Finding healthy options at your favorite on-campus restaurant may sometimes be difficult. Use this handout as a guide to make healthier food choices!

**Chick-fil-A**
- Grilled Chicken Sandwich w/ Medium Fruit Cup
  - **370 calories**, 5 g Fat (2 g Saturated), 65 mg Cholesterol, 800 mg Sodium, 53 g Carbohydrate (5 g Fiber), 30 g Protein
- 8-Count Grilled Chicken Nuggets w/ Side Salad and Reduced-Fat Berry Balsamic Vinaigrette
  - **330 calories**, 11 g Fat (4 g Saturated), 85 mg Cholesterol, 890 mg Sodium, 30 g Carbohydrate (3 g Fiber), 28 g Protein
- Grilled Chicken Cool Wrap w/ Medium Fruit Cup
  - **390 calories**, 13 g Fat (5 g Saturated), 60 mg Cholesterol, 900 mg Sodium, 43 g Carbohydrate (17 g Fiber), 36 g Protein

**Einstein’s Bagels**
- Asparagus, Mushroom, and Swiss Bagel Thin Egg White Sandwich
  - **300 calories**, 11 g Fat (4 g Saturated), 20 mg Cholesterol, 680 mg Sodium, 34 g Carbohydrate (5 g Fiber), 18 g Protein
- Southwest Turkey Sausage Bagel Thin Egg White Sandwich
  - **360 calories**, 13 g Fat (6 g Saturated), 55 mg Cholesterol, 810 mg Sodium, 37 g Carbohydrate (2 g Fiber), 24 g Protein
- Strawberry Chopped Chicken Salad (Full)
  - **320 calories**, 12 g Fat (1.5 g Saturated), 35 g Cholesterol, 350 mg Sodium, 38 g Carbohydrate (5 g Fiber), 16 g Protein

**Freshii**
- Cobb Salad
  - **434 calories**, 17 g Fat (5 g Saturated), 21 mg Cholesterol, 947 mg Sodium, 55 g Carbohydrate (11 g Fiber), 22 g Protein
- Thai Lemongrass Burrito
  - **593 calories**, 13 g Fat (6 g Saturated), 0 mg Cholesterol, 868 mg Sodium, 99 g Carbohydrate (12 g Fiber), 22 g Protein
- Super Biotic Salad w/ Tofu
  - **298 calories**, 6.5 g Fat (0.6 g Saturated), 1 mg Cholesterol, 770 mg Sodium, 44.4 g Carbohydrate (14.5 g Fiber), 20 g Protein
- Add-On: Shrimp (4-5 pieces)
  - **51 calories**, 0 g Fat (0 g Saturated), 116 mg Cholesterol, 500 mg Sodium, 0 g Carbohydrate (0 g Fiber), 12 g Protein
- Add-On: Chicken
  - **99 calories**, 2.7 g Fat (0.9 g Saturated), 45 mg Cholesterol, 252 mg Sodium, 0 g Carbohydrate (0 g Fiber), 19 g Protein
- Add-On: Tofu
  - **25 calories**, 1.1 g Fat (0.2 g Saturated), 0 mg Cholesterol, 202 mg Sodium, 1.8 g Carbohydrate (0.4 g Fiber), 2.1 g Protein

**Qdoba**
- Naked Burrito (No Tortilla) with Brown Rice, Black Beans, Pico de Gallo, Lettuce, & Fajita Vegetables
  - **355 calories**, 3 g Fat (0.5 g Saturated), 0 mg Cholesterol, 490 mg Sodium, 10 g Carbohydrate (4 g Fiber), 36 g Protein
- Naked Burrito (No Tortilla) with Pulled Pork, Black Beans, Salsa Verde, Lettuce, & Fajita Vegetables
  - **350 calories**, 60 g Fat (1.5 g Saturated), 80 mg Cholesterol, 945 mg Sodium, 41 g Carbohydrate (17 g Fiber), 30 g Protein
- Naked Taco Salad (No Tortilla Bowl) with Grilled Steak, Pico de Gallo, Lettuce, Fajita Vegetables, & Fat-Free Picante Ranch
  - **280 calories**, 10 g Fat (3 g Saturated), 80 mg Cholesterol, 895 mg Sodium, 21 g Carbohydrate (6 g Fiber), 29 g Protein

**Panda Express**
- Panda Bowl (½ Brown Rice, ½ Mixed Vegetables, Entrée—Grilled Teriyaki Chicken) & Fortune Cookie
  - **592 calories**, 16 g Fat (4 g Saturated), 185 mg Cholesterol, 908 mg Sodium, 68 g Carbohydrate (5 g Fiber), 44 g Protein
- Panda Bowl (½ Brown Rice, ½ Mixed Vegetables, Entrée—Sweetfire Chicken Breast)
  - **700 calories**, 18 g Fat (3 g Saturated), 35 mg Cholesterol, 690 mg Sodium, 100 g Carbohydrate (6 g Fiber), 20 g Protein
Pinkberry

