

Ten Recommendations for Staying Healthy

- **Eat More Fruits & Vegetables:**

Five to nine servings of fruits and vegetables may help to reduce your risk of heart disease and cancer.

- **Drink Milk:** Milk, cheese and yogurt contain calcium which helps to keep your bones strong. Choose non or low-fat varieties.

- **Eat Beans:** Beans, including black beans and red beans, are a good source of soluble fiber which may lower your cholesterol and stabilize blood sugars.

- **Add Whole Grains:** Health recommendations suggest having three servings of whole grains (including breads, cereals, pasta, rice) each day to lower your risk of heart disease and improve bowel regularity.

- **Enjoy Healthy Fats:** While all fats have the same calories, some are healthier for your heart such as olive and canola oil, nuts, and avocados (and guacamole).

- **Lose Weight (if you need to):** Dropping as few as 10 pounds can lower your blood sugar, blood pressure and make you feel better.

- **Get Adequate Sleep:**

Medical research has shown that inadequate sleep can affect hormones that make you feel more hungry and store more fat.

- **Move More:** Health authorities recommend 30 minutes of movement five days a week to burn calories, manage stress, and improve your mood. It's ok to move in ten-minute chunks - a 10 minute walk in the morning, a 10 minute walk after lunch, and another in the evening.

- **It's All About Balance:** Most people that have lost weight and kept it off have gotten off the roller coaster diet. With planning and practice, you can learn how to eat well-balanced meals and occasionally enjoy your favorite foods (including dessert).

- **Manage Your Stress:** Stress may make you eat more, so take regular breaks during the day, eat slowly without the distraction of the TV, and learn to accept that you will never have time to do everything – just focus on doing the important things.



You can eat and lose weight! With Pollo Tropical®

- **It's OK to Splurge on Occasion:** Pollo Tropical Flan has just 210 calories; the Mango or Strawberry TropiChiller® has just 290 calories.
- **Think Lutein:** Tomatoes (including Balsamic Tomatoes and Salsa) and Corn are rich in lutein which is important for eye and heart health.
- **Peel Off the Skin:** Remove the skin on the chicken to save 90 -120 calories (and 8 -10g fat) in a quarter piece of chicken.
- **Skip the Extras:** When you enjoy the Boiled Yuca without the Mojo Sauce, you save 80 calories and 9g fat. Skip the Roll and your meal drops by 90 calories.
- **Load Up on Salsa:** Salsa (hot or regular) adds a lot of flavor to chicken, salad, soup and more – at just 5 calories per spoonful.
- **Think Variety:** Sure, grilled chicken without the skin is the lowest calorie and fat meat choice, but a healthy eating plan also includes other tasty favorites such as pork and steak.
- **Fill Up On Fiber:** A serving of Beans or Beans & Rice contains 8 -11 g fiber. That's one third of your day's requirement for fiber. The TropiChop® meals with white rice contain 10 -26g. Other Pollo Tropical foods contain good amounts of fiber including: Corn – 5g and Boiled Yuca – 3g.



Visit www.pollotropical.com/21days for additional tips and suggestions

The recommendations contained herein were generated by reputable, registered dietician, Joanne Lichten PhD, RD (a.k.a. "Dr. Jo"). The nutritional information and meal suggestions are offered only for educational purposes and should not be construed as medical advice. The use of any information provided on this site is solely at your own risk. You should consult a physician before making any changes to your diet or beginning a weight loss regimen.



Ten Healthful Breakfast Ideas

- **Cold Cereal:** 1 cup whole grain cereal with non-fat milk. Add sliced fresh peaches, blueberries, or raspberries.
- **PB on Toast:** Spread peanut butter on a toasted whole grain or raisin English muffin. Add a sliced banana or strawberries on top.
- **Egg & Ham:** Cook one egg and a thin slice of ham. Enjoy with a slice of whole grain toast and a sliced tomato.
- **Fruit Smoothie:** Blend a fruit smoothie using a cup of frozen unsweetened fruit combined with a half cup non-fat milk, half cup orange juice, and half cup ice.
- **Chicken Sandwich:** Eat one Pollo Tropical Chicken Breast with a Pollo Tropical Roll. Enjoy with a cup of fresh pineapple or guava.
- **Hot Cereal:** Prepare a single serving of hot cereal (oatmeal, cream of wheat, oatbran) made with non-fat milk. Add a spoonful of raisins, currants or cranraisins and a spoonful of nuts.
- **Cheese Toast:** In the broiler, melt a slice of cheese onto a slice of whole grain bread. Enjoy fresh fruit such as an apple, pear, plum or handful of grapes.
- **Rice & Beans:** Warm up a half-portion of a regular side of any Pollo Tropical Rice & Beans. In addition, add salsa and a quarter of one small avocado.
- **Sweetened Rice:** Warm up leftover Pollo Tropical white rice with a bit of milk and sugar. Tastes great with a cup of fresh mango or papaya.
- **Ham & Cheese Sandwich:** Make a half sandwich with a slice of whole grain bread, a few slices of thin ham and a slice of cheese. Savor with an orange, half grapefruit or cup of fresh fruit salad.



Ten Healthful Snack Ideas

- **Milk & Fruit:** Enjoy a cup of non-fat milk with a piece of fruit such as a banana, orange or mango.
- **Apple & Cheese:** Small apple with slice of cheese.
- **Celery & PB:** Stick of celery filled with peanut butter and topped with raisins.
- **Carrots & Hummus:** Dip mini carrots and raw pepper slices into a quarter cup of hummus.
 - **Strawberry Yogurt:** Cup of light yogurt with fresh strawberries.
 - **Flan:** Pollo Tropical Flan.
 - **Cottage Cheese & Pineapple:** Half cup of lowfat cottage cheese mixed with half cup pineapple pieces.
 - **Popcorn:** Enjoy a tangerine, fig or a couple of apricots with four cups of light popcorn.
 - **Nuts & Fruit:** Mix a large spoonful of nuts with a large spoonful of dried fruits. Experiment with a variety of different nuts (walnuts, almonds, pistachios) and dried fruit (cranberries, raisins, currants).
- **TropiChillers®:** Mango or Strawberry TropiChiller® w/o whipped cream.