Calories provide the body with energy. The calories we consume build muscle, carry out metabolic functions, are stored as fat, and are used as physical energy by the body. The body has a set amount of caloric intake needed to maintain a constant weight. This set amount is determined by age, height, weight, gender, and activity level. Consuming excess calories leads to weight gain.

To lose one pound, 3,500 calories must be expended past what the body already uses in one day. One pound can be lost by consuming 500 less calories per day, for one week. To lose one pound per week, it is recommended to combine diet and exercise to achieve this goal. By consuming 250 calories less as well as burning 250 more calories per day through exercise, the combination of good fitness and nutrition habits can help you sustain your weight loss over a longer period of time.

Adapted from mayoclinic.com

Trying to watch your calorie intake? Here are some choices under 500 calories.

**Au Bon Pain**
- All ‘portions’ offerings are at or below 200 cals
- Oatmeal (260 for plain medium, 340 for large)
- Low-fat triple berry muffin (300 cals)
- Bacon on a bagel (320 cals) or egg on a bagel (430 cals)

Adapted from www.aubonpain.com/menu

**Chick-fil-A**
- Chargrilled chicken salad (180 cals)
- Chargrilled chicken and fruit salad (230 cals)
- 8 count chicken nuggets (270 cals)
- Chargrilled chicken sandwich (300 cals)
- Chargrilled chicken club sandwich (410 cals)
- Chargrilled chicken cool wrap (410 cals)
- Spicy chicken cool wrap (410 cals)
- Chick-fil-A chicken sandwich (430 cals)

Adapted from www.chickfila.com/menu

**Food Substitutions**

<table>
<thead>
<tr>
<th>Instead of...</th>
<th>Try this instead!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fried foods</td>
<td>Baked or grilled foods</td>
</tr>
<tr>
<td>Refined grains white bread and white rice</td>
<td>Whole grains whole wheat bread, brown rice, or other grains</td>
</tr>
<tr>
<td>Whole milk</td>
<td>Low-fat, skim, or light soy milk</td>
</tr>
<tr>
<td>French fries</td>
<td>Baked potato or sweet potato with appropriate toppings such as low fat cheese</td>
</tr>
<tr>
<td>Sweet, rich desserts</td>
<td>Fruits</td>
</tr>
<tr>
<td>Chips</td>
<td>Popcorn with minimal butter and salt</td>
</tr>
</tbody>
</table>

**Navigating the Salad Bar**

Think the salad bar is a “no-brainer” healthy option? Think again! Here is a set of guidelines for making healthy choices at the salad bar: green means “eat as much as you like,” yellow means “good for you in small portions,” and red means “minimal to never.”

**Green light:**
- Vegetable choices: artichoke hearts, beets, ball pepper strips, broccoli, cabbage, carrots, celery, cherry tomatoes, cucumbers, mushrooms, onions, redshes, spinach, squash, tomatoes
- Dressing choices: Balsamic vinegar, salsa, lemon/lime juice or nonfat/light dressings
- Protein choices: cottage cheese, hardboiled eggs (choose to eat all the whites and only some of the yolks), tuna, tofu, turkey
- Good fat choices: 1-2 tablespoons of nuts or seeds such as sunflower seeds, walnuts, or almonds

**Red light:**
- Olives, potato salad, pasta salad, tuna salad, bacon bits, yellow or full fat cheeses

Adapted from www.personalnutritionguide.com

**Average Calories in Alcohol**

Alcoholic beverages contain many calories in small portions and can quickly become a source of excess calories. Here is a list of the average amount of calories in different types of alcohol typically consumed:

- Beer (12 oz.)
  - Regular: 149 calories
  - Light: 110 calories
- Liquor (1 oz.)
  - Gin, rum, vodka, whisky, tequila (80 proof): 65 calories
  - Wine (4 oz.)
  - Red: 80 calories
  - White: 75 calories
  - Champagne: 85 calories

**Food Allergy Information**

Food allergies are autoimmune responses within the body. The body becomes sensitive to food and ingredients in which it detects potentially harmful agents and creates a defense against them. Food allergy symptoms include rash, hives, nausea, diarrhea, shortness of breath, chest pain, and anaphylaxis (an acute multi-system reaction). The eight most common food allergies are listed below, along with the dining locations that may serve food containing these allergens.

<table>
<thead>
<tr>
<th></th>
<th>Au Bon Pain</th>
<th>Chick-fil-A</th>
<th>Chef's Table</th>
<th>Nathan's Famous</th>
<th>Papa John's</th>
<th>TFC/AU BBO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td>Eggs</td>
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<td>X</td>
<td>X</td>
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<tr>
<td>Peanuts</td>
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<td>X</td>
<td>X</td>
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<td></td>
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</tr>
<tr>
<td>Tree nuts (pecans, walnuts, etc.)</td>
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<td>X</td>
<td>X</td>
<td>X</td>
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<td>X</td>
</tr>
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<td>Fish</td>
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<td></td>
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</tbody>
</table>