



FOOD IS MEDICINE: SESSION THREE





Today we will discuss how to:

- Align daily eating patterns with your body's needs
- Find smart strategies to choose healthy, budget-friendly foods
- Enjoy traditional foods while supporting heart health
- Meal planning
- Navigate eating out

Pre-Test

Before we start, please scan the QR code to take a short pre-test.

It's not graded — it just helps us see what you know about food and health before the program.



Eating Habits to Meet Nutritional Needs



- Your body needs nutrients like vitamins, minerals, protein, and energy to stay healthy.
- Eating the same food every day may not give you everything you need.
- Eat a mix of fruits, vegetables, grains, protein (like beans, meat, or fish), and dairy.
- Listen to your body — eat when you're hungry and stop when you're full.
- Drink plenty of water every day.

How Many Calories Do I Need

The number of calories you need each day depends on your age, gender, and how active you are. In general:

- Women: 1,600 to 2,400 calories per day
- Men: 2,000 to 3,000 calories per day
- Most adults consume between 2,000 and 2,500 calories daily.
- Needs may be different based on lifestyle, and personal health goals.



How Many **Calories**
Should I Eat a Day

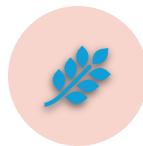
Grocery Shopping Tips



Make a shopping list with healthy foods before going to the store



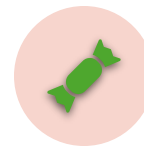
Choose fresh or frozen fruits and veggies without added sugar or salt



Pick whole grain products like oatmeal, brown rice, and whole wheat bread



Look for sales or coupons to help save money.



Avoid buying too many sugary drinks, candy, or fried snacks.

Cultural Adaptations

- It's important to enjoy foods from your culture!
- You can make traditional meals healthier by using less salt and oil.
- Try cooking methods like baking, grilling, or steaming.
- Add extra vegetables or beans to meals.
- Use spices and herbs to add flavor.



Meal Planning



- Plan your meals for the week to help you eat healthy.
- Fill half your plate with fruits and vegetables at each meal.
- Add protein like chicken, fish, lamb, lentils, beans, or nuts.
- Choose whole grains like brown rice, whole wheat pasta, or quinoa.
- Pick healthy snacks like fruit or yogurt.
- Cook at home.

Navigating Eating Out

- Pick foods that are grilled, baked, steamed, or roasted — not fried.
- Ask for sauces, dressings, or cheese on the side.
- Share your meal with a friend or save half for later.
- Drink water, milk, or unsweetened drinks instead of soda or sugary drinks.
- Choose sides like salad, fruit, or steamed veggies instead of fries or chips.



Calories
Are
NOT
Equal



DUNKIN'

BREAKFAST SANDWICH MENU

cheatdaydesign.com

What do you notice?

Which are the healthiest options?
Which are the least?

