

# On the Road Food Guide

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## On the Road Dining

When you're out on the road for business or pleasure there will come a time when you'll need to meet your K-Counts on the run. Luckily you do not have to panic. We've found and created some tasty options that are ready to pick up and enjoy. As we say at Kinetix, perfection is not a lifestyle. That said, do your best when you can, and get back on track when you get off the road.

## Simple Guidelines at the Salad Bar

Lettuce is a [k0] vegetable, just like cucumbers, tomatoes, broccoli, and cauliflower to name a few.

Fill your plate or to go container with lots of greens and choose from the following guidelines to create your own K-Balanced snack or meal.

- The typical salad bar ladle equals 2 tablespoons of dressing.
- Be mindful that the ladle should be level and not heaping, which is easier to do with thinner dressing than creamy style.
- To measure nuts and dried fruits use the utensils they offer as your measurement.
- 1 oz dinner roll, 2-inch dinner roll, and a slice of bread are very similar in nutrition.

## Additional Salad Bar Tips

- High carb veggies include: baby carrots, baby corn, beets
- Deli meat includes: turkey, ham, skinless chicken breast.
- Flavors of low fat dressings: Italian, vinaigrette, 1,000 Island ranch, blue cheese, honey mustard.
- Remember:  
Croutons cannot replace bread  
Dried fruits cannot replace bread  
Fresh fruit cannot replace bread

## At the Deli Counters

- Ask for your sandwich meat to be weighed out. Typically the deli portions meat in 2 oz servings, making it easy for them to add extra meat to customize your sandwich.
- Remember to ask for reduced fat mayonnaise on your sandwich, if it's not available, skip it and stick with the reduced fat cheese alone.

## **[k0] add-ins for any sandwich**

- Mustards (any kind but honey style)
- Fresh herbs
- Veggies:  
cucumbers, tomatoes, radishes  
bell peppers, chile peppers, roasted  
red peppers, dill pickles
- Greens:  
lettuce, baby greens, spinach, arugula, radicchio, watercress
- Zests:  
Lemon, orange, lime  
Prepared horseradish

## **Ordering at SUBWAY®**

- Subway deli meat is portioned in 2 oz servings.
- For your [k5] sandwich ask for triple meat.
- For your [k5] sandwich avoid the mayo, oil, and cheese.
- Feel free to include all the [k0] veggies and condiments you'd like.
- Include mustards too, but stay clear of those that are "honey" style.

## SUBWAY® Sandwich Guidelines

SALADS	CARBOHYDRATE	PROTEIN	FAT	Calories
[k2] Roast Beef	13 grams	13 grams	3.5 grams	130
[k2] Turkey Breast	4 grams	12 grams	2.5 grams	130
[k2] Turkey & Ham	15 grams	14 grams	3 grams	130

### SANDWICHES

[k5] 6" Oven Roasted Chicken Breast ADD: 4 oz turkey breast	51 grams	42 grams	7 grams	430
[k5] 6" Ham ADD: 4 oz ham or order triple meat	50 grams	36 grams	9 grams	410
[k5] 6" Roast Beef ADD: 4 oz roast beef or order triple meat	47 grams	39 grams	9 grams	430
[k3] 6" Carb Concious Turkey Wrap ADD: 1 tablespoon fat free sweet onion sauce	27 grams	24 grams	6 grams	230

## Deli Guidelines

### [k4] Sandwich

CARBOHYDRATES	PROTEIN	FAT
2 slices of bread	4 ounces of deli sliced meat	1 ounce reduced fat cheese
Breads to choose from: Whole wheat, multi-grain, white, rye, pumpernickel, small roll or ciabatta, 6-inch tortilla or pita bread (whole wheat, white, or plain)	Meat includes: turkey, smoked turkey, ham, roast beef, skinless chicken breast  Look for American Heart Association "heart smart choices"	(usually 1 pre-sliced piece)  Reduced fat cheeses include: Mozzarella, Monterey Jack, cheddar, Swiss, provolone, Jarlsberg

#### Note:

Kinetix Nutrition Information on menu items was determined by using manufacturer's information and ESHA Research database analysis. Information is based on standard product formulations, however slight variations may occur due to season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly. Customer requests for ingredient variations from standard product formulations will also result in different nutritional values.

## Salad Bar Guidelines

	CARBOHYDRATE	PROTEIN	FAT	Calories
[k2] Snack Salad	15 g 1/4 cup grated carrots 1/4 cup green peas 2 cups romaine lettuce chopped	19 g 1/2 cup 1% cottage cheese	4g 1 tablespoon shredded cheddar cheese	171
[k3] Starter Salad	28 g 2 oz high carb veggies 1 small whole grain roll, crackers 1 slice of bread	24 g 3oz Deli meat	5 g 1 1/2 Tablespoons low fat dressing And 1 teaspoon of nuts or seeds	259
[k4] Chicken Caesar	31 g 10 regular croutons 3 cups romaine lettuce chopped 1 small 2-inch dinner roll 3 tablespoons fat free Caesar dressing	34g 3 oz skinless chicken breast	10 g 1 tablespoon parmesan cheese	346
[k4] Chicken Apple	35 g 1 medium apple 3 cups romaine lettuce 1 tablespoon dried cranberries 3 tablespoons fat free dressing	44 g 4 oz skinless chicken breast	10g 1 teaspoon chopped walnuts 1 oz reduced fat feta	395
	CARBOHYDRATE	PROTEIN	FAT	Calories
[k4] Basic Salad	34 g 4 oz high carb veggies (below) 1 oz roll, slice of bread, crackers	31 g 4 oz deli meat (below)	6 g 2 1/2 tablespoons low fat dressing And 1 teaspoon of nuts or seeds	323
[k5] Cobb Salad	38 g 1/4 cup chopped tomatoes 1/2 cup chopped cucumber 3 cups romaine lettuce 1 small 2-inch dinner roll 1 tablespoon dried cranberries 2 tablespoons grated carrots	44 g 2 oz deli ham, chopped 2 oz skinless chicken breast chopped 3 egg whites, hard-boiled & chopped	9 g 1/2 tablespoon blue cheese crumbled 3 tablespoons low fat blue cheese dressing	413
[k5] Salad Niçoise	52 g 1/4 cup red new potatoes cooked 1 tablespoon green onion chopped 1/4 cup chopped tomatoes 2 cups romaine lettuce chopped 1/4 cup cooked green beans 1 small 2-inch dinner roll 3 tablespoons fat free dressing	41 g 4 oz canned tuna, in water, drained 3 egg whites, hard boiled	10 g 3 pitted calamata onions	466
[k5] Big Salad	48 g 4 oz high carb veggies (below) 2 oz roll or crackers, 2 slices bread	47 g 6 oz deli meat	8 g 2 1/2 tablespoons low fat dressing And 1 teaspoon of nuts or seeds	467