



At Bob Evans®, we think it's just as important for our meals to taste great as it is for you to feel great eating them.

*Bob Evans Corporate Nutritionist developed these handy tips to help make your next visit guilt-free.*

## General Tips:



Try our Fit From the Farm menu. Based on a 2,000 calorie daily allowance, all Fit From the Farm options have 1/3 or less of the recommended daily value for calories, sodium, fat and saturated fat.

- Make your plate "colorful" by selecting fruits and vegetables as sides with your meal.
- At Bob Evans, we encourage you to connect with your friends and family. Eat slowly and participate in conversation.
- Review the nutritional information on [bobevans.com](http://bobevans.com) before your visit. Also ask for smaller portions, like our Savor-size salads and pasta entrees.



## Breakfast:

- Ask your server for Bob Evans Egg Lites® or egg whites as a cholesterol-free egg substitute.
- Select an English muffin or toast instead of biscuits, and order with Smucker's jelly instead of margarine. Calories saved: 150.
- Select our turkey sausage as a side and save 254 calories and 29g of fat vs. regular sausage links.
- Quaker® oatmeal is a good source of fiber and is available with cranberries, honey roasted pecans or raisins.

### ◀ FIT FROM THE FARM VEGGIE OMELET

## Lunch:

- Begin your meal with a fresh garden salad or a cup of Bean or Beef Vegetable Soup to curb your appetite.
- Our Farm-Fresh Salads are a good source of protein, fiber, vitamins and minerals. Try them with our reduced-fat dressing and hold extras like cheese and bacon.
- Order your sandwiches with lean proteins like grilled chicken and turkey.
- Ask to have your sandwich bread toasted or grilled without margarine.



## Dinner:

- Choose grilled meat options like our Grilled Salmon and Grilled Chicken entrees from our Fit From the Farm menu.
- Hold the sauces or gravies, or ask for them on the side.
- Skip the bread basket and save up to 630 calories!
- Order a baked potato (with 1 serving of margarine or sour cream) instead of French fries.

### ◀ FIT FROM THE FARM GRILLED SALMON FILLET

## Beverages, Appetizers & Desserts:

- 2% milk has 60 calories and is a good source of Calcium and Vitamin D.
- Try one of Bob Evans Real Fruit Smoothies made with low-fat yogurt.
- Share a dessert or appetizer. This will help prevent over-indulging in calories.
- Try one of our cappuccinos as a dessert. Save up to 650 calories!

*Click on the links below for more information:*

- [FIT FROM THE FARM MENU](#)
- [NUTRITIONAL INFORMATION](#)
- [FOOD PYRAMID](#)