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

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.

Around Villanova
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

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

Around Villanova
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

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.

Around Villanova
Fellini’s: Penne with tomatoes, broccoli, and chicken
Bertucci’s: Seafood torta with whole wheat dough
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.

**Around Villanova**
- **Gullifty’s**: Filet Tip Fajitas
- **Mixx**: Szechwan Shrimp
- **Flip and Bailey’s**: Odie’s BBQ Pulled Pork Panini

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.

**Around Villanova**
- **China Garden**: Happy Family
- **Kotatsu**: Shrimp and Steak
- **Sushi Land**: Crazy Monkey
- **Yang Ming**: Combination Lo-Mein

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

**Around Villanova**
- **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.

**Around Villanova**
- **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

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.

**Around Villanova**
- **Hope’s Cookies**: Chocolate Milkshake
- **Handle’s**: Peanut Butter Sundae
- **Freshens**: Peanut Butter Protein Shake