



20 TIPS FOR SMART EATING AT DAVANNI'S.

- 1 Order your favorite pizza on a thin crust.
- 2 Add some vegetable toppings to your favorite pizza.
- 3 On your pizza, order chicken or Canadian bacon.
- 4 Order your pizza with extra red sauce — you'll get another serving of tomatoes.
- 5 Ask for half the cheese on your pizza.
- 6 Spicy food boosts metabolism—generously sprinkle on dried pepper flakes.
- 7 Ask for extra veggies on your hoagie.
- 8 Change to a light salad dressing — Lite Ranch or Lite Italian.
- 9 Hold the mayo and oil on your hoagie.
- 10 Substitute the mayo with mustard or ask for light mayo on your hoagie.
- 11 Order a half hoagie with extra meat so you get more protein and less carbs.
- 12 Get your hoagie with mayo and oil on the side so you decide how much to eat.
- 13 Add some vegetable pizza toppings to your hoagie.
- 14 Hold the cheese and croutons on your salad.
- 15 Choose red sauce for your pasta.
- 16 Request light butter and oil on your Garlic Cheese Bread.
- 17 Choose a lean meat for your hoagie — our ham is 96% fat free!
- 18 Share your dessert!
- 19 Check out the multiple choices of no calorie and low calorie options available from the Coca-Cola Freestyle machine.
- 20 Use the Nutritional Calculator at davannis.com to check the exact nutrition of “Your DAVANNI’S Favorite.”