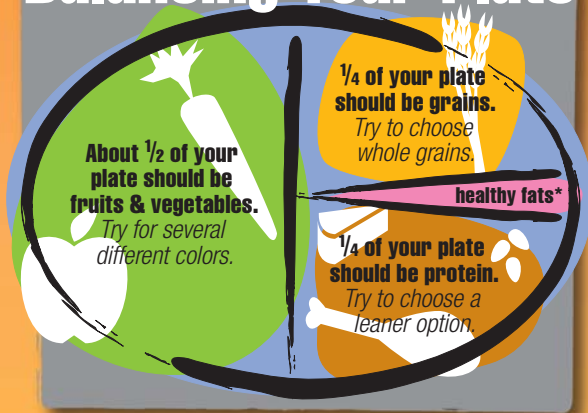


Optimize your health and weight by following these suggestions for

Balancing Your Plate



Student Health Center

We're here to help you in any way we can.

Merchants on Points

Many Nutritious Options!

healthydevil.studentaffairs.duke.edu or 681-WELL

Click "Health Promotion" to contact our nutrition staff



Student Health Center

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Merchants on Points: Many Nutritious Options!

Merchants on Points is a great way to order food when you need it the most – when everything else is closed, or you're just looking for something different for dinner or a late night snack.

Enclosed you will find a guide to choosing some of the more nutritious options from the restaurants that participate in Duke's Merchants on Points Program, along with a few healthy eating tips.

The TRUTH about Late-Night Eating

There is no doubt that eating late at night may contribute to weight gain and an increase in body fat, especially if it's your 4th or 5th meal of the day. Not eating during the day increases hunger which may lead to overeating at later meals or additional late-night meals or snacks. Those night-time calories might take you above and beyond what your body needs. If you feel that you need to eat later in the day, let this guide help you make better choices. When you eat, how much you eat, and what you eat, will make a difference in how you feel. Your body will appreciate it!

General Tips:

- Whether you are typically a three meal a day eater or someone who likes to eat 5 or 6 small meals, try to eat consistently throughout the day. If you find that you are feeling starved, you have a greater chance of grabbing whatever is fast rather than what might be better for you. Several small meals may help keep you satisfied and minimize unnecessary random and late night eating.
- Think about keeping a snack with you during the day to satisfy unexpected hunger pangs.
- When eating late at night, try to focus on your food and not the other thing(s) you may be doing. This will prevent mindless eating and allow your brain to register fullness appropriately.
- Choose grilled or baked options instead of fried.
- Desserts are fine but are not necessary with every meal.
- See the restaurants on the next few pages for specific suggestions.

PIZZA, PIZZA, PIZZA!!!

You have the option of ordering pizza from any of the following Merchants on Points: Brooklyn Pizza, Cinelli's, Domino's, I Love Manhattan Pizza, Papa John's, Randy's Pizza.

PIZZA TIPS:

- Choose a thin crust or hand-tossed crust rather than deep dish or thick crust.
- Choose vegetable toppings in unlimited amounts.
- Ask for half the cheese.
- Chicken, ham and ground beef are lower fat meat toppings.
- Order pepperoni, sausage, or bacon only on occasion since these toppings can easily add 1000 calories to a large pizza.

SALAD TIPS:

- Salad as an appetizer – Order a salad and eat it first. Eating the salad and then your entrée will provide a more balanced meal, and you will probably feel more satisfied.
- If the salad is your main meal, include a healthy protein choice such as grilled chicken, fish, tofu or beans and make sure to balance out with a starch; peas, corn or a roll with the salad.
- Add as many vegetables as possible to make your salad full of color.
- Always ask for your salad dressing on the side.
- Remember that creamy dressings, such as Caesar, Blue Cheese, Ranch and Thousand Island tend to be higher in calories so use them in moderation. Try any light dressing, vinaigrette, Italian, poppyseed or honey mustard.
- Cheese can be used to enhance the flavor and texture of your salad but it is an additional fat and should be added in moderation.

APPETIZER TIPS:

- Choose a salad as your appetizer.
- Choose appetizers that are not fried or cooked in a heavy sauce.
- Choose an appetizer as your meal – they are typically half the portion of an entrée.
- Choose an appetizer to share.

SUBS and WRAP TIPS

- If you love mayonnaise, go light, or choose mustard, Italian dressing, or vinegar and a small amount of oil to reduce the amount of fat in your sandwich.
- Pile on the veggies for an added boost of vitamins, antioxidants and fiber which will help fill you up
- The standard “lettuce and tomato” that comes with many sandwiches is not considered a full serving of vegetables.
- Choose whole wheat breads for an additional fiber boost.
- The best non-vegetarian sandwich choices are usually Roast Beef, Turkey, Grilled Chicken and Ham.
- Cheese is not necessarily a better choice than many meat options.

ITALIAN FOOD TIPS (Entrées)

- The majority of Italian entrées tend to be extremely high in fat and calories because the portions are often far too large for one meal.
- Practice portion management. Before you begin, set aside what you will not eat at that meal and put it away for the next day or share that food with someone.
- If possible, try ordering a half portion (appetizer) and a salad, as opposed to a full-sized entrée.
- If you are having pasta, you do not need to have bread as well.
- Alfredo, Vodka and most creamy sauces are high in saturated fat so order them only occasionally.
- Choose a marinara sauce or olive oil and garlic when possible. Remember, olive oil may be healthy but it is high in calories.
- Calzones and strombolis are similar to pizza – they are very calorie dense so try to add vegetables and go light on the cheese if possible.

Brooklyn Pizza

- ✓ White Pizza
- ✓ Chicken Philly
- ✓ Chef's Salad
- ✓ Vegetarian Hero
- ✓ Baked Ravioli

TIPS:

- See PIZZA TIPS.
- See SUB and WRAP TIPS.
- See SALAD TIPS.