Wake Up Wrap (No Meat) 180 Calories 10g Fat 14g Carbs 7g Protein	Wake Up Wrap (Bacon) 220 Calories 13g Fat 15g Carbs 10g Protein	Wake Up Wrap (Turkey Sausage) 240 Calories 15g Fat 15g Carbs 11g Protein	Wake Up Wrap (Sausage) 290 Calories 21g Fat 15g Carbs 10g Protein
Egg & Cheese English Muffin 340 Calories 15g Fat 38g Carbs 14g Protein	Egg & Cheese Croissant 500 Calories 31g Fat 40g Carbs 15g Protein	Egg & Cheese Bagel 460 Calories 13g Fat 66g Carbs 19g Protein	Turkey Sausage Egg & Cheese 470 Calories 25g Fat 39g Carbs 23g Protein
Bacon Egg & Cheese Muffin 400 Calories 19g Fat 39g Carbs 18g Protein	Bacon Egg & Cheese Croissant 560 Calories 36g Fat 41g Carbs 18g Protein	Bacon Egg & Cheese Bagel 520 Calories 18g Fat 67g Carbs 23g Protein	Sourdough Sandwich 650 Calories 32g Fat 58g Carbs 31g Protein
Sausage Egg & Cheese Muffin 560 Calories 35g Fat 40g Carbs 21g Protein	Sausage Egg & Cheese Croissant 720 Calories 52g Fat 42g Carbs 21g Protein	Sausage Egg & Cheese Bagel 680 Calories 34g Fat 68g Carbs 26g Protein	Maple Sugar Bacon Sandwich 650 Calories 41g Fat 46g Carbs 23g Protein
Grilled Cheese 480 Calories 20g Fat 54g Carbs 21g Protein	Tomato Pesto Grilled Cheese 520 Calories 22g Fat 60g Carbs 20g Protein	Avocado Toast 240 Calories 11g Fat 34g Carbs 6g Protein	Avocado & Tomato Toast 260 Calories 10g Fat 37g Carbs 7g Protein
Bacon Topped Avocado Toast 290 Calories 14g Fat 32g Carbs 10g Protein	Croissant Stuffer 330 Calories 18g Fat 29g Carbs 14g Protein	Stuffed Bagel Minis Plain 240 Calories 10g Fat 32g Carbs 7g Protein	Stuffed Bagel Minis Everything 260 Calories 12g Fat 34g Carbs 8g Protein



DUNKIN' BAKERY MENU

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What do you notice?

Which are the healthiest options?
Which are the least?

English Muffin 190 Calories 2g Fat 35g Carbs 6g Protein	Croissant 340 Calories 19g Fat 37g Carbs 6g Protein	Hash Browns 110 Calories 6g Fat 13g Carbs 1g Protein	Snackin' Bacon 190 Calories 12g Fat 10g Carbs 10g Protein
Plain Bagel 300 Calories 1g Fat 64g Carbs 11g Protein	Cinnamon Raisin Bagel 320 Calories 1g Fat 67g Carbs 11g Protein	Everything Bagel 340 Calories 3g Fat 67g Carbs 12g Protein	Multigrain Bagel 380 Calories 8g Fat 63g Carbs 15g Protein
Sesame Seed Bagel 350 Calories 5g Fat 64g Carbs 12g Protein	Cheddar Bagel Twist 390 Calories 8g Fat 64g Carbs 16g Protein	Cream Cheese 120 Calories 12g Fat 3g Carbs 2g Protein	Blueberry Muffin 460 Calories 14g Fat 77g Carbs 6g Protein
Choc Chip Muffin 550 Calories 21g Fat 85g Carbs 7g Protein	Pumpkin Muffin 550 Calories 24g Fat 77g Carbs 6g Protein	Coffee Cake Muffin 590 Calories 24g Fat 88g Carbs 7g Protein	Corn Muffin 460 Calories 16g Fat 73g Carbs 7g Protein
Munchkins (1) 60 Calories 3.5g Fat 1g Carbs 1g Protein	Old Fashioned Donut 310 Calories 19g Fat 30g Carbs 4g Protein	Frosted Donut With Sprinkles 270 Calories 11g Fat 37g Carbs 4g Protein	Glazed Donut 240 Calories 11g Fat 33g Carbs 4g Protein
Coffee Roll 390 Calories 19g Fat 48g Carbs 7g Protein	Apple Fritter 470 Calories 28g Fat 47g Carbs 6g Protein	Egg White Omelet Bites 180 Calories 11g Fat 7g Carbs 13g Protein	Bacon Cheddar Omelet Bites 280 Calories 19g Fat 7g Carbs 17g Protein

Choc Chip Muffin 550 Calories 21g Fat 85g Carbs 7g Protein	Pumpkin Muffin 550 Calories 24g Fat 77g Carbs 6g Protein	Coffee Cake Muffin 590 Calories 24g Fat 88g Carbs 7g Protein
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Egg White Omelet Bites 180 Calories 11g Fat 7g Carbs 13g Protein	Bacon Cheddar Omelet Bites 280 Calories 19g Fat 7g Carbs 17g Protein
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McDONALD'S MENU NUTRITION

