

Make Some New Habits

HEALTHIER OPTIONS AT TIM HORTONS

Tim Hortons is a Canadian icon – and we all stop there once in a while, eh? But before you decide on what to eat, check the healthier options that are outline below. Those with very high salt are noted. If you choose one of those options, it is even more important to choose water over coffee in order to avoid dehydration.

<i>Tim Hortons.</i>	Calories	Total Fat (g)	Saturated Fat (g)	Sugar (g)	Protein (g)	Sodium (mg)	Carbs (g)	Fibre (g)	
English Muffin with Egg and Cheese	220	5	5	2	13	500	29	1	
Cream of Broccoli Soup	150	1.5	0.5	2	5	710	21	1	
Harvest Vegetable Soup	80	0.4	0.1	3	4	590	14	2	
Oatmeal Plain (small)	160	2.5	0.5	4	5	220	32	4	
Everything Bagel	310	4	0.5	4	11	400	59	3	
Greek Salad (with dressing)	190	15	3.5	5	5	540	12	2	
Garden Vegetable Sandwich	400	12	6	5	15	640	57	6	



This symbol indicates it is high sodium (i.e. ≥ 400 mg of sodium)