instead of high fat options such as ham and bacon.
- Select items that are grilled, sautéed, baked, or steamed.
- Avoid food that is fried, breaded, or battered



Breakfast

Not That:

- Boxed sugar cereals
- Muffins, donuts, pastries
- Eggs with butter, cheese, or meat
- Sweetened yogurt with sugar or high-fructose corn syrup

Lunch and Dinner

Not That:

- Fried or marbled meats and fish
- Pastas in cream or cheese sauces
- Fried vegetables or heavy dressings/sauces

Snacks and Desserts

Not That:

- Corn chips and cheese or sour cream dip
- Cobblers, pies, and tarts
- Potato chips
- Cake, brownies, and baked goods

Drinks

Not That:

- Soda, sports drinks, and energy drinks
- Sweet tea with sugar or artificial flavors
- Half-and-half or heavy cream

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