

# FOLLOW THIS PATH TO WELLNESS

You should eat  
at least **five**  
fruits and  
veggies  
a day!



Spinach and Eggs have **Vitamin B6**  
keeping your brain smart!



Get at least **one hour** of  
exercise / physical activity  
a day!



Carrots have  
**Vitamin A**  
keeping your eyes  
sharp and skin clear!



Stay hydrated!  
You should drink  
**eight glasses** of  
water a day!



Milk has **Vitamin D**  
to keep your bones strong!



Berries have **Folic Acid**  
to keep your heart healthy!



It's important to sleep more  
than **eight hours** a night –  
you're still growing!



Chicken has **Niacin**  
to give you energy!



**Baptist Health**

# FAST FOOD HEALTHY OPTIONS

**SUBWAY**

**Six-Inch Veggie Sub**  
on Wheat bread  
w/ Provolone,  
Cucumbers, Green Peppers,  
Lettuce, Red Onions,  
Spinach, Tomatoes,  
Avocado and  
Olive Oil Dressing  
390 calories

**Veggie Delite Salad**  
w/ Vinaigrette  
and 8 oz Home-style  
Chicken Noodle Soup  
180 calories



**Six-inch Turkey Breast Sandwich** on wheat bread w/ veggies, avocado & mustard  
360 calories

**Two Fresco Soft Tacos w/ Shredded Chicken**  
280 calories



**Cantina Power Burrito – Veggie**  
430 calories



**Black Beans & Rice**  
180 calories



**Corn Dog**  
230 calories



**Classic Chicken Sandwich, Grilled**  
450 calories



**Jr Burger**  
330 calories



**Chicken McNuggets**  
(6 piece)  
280 calories



**Artisan Grilled Chicken Sandwich**  
(extra lettuce, tomato, no sauce)  
360 calories



**Grilled Chicken Cool Wrap**  
340 calories



**Grilled Chicken Sandwich**  
320 calories



**8-Count Grilled Chicken Nuggets with a side salad**  
350 calories