Eating out can be a fun and exciting experience but it packs hidden calories, fat and sodium that you usually don’t get from your ordinary home-cooked meal. With a variety of restaurants on Brown St. and its close proximity to campus, it is the perfect place to take a break from cafeteria food. Many of these restaurants do not offer health conscious food. However, these are tips on how to make your order healthier. So before you bite into that Chipotle burrito, think about the ingredients you are piling on. With smart choices and healthy thinking you can cut out the extra calories and enjoy a healthy meal with your family and friends.

Replace fries with a side salad

Order salad dressings and other sauces on the side. This way, you have control over how much or how little you add.

For more nutrient values, jump on the Internet and check out the restaurant’s website. All Nutrition Values used in this brochure were taken from restaurant websites:

- www.chipotle.com
- www.skylinechili.com
- www.panera.com
- www.starbucks.com

Eating Healthy on Brown St.
Tips for healthy eating when dining out

1. Restaurant portions are often larger than serving sizes you prepare at home, so don’t feel that you have to eat the whole thing—ask for a takeout container to enjoy the rest tomorrow.

2. Look for menu items that include terms like
   - Baked
   - braised
   - broiled
   - grilled
   - steam fried
   - poached

3. Do your homework before you go: Most restaurants have nutrition values for menu items available on their website.

4. Boost your nutrients, and flavor while decreasing fat and calories on your Jimmy John’s sub by adding extra vegetables instead of extra dressing.

5. Watch your beverages!!! Soft drinks have a lot sugar and calories. Many restaurants offer sizes triple the amount of a standard 8 oz serving! Try ordering milk or juice instead.

Did You Know…

At Starbucks, a Mocha Frappucino with whipped topping has
   420 Calories
   16 Grams of Fat
A Mocha Frappucino without whipped topping has
   290 Calories
   4 Grams of Fat

When you go out to eat at Skyline Chili, each regular 3 way contains 3 servings of pasta! Here are the nutrition facts for just 1 regular 3 way and a Coney:

Regular 3 Way Chili Spaghetti
   760 Calories
   44 Grams of Fat
   46 Grams of Protein
   2850 mg of Sodium

Cheese Coney
   340 Calories
   22 Grams of Fat
   18 Grams of Protein
   730 mg of Sodium

A Panera bagel is the equivalent of eating 4 regular sized bagels!

Cinnamon Crunch Bagel:
   410 Calories
   8 Grams of Fat
   75 Grams of Carbohydrate

Plain Cream Cheese:
   200 Calories
   19 Grams of Fat

The Tortilla alone on a Chipotle burrito has 330 Calories

13” Flour Tortilla  330 Calories
Chicken  219 Calories
Steak  230 Calories
Black Beans  130 Calories
Pinto Beans  138 Calories
Fajita Veggies  100 Calories
Rice  240 Calories
Cheese  110 Calories
Sour Cream  120 Calories
Salsa  100 Calories
Guacamole  170 Calories

Don’t let these numbers scare you! Be smart when you go down to Brown St. for your next meal. Remember not to deprive yourself of the foods you love. All foods, in moderation, can fit into a well-balanced diet!

Nutrient needs based on a 2,000 calories diet
(your values may differ based on energy needs):

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Less Than</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>(Less Than)</td>
<td>65g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>(Less Than)</td>
<td>20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>(Less Than)</td>
<td>300 mg</td>
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<tr>
<td>Sodium</td>
<td>(Less Than)</td>
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<tr>
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<td>300g</td>
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<tr>
<td>Dietary Fiber</td>
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<td>25g</td>
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