



Ticket to Healthy Living

Texas Children's Health Plan presents/presenta...

Get a grip on portions/Pon Atención a las porciones

1/2 cup fruit or vegetable 1/2 taza fruta or vegetal	Fits in the palm of your hand; broccoli the size of a light bulb Cabe en la palma de su mano; brócoli el tamaño de una bombilla
1 cup cereal 1 taza de cereal	About the size of a woman's fist; cereal that is 1/2 a standard cereal bowl El tamaño del puñode de la mano de una mujer; cereal que es el 1/2 tazón de fuente de cereal estándar
1 ounce cheese 1 onza de queso	About the size of four stacked dice El tamaño de quatro dados
1 teaspoon butter or peanut butter 1 cucharaditade mantequilla o mantequilla de maní	About the size of the top half of your thumb El tamaño de la mitad del dedo gordo
1 ounce nuts 1 onza de nueces	Fits in the palm of y our hand Cabe en la palma de su mano
2 ounces meat 2 onzas de carne	Small chicken leg; 1/2 cup cottage cheese or tuna Pierna de pollo pequeña; 1/2 taza de queso de naterón o atún
3 ounces meat 3 onzas de carne	About the size of a deck of cards or a cassette tape El tamaño de cartas de jugar o un cassette
1 medium apple or orange 1 manzana o naranja mediana	About the size of a tennis ball El tamaño de una pelota de tenis
1 small banana 1 plátano pequeño	The size of an eyeglass case El tamaño de un estuche de gafas
Bagel Rosca de pan	The size of a hockey puck El tamaño de una bola de hockey
Muffin Panecillo	Fits in the palm of your hand Cabe en la palma de su mano

Texas Children's Health Plan is your family's ticket to health care.

Texas Children's Health Plan es su boleto para la atención médica de su familia.





Ticket to Healthy Living

Texas Children's Health Plan presents/presenta...

Make healthier choices when dining out/
Haga las elecciones más sanas al cenar fuera

Arby's	Light Roast Turkey Deluxe 260 calories/calorias, 5g fat/grasa	Light Roast Chicken Deluxe 260 calories/calorias, 5g fat/grasa
Burger King	Regular Hamburger 320 calories/calorias, 14g fat/grasa	Whopper Jr. without mayo 330 calories/calorias, 14g fat/grasa
Chick-Fil-A	Chargrilled Chicken Sandwich 280 calories/calorias, 3g fat/grasa	Chicken Salad Sandwich 320 calories/calorias, 5g fat/grasa
Church's Chicken	Fried Chicken Leg 250 calories/calorias, 3g fat/grasa	Fried Chicken Breast 200 calories/calorias, 5g fat/grasa
Domino's Pizza	Large Hand-tossed Cheese Pizza 258 calories/calorias, 8g fat/grasa (per slice/por rebanada)	Large Hand-tossed Ham and Pineapple Pizza 277 calories/calorias, 8g fat/grasa (per slice/por rebanada)
Jack in the Box	Regular Hamburger 250 calories/calorias, 9g fat/grasa	Chicken Fajita Pita 280 calories/calorias, 9g fat/grasa
KFC	Tender Roast Sandwich 250 calories/calorias, 9g fat/grasa (without skin/sin la piel)	Original Recipe Drumstick 140 calories/calorias, 10g fat/grasa
Long John Silver's	Junior Battered Fish 120 calories/calorias, 8g fat/grasa (per piece/por pedazo)	Country-style Breaded Fish 200 calories/calorias, 10g fat/grasa (per piece/por pedazo)
McDonald's	Grilled Chicken Deluxe 300 calories/calorias, 5g fat/grasa (without mayonnaise/sin mayonesa)	Regular Hamburger 280 calories/calorias, 10g fat/grasa
Pizza Hut	Medium Thin 'N Crispy Ham Pizza 170 calories/calorias, 7g fat/grasa (per slice/por rebanada)	Medium Thin 'N Crispy Veggie Lover's Pizza 190 calories/calorias, 7g fat/grasa (per slice/por rebanada)
Subway	6-inch Veggie Delite 200 calories/calorias, 3g fat/grasa	6-inch Turkey Breast 254 calories/calorias, 4g fat/grasa
Taco Bell	Chicken Soft Taco 190 calories/calorias, 7g fat/grasa	Beef Soft Taco 210 calories/calorias, 10g fat/grasa
Wendy's	Grilled Chicken Sandwich 300 calories/calorias, 8g fat/grasa	Large Bowl of Chili 310 calories/calorias, 10g fat/grasa per 12-ounce serving/por la porción 12 onzas

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