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BREAKFAST



EGG McMUFFIN
310 Calories
13g Fat
30g Carbs
17g Protein



SAUSAGE McMUFFIN
400 Calories
25g Fat
29g Carbs
14g Protein



**SAUSAGE McMUFFIN
W/ EGG**
480 Calories
30g Fat
30g Carbs
21g Protein



SAUSAGE BISCUIT
460 Calories
30g Fat
36g Carbs
11g Protein



**SAUSAGE BISCUIT
W/ EGG**
530 Calories
34g Fat
38g Carbs
17g Protein



**BACON/EGG/CHEESE
BISCUIT**
460 Calories
26g Fat
39g Carbs
17g Protein



**BACON/EGG/CHEESE
MCGRIDDLE**
430 Calories
21g Fat
44g Carbs
17g Protein



**SAUSAGE
MCGRIDDLE**
430 Calories
24g Fat
41g Carbs
11g Protein



**SAUSAGE, EGG,
CHEESE MCGRIDDLE**
550 Calories
33g Fat
44g Carbs
19g Protein



HOTCAKES (3)
580 Calories
15g Fat
101g Carbs
9g Protein



**HOTCAKES WITH
SAUSAGE**
770 Calories
33g Fat
102g Carbs
15g Protein



**BIG BREAKFAST
WITH HOTCAKES**
1340 Calories
63g Fat
158g Carbs
36g Protein



**FRUIT & MAPLE
OATMEAL**
320 Calories
4.5g Fat
64g Carbs
6g Protein



SAUSAGE BURRITO
310 Calories
17g Fat
25g Carbs
13g Protein



HASH BROWN
140 Calories
8g Fat
18g Carbs
2g Protein

What do you notice?

Which are the healthiest options?
Which are the least?

3) es



**HOTCAKES WITH
SAUSAGE**
770 Calories
33g Fat
102g Carbs
15g Protein



**BIG BREAKFAST
WITH HOTCAKES**
1340 Calories
63g Fat
158g Carbs
36g Protein





McDONALD'S NUTRITION GUIDE

What do you notice?

Which are the healthiest options?
Which are the least?

 HAMBURGER 250 Calories 8g Fat 31g Carbs 13g Protein	 CHEESEBURGER 300 Calories 12g Fat 33g Carbs 15g Protein	 MCDOUBLE 390 Calories 18g Fat 33g Carbs 22g Protein
 DOUBLE CHEESEBURGER 440 Calories 22g Fat 34g Carbs 25g Protein	 TRIPLE CHEESEBURGER 520 Calories 28g Fat 35g Carbs 32g Protein	 BIG MAC 550 Calories 30g Fat 45g Carbs 25g Protein
 QUARTER POUNDER W/ CHEESE 440 Calories 20g Fat 40g Carbs 26g Protein	 DOUBLE QUARTER POUNDER W/ CHEESE 780 Calories 45g Fat 43g Carbs 51g Protein	 QUARTER POUNDER W/ BACON 620 Calories 33g Fat 44g Carbs 38g Protein
 MCCHICKEN 400 Calories 21g Fat 39g Carbs 14g Protein	 FILET-O-FISH 380 Calories 18g Fat 38g Carbs 16g Protein	 CRISPY CHICKEN SANDWICH 600 Calories 29g Fat 58g Carbs 27g Protein
 6 PIECE NUGGETS 250 Calories 15g Fat 15g Carbs 14g Protein	 APPLE PIE 240 Calories 11g Fat 35g Carbs 2g Protein	 KIDS FRIES 110 Calories 5g Fat 15g Carbs 2g Protein
 SMALL FRIES 220 Calories 10g Fat 29g Carbs 3g Protein	 MED FRIES 320 Calories 15g Fat 43g Carbs 5g Protein	 LARGE FRIES 490 Calories 23g Fat 66g Carbs 7g Protein

