

EXHIBIT O



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El Pollo Loco



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Healthy Dining Choices at El Pollo Loco

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El Pollo Loco offers a fresh, wholesome alternative to traditional fast food with real food you can feel good eating. Our fresh, natural chicken is marinated in a special blend of herbs, spices and citrus juices and then flame-grilled right before your eyes for flavor you won't find anywhere else. We serve our chicken with warm tortillas, fresh salsas and a wide variety of healthful sides, from fresh vegetables and garden salad to our famous pinto beans and Spanish rice. In addition to our chicken meals, we offer signature entrees such as our Original Pollo Bowl® and Chicken Tortilla Soup that enable you to satisfy your appetite without sacrificing great taste. Treat yourself to the delicious taste of El Pollo Loco, any way you like it. Nutrition information provided by El Pollo Loco

To find out why these menu items were selected, please see [Nutrition Criteria](#). Nutrition values represent approximations only. Also, please see legend to right.

Fresh Vegetables (with margarine)

60 calories 3 g fat 0 g saturated fat 1 cup fruit/veggies 2 g protein 3 g fiber 8 g carbs
65 mg sodium 0 mg cholesterol 3 g sugar

House Salsa (1.5 oz)

10 calories 0 g fat 0 g saturated fat 0 cup fruit/veggies 0 g protein 0 g fiber 2 g carbs
160 mg sodium 0 mg cholesterol 1 g sugar

Pico de Gallo Salsa (1.5 oz)

15 calories 1 g fat 0 g saturated fat 0 cup fruit/veggies 0 g protein 0 g fiber 2 g carbs
170 mg sodium 0 mg cholesterol 1 g sugar

Flame Grilled Corn - Large (Serves 4)

Side dish serves 4 people; *"analysis for 1 serving."* *Remember to request no added salt.
80 calories 3.5 g fat 0.5 g saturated fat 0.5 cup fruit/veggies 2 g protein 2 g fiber 12 g carbs
200 mg sodium 0 mg cholesterol 2 g sugar

Grilled Chicken Salad (no dressing)

El Pollo Loco

Sodium Savvy Choices

Kids LiveWell Choices

Visit Restaurant Website

Legend

N/A = data not available.

 Sodium Savvy

Special Requests you must order according to the Special Request instructions to obtain the nutrition values listed here.



Romaine and iceberg lettuce blend, chopped boneless chicken breast, pico de gallo salsa, multi-color tortilla strips, corn pablano mix, cotija cheese, cilantro. *Remember to request no added salt.

230 calories 7 g fat 2 g saturated fat N/A fruit/veggies 25 g protein 3 g fiber 18 g carbs
520 mg sodium 75 mg cholesterol 4 g sugar

Flame-Grilled Skinless Chicken Breast

Sodium Savvy Tip: Pair with Fresh Vegetables or Corn Cobette to complete your Sodium Savvy meal. *Remember to request no added salt.

180 calories 3.5 g fat 1 g saturated fat 0 cup fruit/veggies 35 g protein 0 g fiber 0 g carbs
560 mg sodium 110 mg cholesterol 0 g sugar

Taco al Carbon

Corn tortilla filled with chicken, onions and cilantro. Sodium Savvy Tip: Pair with Pinto Beans, Fresh Vegetables, Small Garden Salad, or Corn Cobette to complete your Sodium Savvy meal. *Remember to request no added salt.

150 calories 5 g fat 1.5 g saturated fat N/A fruit/veggies 11 g protein 1 g fiber 17 g carbs
290 mg sodium 40 mg cholesterol 0 g sugar

Fresh Vegetables without Margarine

*Remember to request no added salt.

35 calories 0 g fat 0 g saturated fat 1 cup fruit/veggies 2 g protein 3 g fiber 8 g carbs
35 mg sodium 0 mg cholesterol 3 g sugar

Loco Side Salad without Dressing

Romaine and iceberg lettuce blend, multi-color tortilla strips, cotija cheese, cilantro. *Remember to request no added salt.

60 calories 3 g fat 1 g saturated fat 1 cup fruit/veggies 2 g protein 2 g fiber 7 g carbs
65 mg sodium 5 mg cholesterol 2 g sugar

Corn Cobbette (2 pieces)

*Remember to request no added salt.

