

A guide to taste your way to healthier choices

Our Healthier Choices were selected by a panel of nutrition-savvy Chicago doctors based on the calorie count, fat, and sodium content provided by each restaurant. Be sure to look for the Humana Healthier Choices green apple on these restaurants' menu boards.

Look for the Green Apple at These Restaurants

Appetizer/Snack

Under 320 calories • Under 300mg of sodium • Under 2g of saturated fat.

- **Abbey Pub**
 - o Roasted Corn on the Cob
- **BJ's Market & Bakery**
 - o Taste of Mustard-Fried Catfish
- **Dominick's**
 - o Corn on the Cob
- **Inspiration Kitchen**
(Pop-Up, July 12th only)
 - o Beet and Endive Salad
- **LM Restaurant**
(Pop-Up, July 13th only)
 - o Watermelon Gazpacho
 - o Taste of Watermelon Gazpacho
- **O'Brien's Restaurant**
 - o Celtic Corn on the Cob
- **Pazzo's**
 - o Taste of Chopped Salad

Main Course

Under 500 calories • Under 500mg of sodium • Under 4g of saturated fat.

- **BJ's Market & Bakery**
 - o Mustard-Fried Catfish
 - o Sweet Potato Chips
- **Bobak's Sausage Company**
 - o All Natural "Ragin' Cajun" Chicken Sausage
- **Carbon Live Fire Mexican Grill**
 - o Taste of Marinated Grilled Chicken Taco
- **Inspiration Kitchen**
(Pop-Up, July 12th only)
 - o Caramelized Citrus Onion Flatbread*
 - o Taste of Black Bean Burger Slider
- **Lou Malnati's Pizzeria**
 - o Taste of Chopped Salad
- **Pazzo's**
 - o Chopped Salad
- **Polo Café and Catering**
 - o Baked Crab Cake Nuggets
- **Star of Siam**
 - o Grilled Chicken Satay with Peanut Sauce

Dessert

Under 320 calories • Under 300mg of sodium • Under 2g of saturated fat.

- **Caffe Gelato**
(Pop-Up, July 15th only)
 - o Taste of Guava Sorbet
 - o Taste of Limone Sorbet
- **Dominick's**
 - o Red/Green Grapes, Cherries
 - o Watermelon Slice
 - o Taste of Pineapple Bites
 - o Taste of Watermelon 1/2 Slice
- **The Fudge Pot**
 - o Dark Chocolate Banana*
- **Reggio's Pizza**
 - o Red, White and Blue Italian Ice
 - o Taste of Italian Ice

** These Healthier Choices require slight modifications to meet the nutritional criteria.*

Humana®

GCHH3P7HH

Look for the Humana Healthier Choices green apple on these restaurants' menu boards.



Tips for making healthier food choices

Watch portions

Meat servings should be the size of a deck of cards. A cup of pasta equals two servings. A pint of ice cream contains four servings.

Put physical fitness in your daily routine

Take the stairs instead of the elevator. Park far away and walk to your office. Walk your dog or take long walks in the morning or evening.

Maintain a healthy weight

Excess body fat increases your chances for high blood pressure, heart disease, stroke, diabetes and other diseases.

Ask for special options when eating out

When ordering your meal, ask for your sauce or dressing on the side and use it sparingly. Select items that are baked, broiled or grilled rather than fried.

Read the labels

Even if a label says “healthy” or “all natural,” it can still contain harmful ingredients. Learn about additives, sugars, fats and nitrates to name a few.

Healthier Choices Physician Panel

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