	KIDS FRIES 110 Calories 5g Fat 15g Carbs 2g Protein
	LARGE FRIES 490 Calories 23g Fat 66g Carbs 7g Protein

LOW CALORIE SUBWAY

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MENU OPTIONS UNDER 350 CALORIES

(ORDER ANY SALAD AS A BOWL FOR DOUBLE PROTEIN)



Veggie Delite Salad

50 Calories
1g Fat
9g Carbs
3g Protein



Oven-Roasted Turkey Salad

110 Calories
2g Fat
10g Carbs
14g Protein



Black Forest Ham Salad

120 Calories
3g Fat
12g Carbs
13g Protein



Grilled Chicken Salad

130 Calories
3g Fat
10g Carbs
19g Protein



Roast Beef Salad

150 Calories
4g Fat
12g Carbs
17g Protein



Rotisserie Chicken Salad

150 Calories
5g Fat
10g Carbs
18g Protein



Grilled Chicken Bowl

200 Calories
4g Fat
9g Carbs
35g Protein



Steak & Cheese Salad

210 Calories
9g Fat
12g Carbs
22g Protein



Veggie Delite 6"

220 Calories
3g Fat
40g Carbs
10g Protein



Rotisserie Chicken Bowl

220 Calories
8g Fat
8g Carbs
31g Protein



Roast Beef Bowl

210 Calories
4g Fat
12g Carbs
33g Protein



Oven-Roasted Turkey 6"

270 Calories
4g Fat
40g Carbs
22g Protein



Black Forest Ham 6"

280 Calories
4g Fat
42g Carbs
20g Protein



Grilled Chicken 6"

300 Calories
5g Fat
40g Carbs
26g Protein



Roast Beef 6"

300 Calories
4g Fat
42g Carbs
25g Protein



Rotisserie Chicken 6"

310 Calories
6g Fat
40g Carbs
25g Protein



Cold Cut Combo 6"

330 Calories
10g Fat
43g Carbs
17g Protein



Veggie Delite Wrap

330 Calories
8g Fat
57g Carbs
10g Protein

What do you notice?

Which are the healthiest options?
Which are the least?

Cold Cut Combo 6"

330 Calories
10g Fat
43g Carbs
17g Protein

Veggie Delite Wrap

330 Calories
8g Fat
57g Carbs
10g Protein



more at cheatdaydesign.com/taco-bell

TACO BELL NUTRITION GUIDE

Sides & More



Power Menu Bowl

470 Cal | 19g F | 50g C | 26g P



Veggie Power Bowl

430 Cal | 18g F | 57g C | 12g P



Nacho Fries

320 Cal | 18g F | 35g C | 4g P



Loaded Taco Fries

560 Cal | 36g F | 49g C | 12g P



Chips & Nacho Cheese

220 Cal | 13g F | 24g C | 2g P



Nachos BellGrande

740 Cal | 38g F | 82g C | 16g P



Black Beans

50 Cal | 1g F | 8g C | 2g P



Black Beans and Rice

170 Cal | 3.5g F | 31g C | 4g P



Cheesy Fiesta Potatoes

230 Cal | 12g F | 28g C | 3g P



Cinnamon Twists

170 Cal | 6g F | 27g C | 1g P



Cinnabon Delights (2)

160 Cal | 9g F | 17g C | 2g P



Cinnabon Delights (12)

930 Cal | 53g F | 104g C | 9g P



Nachos BellGrande

740 Cal | 38g F | 82g C | 16g P



Cinnabon Delights (12)

930 Cal | 53g F | 104g C | 9g P

What do you notice?

Which are the healthiest options?
Which are the least?



TACO BELL NUTRITION GUIDE

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Tacos

What do you notice?

Which are the healthiest options?
Which are the least?



