














Hudson News (continued)

Gluten Free Certified







-   Nature's Bakery Fig Bars:
Fig, Blueberry, Pomegranate & Raspberry
-   Skinny Girl Snack Bar
-    Skinny Pop Popcorn
-   Odwalla Strawberry Banana
-   Odwalla Citrus C
-   Odwalla Tango

Healthy Snacks

Peeled:

-   Coco Nosh
-   Apple Aplenty











Nutty Naturals:

-   Salt Free Cashews
-   All Natural Cashews
-   Sea Salt Cashews

Jack Link's:

-   Peppered
-   Teriyaki
-   Original






California Naturals:

-   Unsalted Cashews
-   Raw Almonds
-   Exotic Fruit Mix
-   Antioxidant Trail Mix
-   Almonds & Berries Trail Mix







Fresh Foods:

-    Hard Boiled Eggs
-    Veggie Tray
-   Yogurt Parfait
-   Mixed Fruit/Mixed Grapes
-  Chobani Strawberry Yogurt
- Chobani Blueberry Yogurt
- Dannon Mixed Berry Yogurt











Auntie Anne's

-  Original Nuggets
-  Original Pretzel
-  Roasted Garlic Parmesan Pretzel
-  Sour Cream and Onion Pretzel
-  Sweet Almond Pretzel

Chick-fil-A












-  Grilled Chicken Sandwich
-   Grilled Market Salad-no dressing
-  Fruit Cup
-  Yogurt Parfait with Granola
-  Yogurt Parfait with Chocolate
Cookie Crumbs

Currito Burrito
















-  Bangkok Bowl*
-  Summer Burrito (small)*
-  Teriyaki Bowl*
-  Teriyaki Burrito (small)*
-  Mango Passion Smoothie (small)
-  Mango Passion Smoothie (large)
-  Soy Smoothie (small)
-  Soy Smoothie (large)
-  Strawbana Smoothie (small)
-  Strawbana Smoothie (large)

**Item made with lettuce in lieu of rice*





Dunkin' Donuts

-   Egg and Cheese on English Muffin
-   Egg and Cheese Wake Up Wrap
-   Egg White Veggie Flatbread
-   Egg White Veggie Wake up Wrap
-  English Muffin
-   Ham, Egg and Cheese

Villa Pizza (continued)

-   Garden Salad (full) *
-   Garden Salad (side) *
-   Greek Salad (full) *
-   Greek Salad (side) *
-   Tomato, Onion & Cucumber
Salad (full)
-   Tomato, Onion & Cucumber
Salad (side)
-  Meatball Entree
-  Roasted Veggie Blend
-   Sautéed Veggies
**All salads are w/o dressing*

Vino Volo

-   Mixed Greens
-   Roasted Chicken Breast Salad
(full)
-   Small Salmon Roll
-   Taco

For full nutritional content, please visit each restaurant's website. Participating restaurants have designated menu items that meet the given criteria and are responsible for the information provided.

Total Wellness Program



Mind, Body and Soul

Comments or Questions?
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CLE Healthy Eating Guide

Going Places.





Healthy Eating is Easier at CLE!


One behalf of the Department of Port Control, we are excited to highlight nutrition-friendly items available throughout our concourses!


Choosing the right foods can be difficult. Use this guide to find items that meet healthier criteria.


All items must meet the prerequisite for 400 calories or less as a Menu Item, or 700 calories or less for a Meal.


 Low Sodium Menu Item
Food item = or < 400 mg

 Low sodium Meal
Meal = or < 400 mg

 Low Fat Menu Item
Food item = or < 10 g














 Low Fat Meal
Meal = or < 20 g

 Low Carbohydrate Menu Item
Food item = or < 15 g









 Low Carbohydrate Meal
Meal = or < 35 g

Guidelines follow generally healthy eating practices as collectively determined by Karin Pamer, R.D., the DPC Wellness Team, ease@work and resources from the American Diabetes Association and American Heart Association.

Dunkin' Donuts (continued)

-  Multi Grain Bagel
-  Original Oatmeal with Dried Fruit
-  Whole Wheat Bagel
-  Caramel Latte Lite
-  Coffee Large
-  Iced Caramel Latte Lite - Large







Green Leafs & Bananas

-  Chicken Noodle Soup
-  Chili with Beans
-  Cream of Broccoli with Cheese Soup
-  Italian Wedding Soup
-  Minestrone Soup
-  Zesty Tomato Basil Soup
-  New England Clam Chowder Soup


Hudson News

Gluten Free Certified







Peeled:

-  Much-ado-about-Mango
-  Apple-2-the-core
-  Paradise Found

Bare:

-  Great Granny Crunchy Apple Chips
-  Simply Cinnamon Crunchy Apple Chips
-  Fuji Red Crunchy Apple Chips
















Dry Roasted Edamame:

-  Lightly Salted
-  Spicy Wasabi

Hudson News (continued)

Healthy Snacks




Fresh Foods:

-  Dannon Cherry Yogurt
-  Dannon Lite & Fit Strawberry/Banana
-  Dannon Lite & Fit Peach
-  Apple
-  Banana
-  Orange

Beverages

-  Honest Tea - Half Tea & Half Lemonade
-  Honest Tea - Pomegranate Blue Tea
-  Honest Tea - Honey Green Tea
-  VitaminWater XXX
-  VitaminWater Revive
-  VitaminWater Essential
-  VitaminWater Focus
-  VitaminWater Power C
-  Simply Orange
-  Simply Lemonade
-  Odwalla Original Superfood
-  Soy Vanilla
-  Soy Chocolate
-  Dasani Drops drink mix
-  Crystal Light Lemonade mix
-  Crystal Light Raspberry mix
-  Crystal Light Strawberry mix

The Pub

-  Caesar Salad with Salmon
-  Salmon with Broccoli

Subway









-  6" Black Forest Ham
-  6" Oven Roasted Chicken
-  6" Roast Beef
-  6" Subway Club
-  6" Sweet Onion Chicken Teriyaki
-  6" Turkey Breast
-  6" Turkey Breast & Black Forest Ham
-  6" Veggie Delight

Values include 9 grain bread, lettuce, tomatoes, onion, green peppers & cucumbers

-  Black forest Ham Salad (full)*
-  Double Chicken Salad (full)*
-  Oven Roasted Chicken Breast Salad (full)*
-  Roast Beef Salad (full)*
-  Subway Club Salad (full)*
-  Turkey Breast Salad (full)*
-  Turkey Breast & Ham Salad (full)*
-  Veggie Delight Salad (full)*
-  Egg & Cheese Flatbread
-  Egg, Ham & Cheese Flatbread
-  Steak, Egg & Cheese Flatbread

**All salads are w/o dressing*

Villa Pizza

-  Caesar Salad (full) *
 -  Caesar Salad (side) *
 -  Chicken Scampi (side)
 -  Fettuccini Alfredo (side)
 -  Fresh Mozzarella & Tomato Salad (side)
 -  Fruit Salad (side)
- (Options continued on back)