

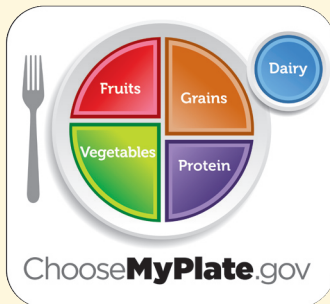


Gundersen Lutheran Nutrition Therapy

A variety of services and resources to meet your nutritional needs are also available at our Gundersen Lutheran La Crosse, Onalaska and regional locations. For more information, call (608) 775-3447 or (800) 362-9567, ext. 53774 or visit gundluth.org/nutrition.

MyPlate

Your food and physical activity choices each day affect your health – how you feel today, tomorrow, and in the future. Choose a change you can make today and move toward a healthier you.



MyPlate Tips

- Balance calories
- Enjoy your food, but eat less
- Avoid oversized portions
- Make half your plate fruit and vegetables
- Switch to fat-free or low-fat (1%) milk
- Make at least half your grains whole grains
- Compare sodium in foods like soup, bread and frozen meals and choose foods with lower numbers
- Drink water instead of sugary drinks

To learn more about the USDA "MyPlate", visit ChooseMyPlate.gov

Gundersen Health System
1900 South Avenue, La Crosse, WI 54601

Pizza King

Healthy eating choices at



2929 South Avenue
La Crosse, WI 54601
(608)788-1975
pizzakinglacrosse.com





The 500 Club is a healthy program coordinated by Gundersen Lutheran registered dietitians and recommended by physicians. Selections are controlled in fat and calories and contribute to a healthy eating pattern. For more information go to 500-club.org or call (608) 775-3447

About Pizza King

Pizza King of La Crosse has been around for over 35 years. Offering a top quality, fresh made product at a reasonable price has always been the standard at Pizza King. Originally offering only pizzas to be baked at home, over the years the menu has been expanded to include pizzas, subs, gyros, salads, wings and more. Store hours are 10 a.m.-10 p.m. daily.

Pizza (8", with half the amount of cheese)

Garden Pizza

426 Calories, 16g Fat,
48g Carbohydrate, 33% Fat

Perfect Pineapple Pizza

477 Calories, 16g Fat,
52g Carbohydrate, 31% Fat

Annie's Gourmet Vegetarian

411 Calories, 14g Fat,
47g Carbohydrate, 30% Fat

500 Club Selections: Nutritional Facts

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Sandwiches (6")

*no condiments included in analysis

Ham and Swiss on Pita, White, or Wheat Bread

375 Calories, 13g Fat, 30-40g Carbohydrate

Ray's Roast Beef and Mozzarella on Pita, White, or Wheat Bread

361 Calories, 11g Fat, 31-39g Carbohydrate

Roast Beef, Canadian Bacon, Swiss on White, or Wheat Bread

419 Calories, 15 g Fat, 42g Carbohydrates

Roast Beef, Ham, Turkey, Swiss on Pita, White, or Wheat Bread

372 Calories, 11.5g Fat, 39-49g Carbohydrates

Turkey and Swiss on Pita, White, or Wheat Bread

370 Calories, 10g Fat, 40-50g Carbohydrates

Leo's Garden Sub on White, or Wheat Bread

360 Calories, 14g Fat, 42g Carbohydrates

Salads

Grilled Chicken and Swiss Salad with Fat-Free Ranch

250 Calories, 9 g Fat,
15.3 g Carbohydrate, 32% Fat