

**Eat healthier no matter where you are!**  
*Use nutrition labels to help you know what to choose.*

**Want more tips?**  
 Log on to [www.icansandiego.org](http://www.icansandiego.org) to sign up for our free weekly eNewsletter.



[www.icansandiego.org](http://www.icansandiego.org)

Healthy Dining Guidelines for Entrées		
Calories	Great Choice:	0 to 450 total calories
	Good Choice:	451 to 570 total calories.
Fats	Great Choice:	0 to 15 grams (g)
	Good Choice:	16 to 25 grams (g)
Cholesterol	Great Choice:	0 to 75 milligrams (mg)
	Good Choice:	76 to 150 milligrams (mg)
Sodium	Great Choice	0 to 300 milligrams (mg)
	Good Choice	301 to 600 milligrams (mg)
Source: Network for a Healthy California, "Healthy Dining Menu Guidelines"		

**Eat healthier no matter where you are!**  
*Use nutrition labels to help you know what to choose.*

**Want more tips?**  
 Log on to [www.icansandiego.org](http://www.icansandiego.org) to sign up for our free weekly eNewsletter.



[www.icansandiego.org](http://www.icansandiego.org)

Healthy Dining Guidelines for Entrées		
Calories	Great Choice:	0 to 450 total calories
	Good Choice:	451 to 570 total calories.
Fats	Great Choice:	0 to 15 grams (g)
	Good Choice:	16 to 25 grams (g)
Cholesterol	Great Choice:	0 to 75 milligrams (mg)
	Good Choice:	76 to 150 milligrams (mg)
Sodium	Great Choice	0 to 300 milligrams (mg)
	Good Choice	301 to 600 milligrams (mg)
Source: Network for a Healthy California, "Healthy Dining Menu Guidelines"		

**Eat healthier no matter where you are!**  
*Use nutrition labels to help you know what to choose.*

**Want more tips?**  
 Log on to [www.icansandiego.org](http://www.icansandiego.org) to sign up for our free weekly eNewsletter.



[www.icansandiego.org](http://www.icansandiego.org)

Healthy Dining Guidelines for Entrées		
Calories	Great Choice:	0 to 450 total calories
	Good Choice:	451 to 570 total calories.
Fats	Great Choice:	0 to 15 grams (g)
	Good Choice:	16 to 25 grams (g)
Cholesterol	Great Choice:	0 to 75 milligrams (mg)
	Good Choice:	76 to 150 milligrams (mg)
Sodium	Great Choice	0 to 300 milligrams (mg)
	Good Choice	301 to 600 milligrams (mg)
Source: Network for a Healthy California, "Healthy Dining Menu Guidelines"		

Healthy Dining Guidelines for Side Dishes, Appetizers & Desserts		
Calories	Great Choice:	0 to 150 total calories
	Good Choice:	151 to 250 total calories.
Fats	Great Choice:	0 to 5 grams (g)
	Good Choice:	6 to 8 grams (g)
Cholesterol	Great Choice:	0 to 25 miligrams (mg)
	Good Choice:	26 to 50 miligrams (mg)
Sodium	Great Choice	0 to 100 milligrams (mg)
	Good Choice	101 to 200 milligrams (mg)
Source: Network for a Healthy California, "Healthy Dining Menu Guidelines"		

Healthy Dining Guidelines for Side Dishes, Appetizers & Desserts		
Calories	Great Choice:	0 to 150 total calories
	Good Choice:	151 to 250 total calories.
Fats	Great Choice:	0 to 5 grams (g)
	Good Choice:	6 to 8 grams (g)
Cholesterol	Great Choice:	0 to 25 miligrams (mg)
	Good Choice:	26 to 50 miligrams (mg)
Sodium	Great Choice	0 to 100 milligrams (mg)
	Good Choice	101 to 200 milligrams (mg)
Source: Network for a Healthy California, "Healthy Dining Menu Guidelines"		

Healthy Dining Guidelines for Side Dishes, Appetizers & Desserts		
Calories	Great Choice:	0 to 150 total calories
	Good Choice:	151 to 250 total calories.
Fats	Great Choice:	0 to 5 grams (g)
	Good Choice:	6 to 8 grams (g)
Cholesterol	Great Choice:	0 to 25 miligrams (mg)
	Good Choice:	26 to 50 miligrams (mg)
Sodium	Great Choice	0 to 100 milligrams (mg)
	Good Choice	101 to 200 milligrams (mg)
Source: Network for a Healthy California, "Healthy Dining Menu Guidelines"		



**icansandiego.org**

i can eat right. i can get active. i can start today.



**icansandiego.org**

i can eat right. i can get active. i can start today.



**icansandiego.org**

i can eat right. i can get active. i can start today.