

# 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](http://summerfest.com).

**Botanas:** Assorted Tacos

**Catalano's Corn:** Roasted Corn on the Cob

**Catalano's Produce:** Fresh Fruit Bowls, Raw Vegetables with Dip

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

**Chubby's Cheesesteaks:** Veggie Philly

**Cousins Subs:** Assorted Sub Sandwiches

**El Hefe Mexican Grill:** Assorted Tacos and Bowls, Pollo Asado

**Fazio's Gourmet Popcorn:** Fresh Popped Plain Popcorn

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

**Hawaiian Shaved Ice:** Hot Fruit Tea

**Island Noodles:** Island Noodles, Island Noodles with Teriyaki Chicken, Island Slaw, Island Smoothie

**La Masa Empanada Bar:** Pineapple Goat Cheese Salad, Assorted Oven-Baked Empanadas

**Pizza Man:** Shaved Brussels Sprouts Salad

**Robby's Roasted Corn:** Roasted Corn on the Cob

**Saz's (BMO):** BBQ Pork and BBQ Chicken Sandwiches, Hickory Smoked Turkey Breast Wrap

**Saz's Express (Ethnic Village):** Hickory Smoked Turkey Breast Wrap

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

**Toro Tacos and Bowls:** Cauliflower Taco, Beef Bulgogi Taco

**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 [ahchealthenews.com](http://ahchealthenews.com)

