

## Health Tips

### Why can frozen entrees be beneficial?

Incorporating frozen entrees into your diet can be beneficial for many reasons. The entrees are pre-portioned, which means there is no need to guess on serving sizes. The nutrition facts are right on the box, so you know exactly what and how much you are eating. Frozen entrees are also very convenient; they do not take a lot of time to prepare or cook. They are perfect for individuals who prefer not to cook or with limited time to make a homemade meal. For an even better option, try one of Dr. Rogers Ready-To-Go Meals, they are made fresh locally, do not contain preservatives or artificial ingredients, and are suitable for all of our weight loss programs

### Look out for sodium!

One thing to watch with frozen entrees is that most of them are high in sodium. American Heart Association recommends that you consume less than 2,300 mg of sodium per day.



### 6 best brand selections

- Healthy Choice®
- Lean Cuisine®
- South Beach®
- Smart Ones®
- Kashi®
- Dr. Rogers Ready-To-Go Meals

### How do I know which ones to eat?

**When choosing which frozen entree is best for your diet, there are a few things you need to consider.**

- First, you need to know how many carbohydrate servings you have left for that day. Depending on the number you have left, you can choose the appropriate entrée.
- Second you need to determine how many ounces of protein the entrée contains to keep an accurate count for your overall daily consumption.
- Then, you need to check the grams of fat to see how many fat servings the entrée will count as.
- Finally, you need to determine the amount of vegetables in the dish. Although the label will not tell you the exact amount of vegetables that are included in the frozen meal, you can estimate since you know that one serving equals ½ cup cooked or 5 grams of carbohydrate.

**If you have any questions regarding how to read a food label please feel free to consult your nutritionist or healthcare provider.**

### Entrees with 2 Carbohydrate Servings

The following contain 2 carbohydrate servings in addition to the meat and vegetables listed:

#### Healthy Choice

- Chicken & Rice Cheddar Bake: 2oz meat, 2 carbs
- Glazed Turkey & Sweet Potatoes: 2oz meat, 1 veg, 2 carbs
- Roast Turkey Breast & Mashed Potatoes: 2oz meat, 2 carbs

#### Smart Ones

- Salisbury Steak: 2.5oz meat, 2 carbs, ½ fat

#### Lean Cuisine

- Hunan Stir Fry with Beef: 1 veg, 2oz meat, 2 carbs
- Chicken Pecan: 2.5oz meat, 2 carbs
- Canadian Bacon English Muffin: 2oz meat, 2 carbs
- Chicken Carbonara: 2.5oz meat, 2 carbs

#### South Beach

- Santa Fe Style Rice and Beans: 1 veg, 3oz meat, 2 carbs

#### Kashi

- Chicken Florentine: 2 carbs, 3oz meat
- Chicken Pasta Pomodoro: 1 veg, 2.5oz meat, 2 carbs
- Lemongrass Coconut Chicken: 1 veg, 2.5oz meat, 2 carbs
- Lime Cilantro Shrimp: 1 veg, 2oz meat, 2 carbs
- Southwest Style Chicken: 1 veg, 2oz meat, 2 carbs

### Entrees with 1 Carbohydrate Serving

The following contain 1 carbohydrate serving in addition to the meat and vegetables listed:

#### Healthy Choice

- Roasted Chicken & Potatoes: 2oz meat, 1 veg, 1 carb

#### Lean Cuisine

- Roasted Turkey Breast: 2oz meat, 1 veg, 1 carb
- Herb Roasted Chicken: 2oz meat, 1 veg, 1 carb
- Garlic Beef and Broccoli: 2oz meat
- Beef Pot Roast: 1.5oz meat, 1 veg, 1 free food, 1 carb

#### Smart Ones

- Homestyle Beef Pot Roast: 2oz meat, 1 veg, 1 carb
- Southwest Style Vegetable Soup: 1oz meat, 1 carb
- Salisbury Steak (9.0 oz.): 3oz meat
- Slow Roasted Turkey Breast: 2oz meat, 1 carb
- Roasted Chicken with Sour Cream & Chive Mashed - Potatoes: 1 veg, 2oz meat
- Southwest Style Vegetable Soup: 1oz meat, 1 carb

### Entrees with 0 Carbohydrate Servings

The following contain 0 carbohydrate servings in addition to the meat and vegetables listed:

#### Lean Cuisine

- Roasted Garlic Chicken: 2 veg, 3oz meat, 0 carb
- Three Cheese Chicken: 2 veg, 3oz meat, 0 carb
- Steak Tips Portobello: 2oz meat, 2 veg, 2 free foods, 0 carb

#### Oscar Meyer

- P3- Roasted Turkey Breast: 2oz meat, 1 fat, 1 free food, 0 carb

#### Smart Ones

- Chicken Marsala w/ Broccoli: 2 veg, 3oz meat, 0 carb
- Turkey Med. w/ Mushroom Gravy: 2 veg, 2.5oz meat, 0 carb
- Fire Roasted Vegetable Soup: 2 veg, 1 free food, 0 carb

#### Dr. Rogers Ready-To-Go Meals

- All entree varieties (meat & veg servings vary)



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2815 N. Loop 1604 E., Ste. 105, San Antonio, Texas 78232