

# Making Healthy Choices When Eating Out

You can use the Rubio's on-line Nutrition Calculator (<http://www.rubios.com/nutrition/calculator>) to access nutritional information for the entire Rubio's menu and plan a meal that you can feel good about. For example, the meal below consists of only 25% of calories from fat – proof positive that you can make healthy choices while eating out.



### Some tips to making our food even healthier:


- ◆ Order one of our Rubio's HealthMex® tacos or burritos – less than 30% of the calories come from fat, and all items, even the plates, are under 700 calories.
- ◆ Get the dressing on the side for your salad or Wrapsalada®, or replace it altogether with one of our flavorful salsas.
- ◆ Choose grilled seafood, like our mahi mahi or shrimp.
- ◆ Hold the cheese, sour cream, or white sauce.
- ◆ Order Ralph's remarkable “no-fried” pinto beans or black beans instead of chips. Less fat, more fiber.



Item	Serving Size (G)	Calories	Calories From Fat	Fat (G)	Saturated Fat (G)	Cholesterol (MG)	Sodium (MG)	Carbohydrates (G)	Dietary Fiber (G)	Sugars (G)	Proteins (G)	Iron (% RDA*)	Calcium (% RDA*)	Vitamin A (% RDA*)	Vitamin C (% RDA*)	Quantity
<b>Street Tacos</b>																
Carnitas - street tacos	67	100	45	5	1.5	20	250	9	2	2	7	4	0	2	6	1
Chicken - street tacos	70	100	30	4	0.5	25	240	9	2	1	10	4	2	4	4	1
<b>Sides</b>																
Rice, regular	85	120	10	1	0	0	220	25	1	1	2	4	0	2	2	1
Pinto Beans, regular	116	110	10	2	0.5	0	340	22	8	0	2	6	6	0	0	1
<b>Total</b>																
	338	430	95	12	2.5	45	1050	65	13	4	21	18	8	8	12	4

[Back to Menu](#)

You can even have a hamburger at McDonald's and still enjoy a meal for fewer than 30% of calories from fat. The meal below has only 23% of calories from fat.

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)
Hamburger	460	12	5	0.5	35	680	66	2	33	20	500	2.5	580	192
Apple Dippers with Low Fat Caramel Dip														
1% Low Fat White Milk Jug (8 fl oz)														

Challenge yourself (and your parents) to make healthy choices by going on-line or asking for a nutritional menu before ordering. It's easy to calculate the percentage of calories from fat (you can ask your parents for help).

Multiply the total number of fat grams by 9 then divide by total calories and multiply by 100.

To use the above McDonalds meal as an example: 12 grams fat x 9 = 108, divide 108 / 460 total calories = .23 x 100 = 23%.

As exciting as this news is, both of these examples have downfalls. The Rubio's meal has over 1,000 grams of sodium and the McDonald's meal 33 grams of sugar – moderation is key. Don't deny yourself the joy of eating out - just keep it to a minimum.