Cheesy Gordita Crunch

500 Cal | 28g F | 41g C | 20g P



Soft Taco

180 Cal | 9g F | 17g C | 9g P



Soft Taco Supreme

210 Cal | 10g F | 20g C | 10g P



Crunchy Taco

170 Cal | 9g F | 13g C | 8g P



Crunchy Taco Supreme

190 Cal | 11g F | 15g C | 8g P



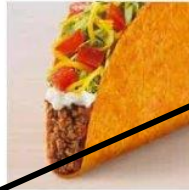
Chalupa Supreme

350 Cal | 18g F | 33g C | 13g P



Doritos Locos Tacos

170 Cal | 9g F | 13g C | 8g P



Doritos Locos Supreme

190 Cal | 11g F | 15g C | 8g P



Doritos Locos Tacos

170 Cal | 9g F | 13g C | 8g P



Doritos Locos Supreme

190 Cal | 11g F | 15g C | 8g P



Toasted Cheddar Chalupa

490 Cal | 33g F | 32g C | 17g P



Black Bean Chalupa

330 Cal | 15g F | 39g C | 10g P



Black Bean Toasted Cheddar Chalupa

470 Cal | 29g F | 37g C | 15g P

Of course, we're never having
just one taco



CHIPOTLE MENU

NUTRITION GUIDE

more at cheatdaydesign.com



Large Tortilla
Burrito/Quesadilla
320 Calories
9g Fat
50g Carbs
8g Protein



Taco Shells (3)
200 Calories
9g Fat
29g Carbs
3g Protein



Taco Tortilla (3)
250 Calories
8g Fat
40g Carbs
7g Protein



White Rice
210 Calories
4g Fat
40g Carbs
4g Protein



Brown Rice
210 Calories
6g Fat
36g Carbs
4g Protein



Chicken
180 Calories
7g Fat
0g Carbs
32g Protein



Steak
150 Calories
6g Fat
1g Carbs
21g Protein



Barbacoa
170 Calories
7g Fat
2g Carbs
24g Protein



Carnitas
210 Calories
12g Fat
0g Carbs
23g Protein



Sofritas
150 Calories
10g Fat
9g Carbs
8g Protein



Black Beans
130 Calories
2g Fat
22g Carbs
8g Protein



Pinto Beans
130 Calories
2g Fat
21g Carbs
8g Protein



Fajita Veggies
20 Calories
0g Fat
5g Carbs
1g Protein



Cheese*
110 Calories
8g Fat
1g Carbs
6g Protein



Guacamole
230 Calories
22g Fat
8g Carbs
2g Protein



Sour Cream
110 Calories
9g Fat
2g Carbs
2g Protein



Fresh Salsa
25 Calories
0g Fat
4g Carbs
0g Protein



Roasted Corn Salsa
80 Calories
2g Fat
16g Carbs
3g Protein



Green Tomatillo
15 Calories
0g Fat
4g Carbs
0g Protein



Red Tomatillo
30 Calories
0g Fat
4g Carbs
0g Protein



Chipotle Honey Vinaigrette
220 Calories
16g Fat
18g Carbs
1g Protein



Queso Blanco
120 Calories
9g Fat
4g Carbs
5g Protein

Let's
Build a
Burrito

LOW CALORIE BREAKFAST OPTIONS

ON-THE-GO BREAKFAST FOR UNDER 350 CALORIES | BY @CHEATDAYDESIGN



EGG MCMUFFIN

300 CALORIES
12g FAT
30g CARBS
17g PROTEIN



CROISSAN'WICH EGG & CHEESE

340 CALORIES
18g FAT
29g CARBS
12g PROTEIN



BACON, EGG, & CHEESE

320 CALORIES
17g FAT
25g CARBS
18g PROTEIN



BACON, EGG, & CHEESE MUFFIN

300 CALORIES
14g FAT
29g CARBS
16g PROTEIN



TURKEY BACON & EGG WHITE

230 CALORIES
5g FAT
28g CARBS
17g PROTEIN



EGG & CHEESE DUNKIN'

