

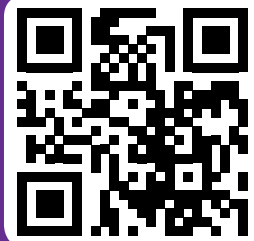
Tips to remember when you eat out.



- Skip the free appetizers
- Try half portions when available – or split a meal with someone in your group
- Don't upgrade portion sizes
- Choose corn over flour tortillas
- Skip the fried foods including chips and fries
- Look for choices with no Trans fat
- Avoid All-You-Can-Eat

For more information and to view a complete listing of ¡Por Vida! Restaurants visit

PorVidaSA.com



*If you don't see your favorite restaurant inside,
ask them to join.*

When you choose “¡Por Vida!”,
you make a better choice
“For Life”!

HEALTHIER CHOICES ARE EASY.

¡Por Vida! helps adults and children make healthier food choices by identifying those menu items that meet nutritional guidelines developed by the Healthy Restaurants Coalition.

Order ¡Por Vida! at local restaurants and discover healthier choices with tons of flavor not fat and sodium.

¡POR VIDA! NUTRITIONAL CRITERIA INCLUDES:

CALORIES | SATURATED FAT | SODIUM
TOTAL FAT | TRANS-FAT | NO FRIED FOOD



2400

**GREAT FOR YOUR KID'S SAT SCORES.
BAD FOR SODIUM IN THEIR MEAL.**

The numbers don't lie.
But you can bring them down.

Order ¡Por Vida!
at local restaurants and discover healthier
meals with tons of flavor not fat or sodium.



LOOK FOR ¡POR VIDA! AT THESE PARTICIPATING RESTAURANTS:



ESTELA'S
RESTAURANT & BAKERY
2200 W. Martin
San Antonio, TX 78207



LOOK FOR ¡POR VIDA! IN THESE PLACES OF WORK:



MISSION STATEMENT

The San Antonio Metropolitan Health District, San Antonio Restaurant Association (SARA) and the San Antonio Dietetic Association (SADA) joined forces to create the Healthy Restaurants Coalition to promote healthy food choices in restaurants and good nutrition within the community.

THE ¡POR VIDA! HEALTHY STANDARD

Healthy menu criteria are based on the Dietary Guidelines for Americans, which suggests a balanced diet consisting of fruits, vegetables, whole grains, low fat dairy and lean protein. ¡Por Vida! registered dietitians look for nutrient dense foods with minimal saturated fats, trans fats and sodium that meet the ¡Por Vida! standards.



TO BECOME A MEMBER CALL
(210).207.2722