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

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

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