



Healthy Choices for Eating Out: Higher Calorie Diet

General Tips for Healthy, High Calorie Dining:

- Start your meal off with a salad or add side dishes of vegetables. Ask for additional oil based dressing.
- Aim for higher carbohydrate choices, such as bagels, tortillas or dense breads; choose whole grains if available.
- Look for items with more calories such as pan fried or sautéed.
- Add beverages with calories to meals, like milk or 100% fruit juice.

Breakfast

- Include fruits and vegetables. Add vegetable to egg dishes and fruit to yogurt or oatmeal.
- Order whole grains such as oatmeal, whole wheat, pumpernickel, and rye. This will give you more fiber and keep you fuller longer.
- To increase calories, try adding cheese to egg dishes.
- Be sure to include protein like milk, yogurt, eggs, peanut butter, or ham.
- Choose denser starches such as whole grain bagels and waffles.

Around Villanova:

Bagel Factory: Ham, egg and cheese on a whole wheat bagel

Minella's: Western Omelet

Bruegger's: Breakfast wrap with ham



Pizzerias

- Top your pizza with ham or chicken.
- Add a side salad or broth based soup.
- Have multiple slices.

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Peace A Pizza: BBQ chicken pizza or San Giovanni pizza

Garrett Hill: Chicken Fajita

Pizza

Campus Corner: Hawaiian Pizza

Domino's: "Fit and Delicious" pizzas (2-3) slices



Sandwich Shops, Deli's, and Bistros

- Make sure the meal contains protein—add extra deli meat or grilled protein.
- Add extra cheese, hummus, avocado or beans.
- Choose a wrap rather than sandwich bread.
- Paninis and melts are typically higher in calories than regular sandwiches due to added butter or oil.
- Add a side salad, fruit, or broth-based soup.



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Chris's Grill: Chicken and Spinach Panini

Campus Corner: Buffalo Chicken Cheese Steak

Garrett Hill: Chicken or Steak Fajita Wrap

Winger's: Buffalo Garlic Chicken Panini

Wawa: Ham, Turkey, and Cheese on Wheat – add oil and vinegar

Italian Restaurants

- Choose pasta with olive oil, vodka or meat sauce, as these will contain more fat.
- Get a soup or salad as an appetizer; add oil-based dressing to increase calories.
- Heavier Italian options include: lasagna, baked ziti, rigatoni.



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Fellini's: Penne with tomatoes, broccoli, and chicken

Bertucci's: Seafood torta with whole wheat dough

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American Bar and Grills

- Begin your meal with a side salad or an appetizer.
- Choose a balanced meal containing protein, starch, and a vegetable.
- Choose entrées with higher calorie meats and cheeses.

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Gullifty's: Filet Tip Fajitas

Mixx: Szechwan Shrimp

Flip and Bailey's: Odie's BBQ

Pulled Pork Panini



Mexican

- Add guacamole or sour cream to your dish.
- Select more than one protein i.e.: chicken and beans.
- Tortillas provide additional calories.

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Chipotle: Burrito with rice and beans

Qdoba: Ancho Chile BBQ Burrito with grilled chicken or pulled pork



Fast Food

- Fast food is already high in calories so avoid fried meats.
- Choose a baked potato with cheese or chili instead of fries to add protein.
- Add cheese and vegetables to your sandwich.

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McDonald's: Grilled Chicken

sandwich and fruit & yogurt parfait or Southwest Salad with dressing and low-fat milk

BRGR Joint: Cheese BRGR with vegetable fixins

Wendy's: Grilled Chicken sandwich with a baked potato and chili



Asian Cuisine

- Choose entrées with noodles or rice, a protein and vegetables.
- Pick dishes with unsaturated fats, such as peanut oil
- Look for items with protein and starch.
- Choose sushi with more than one type of fish and order multiple rolls.

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China Garden: Happy Family

Kotatsu: Shrimp and Steak

Sushi Land: Crazy Monkey

Yang Ming: Combination Lo-Mein



Treats

- Look for items with protein, for example milk shakes or items with peanut butter.
- Add extra carbohydrates or healthy fats by adding a cone or nut toppings.
- Order a larger portion.

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Hope's Cookies: Chocolate Milkshake

Handle's: Peanut Butter Sundae

Freshens: Peanut Butter Protein Shake



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