



# HEALTHY OPTIONS AT PANDA EXPRESS

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After watching all those television shows with actors eating Chinese food at home from the traditional take-out containers, sometimes we like to imitate that in our homes every now and then. However, not all the options are considered healthy when dining out at Panda Express. There are some points people should keep in mind before choosing their dish-up options. The main principles are:

1. Portion sizing
2. The way the food is prepared
3. How balanced is the overall plate

Specifically, you may want food that is not overly fried or drowned in thick sauces. You may also want to be conscious if you're getting adequate protein, vegetable and carbohydrate sources as part of a balanced meal. The main point is to not overstuff your plate and be mindful when chowing down on this scrumptious meal!

## HEALTHY DISH OPTIONS

### Broccoli Beef

This is a great option for meat and veggie lovers. With a mix of dark greens and loaded protein, it provides a richer choice compared to other beef options listed on the menu. The broccoli beef has the lowest amount of saturated fat, at 1.5 g, and pretty low sodium at 520mg. Additionally, broccoli beef is low in calories, yet provides satiety with 9g of protein.



### String Bean Chicken

This option of lean protein and crunchy beans is a great option for those who want a flavorful kick. It provides 14g of protein, 9g of total fat and 4g of fiber. Having both high fiber and protein will provide sustained energy that last you throughout your day. Additionally, the string bean chicken is the lowest calorie chicken option at 190 cal.



### **Eggplant Tofu**

This option is great for all the veggie lovers out there. At 340 calories, 7g of protein and 0mg of cholesterol, this option is one of the vegetarian options that Panda Express offers. The taste combines sweet and spicy flavors that roll around in your mouth. The crisp bites of eggplant paired with the soft notes of tofu are perfect if you want to get your protein sources from non-meat options.



### **Mushroom Chicken**

Looking for a dish that isn't fried? You can't go wrong with the Mushroom Chicken. It provides healthy lean protein at 12g. The dish has only 220 low calories and only 11g of carbohydrates. On top of that, the chicken is accompanied by fresh vegetables that include zucchini and mushrooms with a light ginger soy sauce for flavor. When paired with warm brown rice and some mixed vegetables, its irresistible!



## ADDITIONAL TIPS

1. Add a side of mixed vegetables (super greens):
  - A great low-calorie source that is loaded with fiber, vitamins and minerals.
2. Substitute Chow Mein and Fried Rice with Brown Rice:
  - Brown rice contains extra nutrients, fiber and protein.
  - It will keep you fuller longer and give you added benefits.
3. Ask for sauces on the side:
  - Grilled Teriyaki Chicken with the sauce in a side container.
4. You DO NOT have to get a plate:
  - Simply request side dishes.
  - It is not mandatory you get 3-4 items. If you do not have a large appetite or are trying to reduce calories, ask for 1-2 side dish items.
5. Look for items that say “grilled or sautéed”:
  - Crispy or crunchy imply that items are high in saturated fat and cholesterol.

