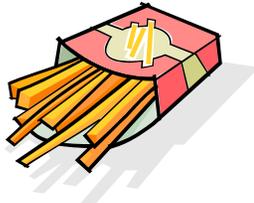


Eating out can be a fun and exciting experience but it packs hidden calories, fat and sodium that you usually don't get from your ordinary home-cooked meal. With a variety of restaurants on Brown St. and its close proximity to campus, it is the perfect place to take a break from cafeteria food. Many 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:

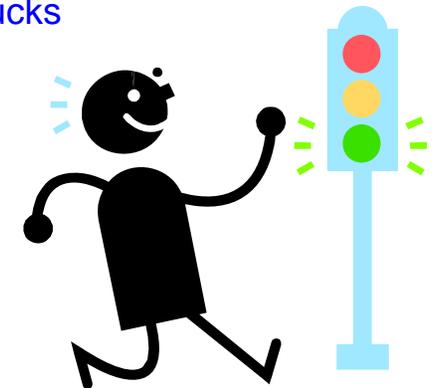
- www.chipotle.com
- www.skylinechili.com
- www.panera.com
- www.starbucks.com



Chipotle Panera Jimmy John's

Eating Healthy on Brown St.

Starbucks



Skyline Chili

Penn Station

**University of Dayton
Dining Services**

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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 web-site.

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



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

Total Fat	(Less Than)	65g
Sat Fat	(Less Than)	20g
Cholesterol	(Less Than)	300 mg
Sodium	(Less Than)	2,400 mg
Total Carbohydrate		300g
Dietary Fiber		25g

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!