- Mini Original Yogurt
  - 90 calories, 0 g Fat (0 g Saturated), 4.5 mg Cholesterol, 45 mg Sodium, 18.9 g Carbohydrate (0 g Fiber), 2.7 g Protein
- Small Original Yogurt
  - 140 calories, 0 g Fat (0 g Saturated), 7.5 mg Cholesterol, 75 mg Sodium, 31.5 g Carbohydrate (0 g Fiber), 4.5 g Protein

**Try to limit “treats” to <200 calories. Pay attention to the nutrition labels on the toppings at Pinkberry to stay inside the calorie limit. Choose fresh fruit and nuts instead of sugary candy toppings.**

P.O.D. Market

- Chicken Salad Sandwich on Wheat
  - 274 calories, 11.6 g Fat (1.8 g Saturated), 4.91 mg Cholesterol, 453 mg Sodium, 34 g Carbohydrate (6.5 g Fiber), 9.3 g Protein
- Turkey Club Wrap
  - 196 calories, 7 g Fat (1.6 g Saturated), 30.42 mg Cholesterol, 953 mg Sodium, 20 g Carbohydrate (1.2 g Fiber), 13 g Protein
- Thai Chicken Wrap
  - 304 calories, 10 g Fat (4 g Saturated), 0 mg Cholesterol, 647 mg Sodium, 48 g Carbohydrate (4 g Fiber), 7 g Protein

Southern Tsunami Sushi

- M&M Roll (Shrimp, Avocado)
  - 335 calories, 5 g Fat (1 g Saturated), 47 mg Cholesterol, 864 mg Sodium, 62 g Carbohydrate (3 g Fiber), 10 g Protein
- Spicy Tuna Roll
  - 461 calories, 9 g Fat (1 g Saturated), 47 mg Cholesterol, 906 mg Sodium, 64 g Carbohydrate (2 g Fiber), 23 g Protein
- Edamame Salad
  - 124 calories, 7 g Fat (1 g Saturated), 0 mg Cholesterol, 350 mg Sodium, 9 g Carbohydrate (1 g Fiber), 7 g Protein

Starbucks

- Reduced-Fat Turkey Bacon Breakfast Sandwich
  - 230 calories, 6 g Fat (2.5 g Saturated), 20 mg Cholesterol, 560 mg Sodium, 28 g Carbohydrate (2 g Fiber), 13 g Protein
- Steel-Cut Oatmeal with Old-Fashioned Oats (toppings not included)
  - 70 calories, 3 g Fat (1 g Saturated), 0 mg Cholesterol, 0 mg Sodium, 8 g Carbohydrate (1 g Fiber), 2 g Protein
- Tall Brewed Coffee
  - 4 calories, 0.1 g Fat (0 g Saturated), 0 mg Cholesterol, 10 mg Sodium, 0 g Carbohydrate (0 g Fiber), 0.5 g Protein
- Tall Iced Coffee (w/ Classic Syrup)
  - 60 calories, 0 g Fat (0 g Saturated), 0 mg Cholesterol, 4 mg Sodium, 15 g Carbohydrate (0 g Fiber), 0.2 g Protein
- Tall Nonfat Cappuccino
  - 60 calories, 0.1 g Fat (0.1 g Saturated), 5 mg Cholesterol, 70 mg Sodium, 9 g Carbohydrate (0 g Fiber), 6 g Protein
- Tall Skinny Latte (any flavor)
  - 100 calories, 0.2 g Fat (0.1 g Saturated), 5 mg Cholesterol, 125 mg Sodium, 14 g Carbohydrate (0 g Fiber), 9 g Protein
- Tall Caffé Americano
  - 10 calories, 0 g Fat (0 g Saturated), 0 mg Cholesterol, 10 mg Sodium, 2 g Carbohydrate (0 g Fiber), 1 g Protein
- Tall Caramel Light Frappuccino
  - 100 calories, 0.1 g Fat (0 g Saturated), 0 mg Cholesterol, 140 mg Sodium, 23 g Carbohydrate (0 g Fiber), 3 g Protein

Subway

- Double Chicken Chopped Salad (w/ Oil & Vinegar Dressing)
  - 340 calories, 18 g Fat (4 g Saturated), 100 mg Cholesterol, 490 mg Sodium, 10 g Carbohydrate (4 g Fiber), 36 g Protein
- 6-inch Turkey Breast on 9-Grain Wheat (No Toppings/Dressing)
  - 270 calories, 3.5 g Fat (1 g Saturated), 20 mg Cholesterol, 660 mg Sodium, 43 g Carbohydrate (4 g Fiber), 17 g Protein
- 6-inch Oven-Roasted Chicken on Flatbread (No Toppings/Dressing)
  - 310 calories, 7 g Fat (1.5 g Saturated), 45 mg Cholesterol, 670 mg Sodium, 42 g Carbohydrate (2 g Fiber), 22 g Protein
- Apple Slices
  - 35 calories, 0 g Fat (0 g Saturated), 0 mg Cholesterol, 0 mg Sodium, 9 g Carbohydrate (2 g Fiber), 0 g Protein

**Take advantage of the wide variety of vegetables Subway has to offer and add these to your sandwich. Go easy on the sauces, even innocent-sounding sauces, like barbecue or teriyaki, can contain a lot of hidden sugar (and calories). Particularly, avoid creamy spreads or dressings.**