

HEALTHFUL HINTS



Exercise Your Tastebuds.

These delicious sandwiches have 8 grams of fat or less.*

- Turkey Bacon Club
- Toasted Chicken Club
- Ham & Swiss with honey mustard**



Start With A Warm Up.

These homestyle soups have 3 grams of fat or less:

- Chicken Noodle
- Hearty Vegetable
- Minestrone
- Turkey & Wild Rice
- Chicken Vegetable Rice
- Vegetable Beef Barley
- Split Pea



Think Berry Good Thoughts.

Our Yogurt & Berries has 2.5 grams of fat or less.***

- A delicious mix of low fat yogurt with strawberries, blueberries, blackberries and raspberries.
- Available with creamy vanilla or strawberry yogurt.
- A source of calcium.



Take Time to Chill.

A small (10 oz) Iced Capp made with 2% milk contains only 1.5 grams of fat.

- Try it with one of our flavours, such as Butter Caramel or French Vanilla.

MORE HINTS

- Try your coffee with 2% milk instead of cream.
- Consider our apple or orange juice – each contains 1 full cup of fruit.†
- Our bran muffins, chili and whole wheat buns are all sources of fibre.
- Try our light cream cheese on your bagel.
- Each of our low fat muffins contain 3 grams of fat or less.

A balanced lifestyle includes staying active and making healthy eating choices. To find out more about ingredients or nutritional information, please visit our interactive Nutrition Calculator at timhortons.com.

*All nutritional information is based on regular sized sandwiches and standard ingredient servings.

Substitute Honey Mustard for standard dressing. *Based on a 170g serving.

†According to the USDA's Dietary Guidelines for Americans 2005.

