

let's LIVE well } with Advocate Aurora Health's healthy food menu

Jamming out to your favorite bands can really make you work up an appetite. Feed your hunger the healthy way with these good-for-you options, handpicked by an Aurora nutritionist. Tips for making healthy choices:

- 1** Avoid anything deep-fried, highly processed or high in added sugars.
- 2** Share! Splitting a treat with a friend is a great way to enjoy your fave fare without overdoing it.
- 3** Remember moderation. Gotta have ice cream? Go for it. But keep your calories in check by getting one scoop (not three).

Rock some healthy options

Easily find food vendor locations, this menu and gluten-free and vegetarian options on the Summerfest app or summerfest.com.

BelAir Cantina: Spicy Pollo Tacos, Carne Asada Tacos, Black Bean & Corn Tacos, BelAir House Salsa, Side of Pico de Gallo, Guacamole

Botanas: Tacos

Catalano Corn: Roasted Corn on the Cob

Charcoal Grill & Rotisserie: BBQ Pulled Pork, Rotisserie Chicken, Wisconsin Harvest Salad

Chubby's Cheesesteaks: Veggie Philly

Cousins Subs: Assorted Sub Sandwiches

Fazio's Gourmet Popcorn: Fresh Popped Plain Popcorn

Fuel Cafe: Vegan Sloppy Joe

Greek Village: Shish-Ke-Bob, Chicken Pita Sandwich, Greek Salad

Hawaiian Shaved Ice: Hot Fruit Tea

Pitch's/Miss Katie's Diner: ½ Grilled BBQ Chicken (without fries)

Pizza Man: Shaved Brussel Sprouts Salad

Robby's Roasted Corn: Roasted Corn on the Cob

Saz's (Miller Lite Oasis): BBQ Pork & BBQ Chicken Sandwiches

Saz's (BMO): BBQ Pork Sandwich

Ultimate Confections: Chocolate-Covered Strawberries

Ward's House of Prime: Impossible Burger

Ward's Burger Express: Impossible Burger



Find more ways to stay healthy on our blog at ahhealthnews.com

