Description: This bulletin board packet covers basic nutrition information, resources, dining hall hacks, smart snacking tips and dining out. If you have any questions or would like additional information or materials please contact the Office of Health Promotion at (610) 519-7408 or email us at healthbytes@villanova.edu.

When to display this board: The first few weeks of the semester, National Nutrition Month (March), National Vegan Month (November), January (New Years Resolutions), before finals.

Ways to alter this board: You can re-create the information with different themes. Include more information on vegan or vegetarian options. Highlight additional recipes that can be found on the Health Promotion website. Give examples of types of foods to put on your “MyPlate” diagram. Get creative!
BE SMART, EAT SMART!

- Vegetables and hummus
- Nut butter with apple slices
- Trail mix with nuts and dried fruit
- Low-fat string cheese and grapes
- Air-popped popcorn with honey
- Low-fat yogurt with fruit or granola
- Whole wheat crackers and low-fat cheese
- Graham crackers with sunflower seed butter

Smart Snacking!

The Villanova area offers a wide variety of area restaurants. So, if you want to skip out on CampCo and get off campus, check out one of these new restaurants that satisfies your cravings!

Dining Hall Hacks

Dining Services
- Allergy and Special Dietary Needs Request
- Vegetarian and Vegan Options
- For more information email diningservices@villanova.edu

Office of Health Promotion
- Office of One Counsellor with a Registered Dietitian (RD)
- Challenge Course
- Nutrition Programming
- Grocery Shopping Tours
- Cooking Demonstrations
- For more information email healthbytes@villanova.edu

The Basics

- Make Half Your Grains Whole
  - Select 100% whole grain breads and cereals
  - There is always a whole grain option in the dining hall; look at vegan/vegetarian options too!
  - Examples: Whole-wheat flour, Oatmeal, Brown rice, Quinoa, and Popcorn.

- Vary your Veggies
  - Consume 1 dark green vegetable daily
  - Buy fresh veggies in season
  - Select veggies with bright colors
  - Use more fresh or frozen, less canned
  - Include a veggie at each meal

- Go Lean With Protein
  - Select leanest cuts of meat
  - All fat and remove skin
  - Poultry, fish, and beans often
  - Include nuts in snacks, salads, and main dishes

- Focus on Fruits
  - Buy in season
  - Choose fruit more often than juice
  - Use fruit in salads, toppings, deserts, and snacks
  - Keep dried fruit handy for snacks

- Get Calcium Rich Foods
  - Focus on fat-free or low-fat milk
  - Choose part-skim cheeses
  - Have low-fat yogurt as a snack
  - Ensure supplementation if calcium intake is insufficient
  - Non-dairy sources include dark green veggies, fortified foods, and tofu

So you’ve chosen your restaurant...

Peace A Pizza (Radnor, PA)
- Three All-Natural, 99% whole wheat, plant-based pizza made with fresh ingredients
- Recommendations: Try the Mediterranean pizza with mozzarella, spinach, feta cheese, and tomatoes. It’s a great way to enjoy a light meal

Christopher’s (Lafayette, PA)
- Chicken: a hearty, flavor-packed meal with a menu full of familiar American foods
- Recommendations: Try the chicken bowl with mixed greens, apples, beets, and goat cheese, grilled chicken, and pesto

Vega Cafe (Bryn Mawr, PA)
- Veggie bowl with mixed greens, apples, beets, and goat cheese, grilled chicken, and pesto

Verdel (Bryn Mawr, PA)
- Vegetarian: a Julia’s Way-inspired salad with a Parmesan dressing
- Recommendations: Order the Julia’s Way salad with mixed greens, apples, beets, and goat cheese, grilled chicken, and pesto

Salsa (Bryn Mawr, PA)
- Salsa: a home-cooked, Mexican-inspired dish with a Salsa dressing
- Recommendations: Try the Salsa rice bowl with mixed greens, apples, beets, and goat cheese, grilled chicken, and pesto
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**Start Here**
- **Low ($)**
  - Comfort Food
    - Peace a Pizza!
  - I’m Feelin’ Healthy
    - Vge Cafe!
- **Medium ($$$)**
  - Something New
    - Verdad!
  - The “Usual”
    - Christopher’s!
  - I’m a Foodie!
    - Sola!
- **High ($$$*)**
  - I Crave a Traditional Flet
    - Flemings!
So You’ve Chosen Your Restaurant...

Now check out our “eating smart” recommendations!

