

Kilcawley Center



The Asian Salad is your best bet for healthy lunch! Its packed with fruit and veggies and the grilled chicken is a great low-fat source of protein:

- If you're looking to cut calories, omit the chow mein noodles (which only add calories, fat, and sodium to your meal).
- Ask for Ginger Sesame dressing on the side so you can control the amount of added calories. (1 Tbsp= approx. 66 cals).

Build Your Own Salad/Wrap:

- Choose Romaine or Spring Mix lettuce over Iceberg. They contain a much higher percentage of Vitamin A and Vitamin C.
- Opt for low fat proteins like grilled chicken or tofu and load up on veggies!
- Skip the creamy dressing which are often loaded with sugar and fat.

The Grain Bowl:

- Go for bulgur wheat or brown rice along with beans for a powerful fiber and folate punch!
- Basil Pesto contains healthy ingredients such as basil, olive oil, and pine nuts, but if you need to reduce calories, opt for the Tzatziki sauce. It has approx. half the calories, fat, and sodium found in the pesto

Dietitian's Pick for Most Healthy Options!



Wendy's Fast Food Picks:

- The Asian Cashew Chicken Salad: Lots of veggies & lean protein for only 380 calories
- The Ultimate Chicken Grill Sandwich: Only 370 calories & 34 grams of protein
- Grilled Chicken Wrap & a side salad: A nice balance of carbohydrates, protein, fat and fiber
- Baked Potato w/ Broccoli and a small Chili: A balanced meal for approx. 500 calories if you skip the cheese
- To show everyone how health savvy you've become, replace greasy fries with an order of apple slices!



Mondo's Custom Subs:

- Choose from 27 sub sandwiches with more than 20g of protein each
- Vegan friendly options
- A wide selection of vegetables to choose from



- Boost your energy with a juice smoothie made from fresh fruits and/or vegetables
- 3 – 6 servings of fresh fruit in every smoothie
- Protein boosts available on request



Denny's Hearty Grub:

- Breakfast available all day long
- Freshly prepared salads, burgers, sandwiches
- Generous portions large enough to share with a friend, or two!
- Calories are listed on their menu



Serving up Italian:

- Choose whole-wheat pasta. The fiber aids in digestion and will make you feel fuller, longer.
- One serving of pasta is approximately ½ cup cooked and can have 30-40 carbs per serving.
- When choosing your sauce, go for the marinara. Cream-based sauces are typically higher in fat and higher in calories over a tomato-base.
- To make a more complete lunch option, choose a lean-protein (like grilled chicken) as a topping to your meal.



How Do You Dunk?

- Be cautious of flavored syrups in sweetened beverages. One pump of syrup contains 12g of sugar. A standard medium cup contains 3 pumps.
- Opt for multigrain or whole-wheat bagel. It contains fiber and will help keep you fuller, longer.
- Ask for light cream cheese on the side so you can control how much to put on your bagel.
- Calories are listed on their menu



Chick-fil-A Kind of Day:

- Salads are great choices, but remember dressings can be high in fat and add extra calories to a nutritious salad. When choosing a dressing, go for the vinaigrettes as they are typically lower in fat and calories.
- One of Chick-fil-A's most popular items is the sweetened iced tea. A large sweetened tea is filled with 57g of sugar (more than what 2 Snickers bars contain!) Save the calories and chose an unsweetened tea and flavor with fresh, squeezed lemon.
- When it comes to side dishes, Chick-fil-A offers some calorie conscious options. You can switch out waffle fries for a delicious cup of fresh fruit or a super food side that contains kale, broccolini, dried cranberries and nuts in a light vinaigrette.



South Side of Campus



Jimmy John's Gourmet Array:

- Opt for a leaner cut of meat (like turkey breast or tuna) over higher saturated fat choices such as salami, capicola and bacon.
- Jimmy Johns offers a JJ Unwich (a leaf lettuce wrap) for any sandwich. This option cuts back on simple carbs otherwise obtained from the bread, but still offers a 'crunch' to your lunchtime meal.
- Sandwiches are served on 8" French bread and contain more than 45g of simple carbs.
- Split the sandwich into 2 and share with a friend or save the other half for lunch tomorrow and choose a substitution side item, such as a piece of fruit or cut-up veggies!



Get Ready to Be Im-Pressed:

- Great breakfast options. Go for the steel-cut oatmeal. Ask for ½ the brown sugar, skip the dried fruit and replace with a piece of fresh fruit!
- Frittatas can be made with egg whites only. Choose the Roasted Veggie or the West Coast, which are both packed full of veggies and healthier feta cheese.
- For lunch, paninis and salads are available everyday. Skip the processed meats like salami, and pepperoni. Opt for feta cheese over higher fat cheeses or omit cheese all together. More importantly, load up on vegetables!
- Pressed offers a plethora of beverages including coffee, espresso, tea, sodas, and smoothies. These can often become sugar traps. Order drip coffees or tea so you can control the amount of added sugar. But remember, its okay to treat yourself. So if this isn't your typical once a day caffeine induced catharsis, go ahead and splurge on a fancy flavored drink!



Join the Inner Circle:

- Inner Circle has a whole-wheat option when it comes to flatbreads. Toppings can alter the nutrition status of the flatbread, but the whole-wheat base is a solid foundation for a meal. Choose Mediterranean or Greek toppings for a lighter dish.
- Instead of ordering fried wings drenched in sauce, opt for Inner Circle's Naked Tenders (chicken tenders without breading and baked instead of fried) Use hot sauce or Parmesan cheese to give them more flavor similar to wings!
- Inner Circle has a great selection of salads. Choose a salad that's packed with nutritious ingredients, such as the Mallory Salad that features walnuts, mandarin oranges and crumbled bleu cheese.



Spice It Up:

- Get prepared! Use the nutrition calculator available on their website (hotheadburritos.com) before ordering. You can build your burrito, bowl, nachos, tacos, or quesadilla and see how many calories, carbs, protein, sodium and fat will be in your lunch.
- Skip the sour cream and cheese to keep calories, fat and sodium in check.
- Add brown rice, veggies and beans to bump up the fiber and feel fuller longer.
- Be careful with the sauces! They can be loaded with sodium. If you need some extra flavor, your best bet is the Sweet Habanero Sauce. It has only 23 calories and 24 mg of sodium per serving.



Eat Fresh!

- 12, six in Sandwiches with under 6 grams of fat and no trans-fats
- Two servings of vegetables in every sandwich
- Each 6" sandwich contains 50% of daily recommended whole grains

