Healthy habits for a happier you!

- "Undress" your food. Ask for any sauce or dressing on the side (like mayo) and use sparingly.
- Choose low fat mayonnaise, mustard, ketchup and/or low fat/light Ranch as your condiments. Note: if low fat/light condiments or dressings are not available, ask for the regular dressings on the side.
- Double up on vegetables! Fill your sandwich with all your favorite veggies.
- Salads are always available. Or, ask for your sandwich "in a bowl"!
- Lean proteins such as fish, poultry, and tofu have less saturated (solid) fat than red meats like pork or beef and should be chosen more often.
- Choose grilled vs. breaded "crispy" meats.
- Think twice before adding bacon to your meal! Bacon is a higher fat, cured meat which may lead to increased risk for certain diseases like cancer.
- A cup of chili is a good option. Have it as a side or add a Salad Shaker and make it a meal!
- "Undress your food" – Ask for dressings on the side. WATCH OUT! Dressings can range from 25 to 150 calories per tablespoon! (A tablespoon is about the size of your thumb).
- Choose a smaller portion or share your meal with a friend.
- If you really want those fries, onion rings, chicken nuggets, or chicken strips order a smaller portion or share your meal with a friend.
- Order the smallest size drinks. Ask for half sugar in base teas (like Boba) or sweeten them yourself with a sugar substitute.
- Substitue salad or fresh fruit for fries.
- If you order one of the tostada salads, eat the filling first. Because the shell is deep fried, try not to overindulge.
- If you really want fries, order a smaller portion or share your meal with a friend. You'll likely use a lot less!
- Any item listed on the "Lighten Up" menu is a good choice!
- Try our Salad Shaker Cups—they're fun and delicious!
Limit deep fried foods and nachos.

“Undress” your food. Ask for any sauce or dressing on the side (like guacamole and sour cream) and use sparingly.

Choose dishes with corn tortillas (soft not fried), “in a bowl”, or as a salad. (Some burritos may weigh in at over 1 lb!)

Habanero’s offers Halal and soy-based products, too!

Monitor your portions, especially cheese and chips.

Choose dishes with plenty of fresh veggies, lettuce, tomato, and salsa!

Ask for half the portion of rice.

Choose items without cream cheese.

Go light on the soy sauce and other sauces.

Go for vegetarian or seafood versions. (Note: If pregnant or planning to become pregnant, avoid Marlin, Orange Roughy, Sea Bass, Tilefish, Swordfish, Shark, Mackerel, Bluefish, Tuna & Grouper.)

Ask for light cheese and more marinara (tomato) sauce.

Limit cream or oil-based sauces like alfredo and pesto.

For pizzas, skip high fat meat toppings (such as pepperoni, ham, or sausage) or ask for light toppings.

Load up on veggies, ask for extra!

For pizzas, ask for whole grain crust and more toppings, like artichokes and olives.

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Eat the crust or a breadstick, not both.

Pizza slices can range from 300-800 calories, eat two small pieces (each about the size of a woman’s palm) or one larger piece.

Eat a small salad with dressing on the side before you eat to increase satiety and cut calories!

It may be hard to find, but La Fiamma salads are well worth the search! They offer customizable salads that are made to order. Dressings are always on the side and low-calorie versions are available!

Sauces are generally made with soy sauce, which is very high in sodium. Ask for sauces on the side.

Skip anything breaded or deep fried and opt for foods grilled, prepared in a wok, or baked to control fat and calories.

Choose rice or noodles, but not both! Ask if brown rice is available as a substitute for white rice. (Brown rice is a whole grain which may protect against heart disease, make at least 1/2 your grains whole grains each day.) Or, ask for 1/2 the portion of rice or noodles.

Lean proteins such as fish, poultry, and tofu have less solid fat than red meats (like pork or beef) and should be chosen more often.

Ask for double veg on Sushi. Or substitute other vegetables.

Don’t forget to wash your hands and other surfaces. (Note: If pregnant or planning to become pregnant, avoid Marlin, Orange Roughy, Sea Bass, Tilefish, Swordfish, Shark, Mackerel, Bluefish, Tuna & Grouper.)

Eat the crust or a breadstick, not both.

By turning the page for more great tips!