- **Peace A Pizza (Rosemont, PA)**
  - Peace A Pizza offers a variety of both traditional and gourmet pizzas made with fresh ingredients.
  - Recommendations: Craving pizza with a fresh taste? Try the Mediterranean pizza with mozzarella, spinach, diced tomato, red onion, feta, olives, artichokes, and roasted red peppers! Prefer a salad? Try the new Good Earth salad with mixed greens, apples, beets, goat cheese, grilled chicken, and pecans!

- **Veg Cafe (Bryn Mawr, PA)**
  - Veg Cafe (pronounced Vee-Gee) is 100% Kosher and Vegan, offering smart dietary choices for health conscious eaters.
  - Recommendations: Baked falafel with cucumber, tomato, onion, kale, squash, zucchini, peppers, humus, & tahini on a whole wheat wrap or over brown rice. Are you vegan but still crave a burger? Try the Vgē Burger, made out of homemade lentil and flaxseed, with sautéed kale, tofu light mayo, and tomato!

- **Verdad (Bryn Mawr, PA)**
  - Verdad offers a Latin-influenced tapas menu.
  - Recommendations: To switch up the usual guacamole, try the strawberry habanero guacamole with kiwi, strawberry, and habanero! Never had octopus before? Try the grilled octopus salad with cucumber and tomato. If you’re looking for a larger portion, then try the scallops with agave nectar, blue corn pancake, apple, and fennel.

- **Christopher’s (Wayne, PA)**
  - Christopher’s is a family-friendly restaurant with a menu full of familiar American foods.
  - Recommendations: For an appetizer to share, try Christopher’s roasted veggie quesadilla with fire roasted tomato and tomatillo salsas. Then order a traditional meal, like the chicken salad sandwich, the grilled shrimp wrap, or the grass-fed organic cheeseburger (remember to choose a vegetable as your side, too!)

- **Sola (Bryn Mawr, PA)**
  - Sola serves contemporary, seasonally inspired American cuisine with a French flair.
  - Recommendations: For a unique starter, try the tomato carrot bisque – see if you can taste the hint of ginger! For a complete pairing, try the tile fish in an almond crust, with parsnip puree and crispy Brussels sprouts!

- **Fleming’s (Radnor, PA)**
  - For all you surf and turf lovers, check out Fleming’s for a variety of prime steak and seafood.
  - Recommendations: Pair your favorite type of fillet, either salmon or filet mignon, with a side of vegetables, such as grilled asparagus spears. In the mood for something lighter? Try Fleming’s salad or the heirloom tomato and housemade burrata with dressing on the side.
BE SMART,
EAT SMART!
Resources

The University Counseling Center
- Eating Disorders and How to Help a Friend
- For more information or to make an appointment stop by Room 206 in the Health Services Bldg or call 610-519-4050.

Dining Services
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- Vegetarian and Vegan Options
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Healthy Eating Plate
- Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.
- The more veggies—and the greater the variety—the better. Potatoes and French fries don’t count.
- Eat plenty of fruits of all colors.
- Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.
- Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).
- Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu
• **Make Half Your Grains Whole**
  - Select 100% whole grain breads and cereals.
  - There is always a whole grain option in the dining hall; look at vegan/vegetarian options too!
  - Examples: Whole-wheat flour, Oatmeal, Brown rice, Quinoa, and Popcorn.

• **Vary your Veggies**
  - Consume 1 dark green vegetable daily.
  - Buy fresh veggies in season.
  - Select veggies with bright colors.
  - Use more fresh or frozen, less canned.
  - Include a veggie at each meal.

• **Focus on Fruits**
  - Buy in season.
  - Choose fruit more often than juice.
  - Use fruits in salads, toppings, deserts, and snacks.
  - Keep dried fruit handy for snacks.

• **Get Calcium Rich Foods**
  - Focus on fat-free or low-fat milk.
  - Choose part-skim cheeses.
  - Have low-fat yogurts as a snack.
  - Insure supplementation if calcium intake is insufficient.
  - Non-dairy sources include dark green veggies, fortified foods, and tofu.

• **Go Lean With Protein**
  - Select leanest cuts of meat.
  - Trim all fat and remove skin from poultry.
  - Prepare with no added fat.
  - Eat fish and beans often.
  - Include nuts in snacks, salads, and main dishes.
Dining Hall Hacks

- Aim for fruits or veggies with each meal.
- Choose whole grains over white grains.
- Opt for grilled rather than fried options.
- Choose unsaturated fats like olive oil.
- Drink water instead of soft drinks.
- Add veggies or salad bar toppings into soup.
- Get creative!

Smart Snacking!

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