



General Tips for Healthful Eating at Boudin SF:

SOUPS:

1. Lower the calories by having soup in a bowl with a slice of bread instead of soup in a bread bowl.
2. Ask for no cheese on your French Onion soup.

SALADS:

1. Request salad dressings on the side and add them sparingly on your own.
2. Choose salads with more vegetable add-ins instead of those with meats and cheeses.
3. Request no wontons on your Chinese Chicken Salad.

SANDWICHES:

1. Request sandwiches made using whole grain bread.
2. To lower the fat and calories ask for no mayo and/or cheese on your sandwich.
3. Stick with the lighter meats such as turkey or ham. Limit salami, bacon and mortadella.

PIZZA:

1. Eat half of a pizza at a time and save the leftovers for another meal.
2. Stick with the veggie toppings.

ENTREES & SIDES:

1. Request no butter on your vegetables.

BREAKFAST:

1. Choose whole grain bread for your choice of toast.
2. Request egg dishes to be made with egg whites.
3. Go light for breakfast – try oatmeal and fruit.
4. Eat half of a breakfast pizza and save the leftovers for tomorrow's breakfast.
5. Select egg dishes made with veggies instead of meats and cheese.

This tip sheet was compiled by registered dietitians at HEALTHY DINING. For complete nutrition information for Boudin's HEALTHY DINING selections, please visit HealthyDiningFinder.com.