

### Why are convenience foods good?

The good thing about convenience foods is that they can be incorporated into your diet and can be helpful in weight loss. Convenience foods are prepackaged which means they all have a nutrition facts label. This is beneficial because you can determine how many servings of carbohydrates, protein, and fat that the dish contains.

### What should I watch out for?

It is important to look at the food label when choosing which foods would fit best in your diet. Some convenience foods are already pre-portioned, but others contain many servings in the package. When reading the nutrition facts, you should pay close attention to the carbohydrate, fat, and sodium content. If you have any questions regarding how to read a food label please feel free to consult your nutritionist or healthcare provider.

### Healthy Options

#### Soups

##### Campbell's Healthy Request

- Chicken with Egg Noodles: (1 cup) 1 carb, 1 oz meat
- Italian-Style Wedding Soup: (1 cup) 1 carb, 1 oz meat
- Mexican Style Chicken Tortilla Soup: (1 cup) 1 carb, 1 veg, 1 oz meat
- Savory Chicken & Long Grain Rice Soup: (1 cup) 1 carb, 1 veg, 1 oz meat
- Chicken Noodle Soup: (1 cup) 1 carb, 1 oz meat
- Grilled Chicken & Sausage Gumbo: (1 cup) 1 carb, 1 veg, 1 oz meat

##### Progresso

- Healthy Favorites 50% Less Sodium, Chicken Noodle: (1 cup) 1 carb, 1 oz meat
- Healthy Favorites Italian-Style Wedding Soup: (1 cup) 1 carb, 1 oz meat
- Healthy Favorites 45% Less Sodium Chicken & Wild Rice: (1 cup) 1 carb, 1 oz meat

##### Healthy Choice

- Chicken & Dumplings Soup: (1 cup) 1.5 carb, 1 oz meat
- Split Pea & Ham Soup: (1 cup) 1.5 carb, 1 oz meat
- New England Clam Chowder: (1 cup) 1 carb, 1 oz meat

#### Sandwiches/Wraps

##### South Beach

- Hot Sandwich Melts - Oven Roasted Ham & Swiss: 2 carbs, 1 veg, 3 oz meat
- Wrap Kit – Sesame Chicken: 2 carbs, 3 oz meat
- Wrap Kit – Turkey and Bacon Club: 2 carbs, 3.5 oz meat
- Wrap Kit – Grilled Chicken Caesar: 2 carbs, 3.5 oz meat
- Wrap Kit – Southwestern-Style Chicken: 2 carbs, 3.5 oz meat
- Wrap Kit – Deli Ham and Turkey: 2 carbs, 3 oz meat

##### Lean Cuisine

- Chicken Ranch Club Flatbread Melts: 3.5 carbs, 3 oz meat
- Chophouse Steak Flatbread Melts: 3.5 carbs, 3 oz meat
- Pesto Chicken Flatbread Melts: 3.5 carbs, 3 oz meat
- Chicken Philly Flatbread Melts: 3.5 carbs, 3 oz meat
- Chicken Tuscan Panini: 3.5 carbs, 3 oz meat
- Chicken, Spinach & Mushrooms Panini: 3.5 carbs, 3 oz meat
- Philly-Style Steak & Cheese Panini: 3.5 carbs, 3 oz meat
- Southwest-Style Chicken Panini: 3.5 carbs, 3 oz meat
- Steak, Cheddar & Mushroom Panini: 3.5 carbs, 3 oz meat
- Chicken Club Panini: 3.5 carbs, 3 oz meat



#### Breakfast Foods

##### South Beach Breakfast Wraps

- Vegetable Medley 2 CT (1 wrap): 2 carbs, 2 oz meat
- Southwestern-Style: 2 carbs, 2 oz meat
- All American 2 CT: 2 carbs, 2.5 oz meat
- Denver-Style: 2 carbs, 2.5 oz meat

##### Boca Burger Vegetarian Breakfast Wrap

- Original (1 wrap): 2 carbs, 2 oz meat
- Southwestern (1 wrap): 1.5 carbs, 2 oz meat

#### Pizza

##### Kashi Thin Crust (1/3 of pizza)

- Mexicali Black Bean: 2 carbs, 2 oz meat
- Mushroom Trio & Spinach: 2 carbs, 2 oz meat
- Roasted Vegetable: 2 carbs, 2 oz meat
- Tomato Cheese Garlic: 2 carbs, 2 oz meat

##### South Beach Living Pizzas

- Pepperoni with Harvest Wheat Crust: 2 carbs, 1 veg, and 3.5 oz meat
- Deluxe with Harvest Wheat Crust: 2 carbs, 1 veg, and 3.5 oz meat
- Four Cheese with Harvest Wheat Crust: 2 carbs, 1 veg, and 3.5 oz meat