340 CALORIES
15g FAT
38g CARBS
14g PROTEIN



CHEESY TOASTED BURRITO

350 CALORIES
16g FAT
36g CARBS
13g PROTEIN



AVOCADO, EGG WHITE & SPINACH

350 CALORIES
14g FAT
40g CARBS
19g PROTEIN



BACON, EGG, & CHEESE SLIDER

260 CALORIES
17g FAT
15g CARBS
12g PROTEIN



JR. BREAKFAST BURRITO

290 CALORIES
17g FAT
22g CARBS
12g PROTEIN



BREAKFAST JACK

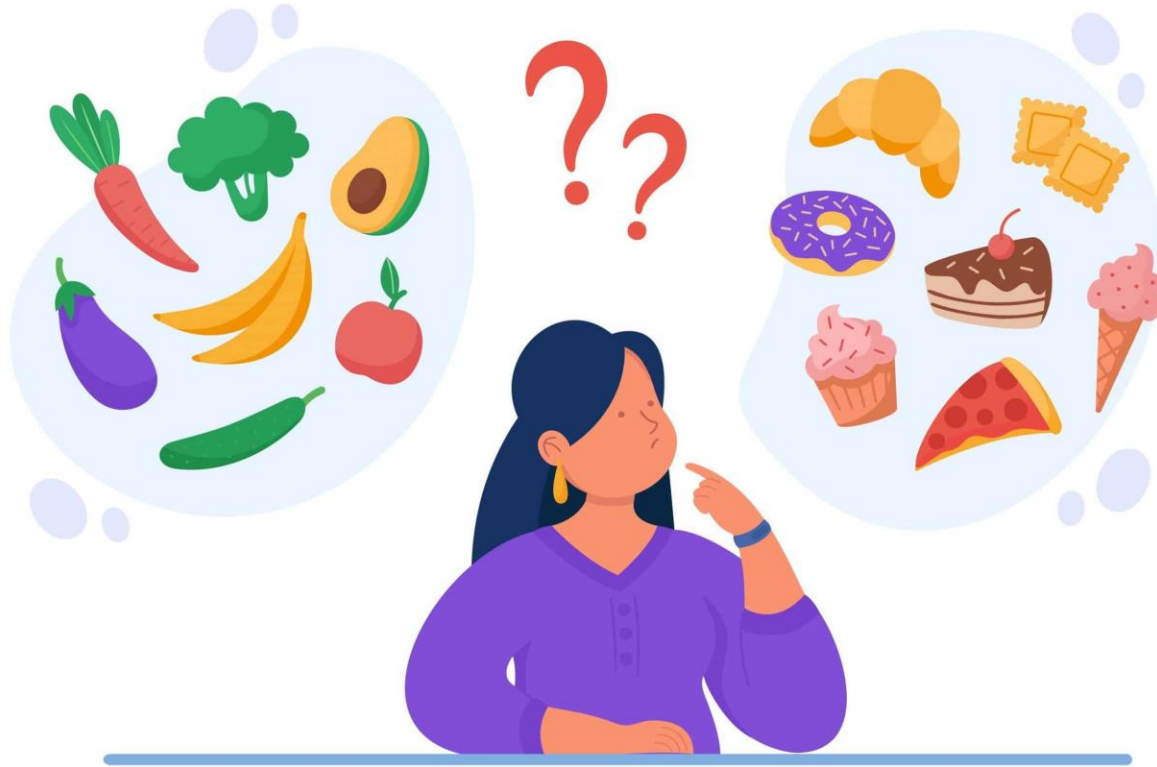
350 CALORIES
18g FAT
30g CARBS
16g PROTEIN



EGG WHITE & CHEESE FLATBREAD

340 CALORIES
10g FAT
44g CARBS
20g PROTEIN

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Post-Test

We will do a short quiz, like the pre-test, to see what you learned in the program.

Your answers are **not** graded.

Scan the QR code to take the post-test.



Thank You For Choosing Us!

