

Healthy Choices for Eating Out: Lower Calorie Diet

General Tips for Light Dining

- * Beware of portion sizes—if the portion is large, split the dish or take half home for the next day.
- * Ask for condiments and dressings on the side.
- * Omit or reduce cheese to decrease the amount of calories and fat.
- * Look for items with fiber, such as fruits, vegetables, and whole grains.
- * Drink water with your meal and avoid high calorie drinks like juice, soda, and alcohol.

Breakfast

- Start the meal with a piece of fruit.
- Order whole grains, such as oatmeal or whole wheat, pumpernickel, or rye bread.
- Choose jam or low-fat condiments instead of butter.
- Ask for low-fat or non-fat dairy products.
- Substitute egg whites for eggs to reduce fat.
- Add a serving of veggies to omelets and omit the cheese.



Around Villanova

- Bagel Factory:** Egg whites and ham on a whole wheat bagel
Minella's: Make any omelet egg white and add vegetables
Bruegger's: Whole wheat bagel with low-fat cream cheese

Sandwich Shops, Delis, and Bistros

- Choose lean deli meats such as chicken and turkey rather than Italian meats.
- Watch out for vegetarian options—they usually have extra cheese, hummus, avocado, or dressings that will add fat.
- Wraps have more calories than whole wheat bread.
- Add a side salad, fruit, or broth-based soup.
- Panini and melts may have added cheese, and the bread is often covered in butter or oil.



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- Chris's Grill:** Chicken Souvlaki with tzatziki sauce on the side
Campus Corner: Grilled Chicken Sorrento on a wheat wrap
Garrett Hill: South of the Border Salad
Winger's: Grilled Chicken Breast Platter with a side of corn

Pizzerias

- Ask if whole wheat crust is available.
- Top your pizza with vegetables.
- Add a side salad or broth-based soup.
- Avoid deep dish and thick crust options.



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- Peace A Pizza:** Fresh mozzarella and Provence
Garrett Hill: Margherita pizza
Campus Corner: Veggie pizza—*light on cheese*

Italian Restaurants

- Choose pasta with tomato or white wine sauce instead of alfredo or vodka sauce.
- Pasta Primavera, pasta with marinara, and pasta with clam sauce are good options at all Italian restaurants.
- Avoid consuming extra bread before the meal.
- Take home half of the entrée or split with a friend.
- Avoid fried foods as an appetizer. Lighter options include minestrone soup, Greek salad, roasted peppers.



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- Fellini's:** Chicken Parmigiana with a side of vegetables (*It is baked rather than fried*)
Bertucci's: Plain Cheese Menucci or Salmon Florentine



American Bar and Grills

- Avoid fried foods. Choose grilled, roasted, or baked dishes.
- Substitute vegetables for a side of fries.
- Begin your meal with a side salad.

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Gullifty's: Fresh Veggie Salad—add grilled chicken, shrimp, salmon, or tuna

Mixx: Roasted Chicken Sandwich without the cheese

Flip and Bailey's: Flip and Bailey's Salad—skip the cheese and ask for dressing on the side



Mexican

- Leave out tortilla chips or strips.
- Opt for corn tortilla over flour tortilla.
- Choose salsa or Pico de Gallo instead of sour cream and guacamole.
- Ask for a burrito without rice.
- Select only one protein, e.g., beans or chicken or steak

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Chipotle: Burrito bowl or salad without cheese and sour cream

Qdoba: Naked taco salad or corn taco with chicken



Asian Cuisine

- Choose brown rice instead of white rice or fried rice.
- Steer clear of dishes prepared with peanut or coconut oils.
- Choose chicken instead of duck or beef.
- Order steamed versus fried dishes.
- Choose sushi with fewer ingredients; avoid added fats like cream cheese and tempura.
- Begin your meal with edamame.



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China Garden: Steamed chicken with mixed vegetables

Kotatsu: California or vegetable roll

Sushi Land: Rainbow roll

Yang Ming: Shrimp and Scallops in a Lemongrass Sauce

Fast Food

- Avoid fried foods. Look out for words like “crispy,” “crunchy,” and “battered.”
- Choose naturally fat-free condiments, including ketchup, mustard, pickles, lettuce, tomato, onion, and relish.

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BRGR Joint: Turkey BRGR, Lil BRGR

McDonald's: Grilled chicken sandwich

Wendy's: Grilled chicken sandwich or baked potato with a cup of chili



Treats

- Choose low-fat frozen yogurt or sorbet.
- Avoid cones. Order a small or kiddie cup.
- Select fruit as a topping.



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Hope's Cookies: Fat-free frozen yogurt with fresh fruit

Handel's: Raspberry sorbet or fat-free, no sugar added, banana fudge ice cream

Freshens: Fat-free vanilla yogurt or Strawberry Oasis Smoothie