250 calories 6 g fat 2 g saturated fat 1 cup fruit/veggies 6 g protein 10 g fiber 42 g carbs
50 mg sodium 0 mg cholesterol 19 g sugar

The Original Pollo Bowl®

Flame-Grilled boneless skinless chicken breast with pinto beans, Spanish rice, pico de gallo, onion and cilantro.

610 calories 10 g fat 2 g saturated fat 1 cup fruit/veggies 40 g protein 11 g fiber 87 g carbs
1750 mg sodium 70 mg cholesterol 3 g sugar

BRC Burrito

Pinto beans, Spanish rice and cheese in a flour tortilla.

430 calories 12 g fat 5 g saturated fat 0.5 cup fruit/veggies 15 g protein 5 g fiber 34 g carbs
1030 mg sodium 15 mg cholesterol 0 g sugar

Skinless Breast Meal (no tortilla strips on salad)

Flame-Grilled skinless chicken breast with fresh vegetables, garden salad & house salsa.

270 calories 8 g fat 2 g saturated fat 2.5 cups fruit/veggies 39 g protein 4 g fiber 11 g carbs
690 mg sodium 110 mg cholesterol 4 g sugar

Chicken Tostada Salad (no dressing, no shell)

Iceberg lettuce, chopped boneless chicken breast, pinto beans, Spanish rice, pico de gallo salsa, sour cream, Jack/cheddar cheese.

430 calories 13 g fat 6 g saturated fat N/A fruit/veggies 34 g protein 5 g fiber 42 g carbs
1140 mg sodium 100 mg cholesterol 4 g sugar

Regular Chicken Tortilla Soup (Served with Tortilla Strips)

Made fresh with plenty of flame-grilled chicken, carrots, celery, Cotija cheese, cilantro and tortilla strips.

210 calories 9 g fat 3 g saturated fat N/A fruit/veggies 16 g protein 2 g fiber 19 g carbs
840 mg sodium 60 mg cholesterol 2 g sugar

Regular Chicken Tortilla Soup (Served with no Tortilla Strips)

Made fresh with plenty of flame-grilled chicken, carrots, celery, Cotija cheese and cilantro.

140 calories 5 g fat 2 g saturated fat N/A fruit/veggies 15 g protein 2 g fiber 10 g carbs
840 mg sodium 60 mg cholesterol 2 g sugar

Pinto Beans

200 calories 4 g fat 0.5 g saturated fat 1 cup fruit/veggies 11 g protein 8 g fiber 29 g carbs
370 mg sodium 0 mg cholesterol 1 g sugar

BBQ Black Beans

200 calories 3 g fat 0 g saturated fat 1 cup fruit/veggies 7 g protein 4 g fiber 36 g carbs
520 mg sodium 0 mg cholesterol 16 g sugar

Flame Grilled Corn - Small (Serves 1)

130 calories 6 g fat 1 g saturated fat 0.75 cup fruit/veggies 3 g protein 3 g fiber 20 g carbs
320 mg sodium 0 mg cholesterol 4 g sugar

Spanish Rice

170 calories 2.5 g fat 0 g saturated fat N/A fruit/veggies 3 g protein 0 g fiber 33 g carbs
560 mg sodium 0 mg cholesterol 0 g sugar

Avocado Salsa (1.5 oz.)

30 calories 2.5 g fat 0 g saturated fat N/A fruit/veggies 0 g protein 0 g fiber 2 g carbs
210 mg sodium 0 mg cholesterol 0 g sugar

ask our dietitians



When I choose a healthy meal is it ok to eat as much as I want?: Sometimes "healthy foods" give a misconception that you can eat as much as you want and then you end up...

from our blog

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nutrition 101



Get the nutrition you need: Learn more about calories, fat, carbohydrates, whole grains, lean proteins and other key nutrients and recommended foods you need as part of your healthy diet.

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restaurateurs, operators & chefs



Attention chefs and restaurant operators: get a free menu consultation for Healthy Dining Finder or nutrition analysis.

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featured recipe



El Torito's Ceviche de Pescado

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Healthy Dining is a company dedicated to making dining out part of a healthy lifestyle. It all started in 1990 with the first knock on a restaurant door by president and founder, Anita Jones-Mueller. Nineteen editions of the popular Southern California Healthy Dining Guides were subsequently published,

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