



Restaurant Reviews

inside scoop about Healthy Dining restaurants



Nutritionistas' Picks at Rising Roll Gourmet

1/8/2014 11:39:42 AM

Are you ready to take your sandwich experience to the next level? You won't want to miss out on [Rising Roll Gourmet](#). This unique deli, located in FL, GA and TX, serves gourmet flavor fast whether it's breakfast on the run or a tasty and easy meal on your lunch break. Most of the choices you'll find at your local Rising Roll Gourmet are made fresh daily from tried and true recipes.

Rising Roll Gourmet is proud to have been ZAGAT rated excellent in food quality for 14 consecutive years. They have been featured in USA Today as "one of the best places for a sandwich. Our nutritionista dietitians recommend several menu choices the next time you stop by Rising Roll Gourmet. Here are just a few:

Peach Praline Oatmeal – Small (330 calories, 6 g fat, 85 mg sodium)

How's this for rise-and-shine breakfast choice? Hearty, whole grain oatmeal is combined with sweet peaches, crunchy pecans, and a touch of brown sugar. The fiber and healthy fats in the meal will help keep you satisfied throughout the morning and are a good ally for weight loss.

Veggie Stuffer - Small (350 calories, 18 g fat, 630 mg sodium)

Many of us are trying to add more fruits and veggies to our diet to meet [MyPlate recommendations](#), and so why not start at breakfast? These freshly scrambled eggs are topped with cheddar cheese, green onions and diced vine-ripe tomatoes then wrapped in a soft tortilla.

Ranchero Wrap (630 calories, 23 g fat)

Lunch is calling. This wrap includes marinated fresh grilled chicken breast, tomato, lettuce, black olives, and ranch dressing in a sun-dried tomato tortilla with a side of salsa. With plenty of protein plus veggies, you'll feel energetic and ready to take on the afternoon without the help of the vending machine.

Turkey & Pear Sandwich (600 calories, 21 g fat)

If you like a little mix of salty and sweet, this is the sandwich for you. Oven roasted turkey breast is paired with sliced fresh pear, crumbled goat cheese and sweet red chili sauce. Turkey is an easy lean protein choice that can help keep cravings at bay, especially if weight loss or maintenance is one of your health goals.

Find all of Rising Roll Gourmet's dietitian-approved Healthy Dining menu choices on their [featured page here](#).

Not near a Rising Roll Gourmet? Find the best choices at restaurants near you using the new mobile [HealthyDiningFinder.com](#).

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**Nicole Ring,
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**Director of
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You may think that as a dietitian, I can't possibly love food

the way you do... think again! I not only love nutrition and how the right foods can be a powerful ally in health, but I also have a passion for cooking, baking and food photography. And one of my favorite things to do is enjoy a tasty creation at a local restaurant with family and friends. My personal experience with food and nutrition over the years has proven to me just how much good food can affect health for the better, and I look forward to sharing that passion for food, flavors and nutrition with you. [Read More](#)

[Click Here](#) to find Kids LiveWell-Approved Menu Choices