Chai's Noodle Bar & Bistro

www.chai-noodles.com

- ✓ Lettuce Wraps
- ✓ Spring Rolls
- ✓ Japanese Soba
- ✓ Spicy Thai Basil
- ✓ Edamame
- ✓ Miso Soup
- ✓ Yakisoba
- ✓ Mei Fun
- ✓ Thai Noodle Salad
- ✓ Thai Tom Yum Soup

TIPS:

- Ask for your sauce on the side when possible – this will allow you to season your food to your own taste and can save some calories as well.
- Try ordering a salad as your main meal.
- See SALAD TIPS.

Cinelli's Pizza

- ✓ Every salad!! (See Salad Tips)
- ✓ Escarole Soup
- ✓ Minestrone Soup
- ✓ Side of Escarole & Beans
- ✓ Cappelini Primavera
- ✓ Linguine with Red Clam Sauce
- ✓ Shrimp Fra Diavolo
- ✓ Grilled Chicken Caprese Sandwich
- ✓ Grilled Salmon Sandwich
- ✓ Veggie Panini

TIPS:

- See PIZZA TIPS.
- See SUB and CLUB TIPS.
- See ITALIAN FOOD TIPS.
- Although the food is good and it is a true favorite of many on campus, meals from Cinelli's can be very high in calories due to the fact that many appetizers are fried, pasta portions are large, and many dishes have a lot of cheese and/or oil, like the vegetable lasagna.
- Include a salad, soup or vegetable with your entrée to "balance your plate" or ask for a side salad with your sandwich instead of chips.

Dale's Indian Cuisine

dalesindiancuisine.net

- ✓ Lentil Soup
- ✓ All "Clay Oven Specials"
- ✓ Vegetarian Specialties
- ✓ Lachha Paratha, Aloo Partha or Chappati are whole wheat bread options

TIPS:

- All delivered meals from Dale's come in 12 oz. containers, so you are getting a lot of food for your money. Just remember, it never hurts to save half for lunch the next day, especially when eating late at night!
- All of the appetizers are fried so these would not make a good main course.
- Cheese or Paneer, will increase the fat and calories of a dish.
- Curry dishes or those with "creamy" sauces tend to be higher calorie options.
- If you order Naan, ask for it without butter.

Domino's Pizza

- ✓ Philly Cheese Steak – order extra veggies
- ✓ Italian Sandwich – order extra veggies
- ✓ Garden fresh salad with light Italian salad dressing
- ✓ Thin crust veggie pizza

TIPS:

- Order a salad when ever possible. See SALAD TIPS.
- See PIZZA TIPS, SUB and WRAP TIPS.
- The difference between a slice of thin crust pizza and deep dish is on average, 60 calories per slice.
- One chicken wing without sauce is 100 calories so try not to make wings the main part of your meal.

Dragon Gate

- ✓ #35 - Chicken Ho Fun
- ✓ #60 - Chicken with Mixed Vegetables
- ✓ #57 - Vegetable Mei Fun
- ✓ #89 - Shrimp with Mixed Vegetables

TIPS:

- Any menu item may be requested steamed which means it will not have added oil.
- Special Diet Menu items (S1-S8) are good options prepared without salt, sugar, or cornstarch. Remember, it will be up to you to season your steamed meals because they will come without sauce.
- Lo mein noodles are made with oil and are higher in fat than other types of noodles on the menu.
- Ask for sauce on the side so you can control how much you use. Most often you will use less than if the sauce is already added.
- Check the item number when ordering since menus may change.

Grace's Cafe

- ✓ H3 - San Shan Wue Dong
- ✓ H5 - Chicken Noodle Soup
- ✓ Double Delight
- ✓ Veggie Burger
- ✓ Chicken Broccoli
- ✓ Vegetarian Ma Po Tofu
- ✓ Turkey or Chicken Sandwich (no fries)
- ✓ Grilled Chicken Dinner with Steamed Rice
- ✓ Steamed Mixed Vegetable Sides
- ✓ Breakfast: Veggie Omelet with Wheat Bread

TIPS:

- All items on the Weight Watchers menu are healthy choices because they are steamed. To add flavor you may request any type of sauce.
- Want a healthier meal? Consider ordering it with less oil and remember Chinese food can be high in MSG, for those that may have adverse reactions.
- For dinner entrées, choose steamed rice instead of fried rice or French fries.
- Watch out for sauces that can be high in fat and calories.
Ask for your favorite sauce on the side.
- For combination platters, choose steamed rice instead of lo mein and vegetables instead of dumplings.
- Grace's will prepare any dish to order (time permitting) so ask for grilled meat instead of fried. This way you can still indulge in favorites that have a heavy sauce.

Green Tango

www.greentango.com

- ✓ Nicoise Salad
- ✓ Spinach Salad
- ✓ Tuscan Salad
- ✓ Fiesta Salad
- ✓ Greek Salad
- ✓ Garden Delight Salad
- ✓ Vegetarian Soup of the Day

TIPS:

- Tired? The Signature Salads above are no brainers – they contain a variety of nutritious items which makes balancing your plate easy and delicious.
- Designing your own salad? See SALAD TIPS.
- Top off your salad with almonds, avocado, dried cherries, dried cranberries, olives, peanuts, potatoes, raisins, or cheeses.
- If you would like a meat or seafood protein, choose turkey or ham or premium protein sources such as grilled chicken, steak, shrimp and tuna.

Jimmy John's

www.jimmyjohns.com

- ✓ #3 – Totally Tuna
- ✓ #4 - Turkey Tom (hold the Mayo)
- ✓ Ham and Cheese, Turkey or Roast Beef (from the Plain Slims menu)

TIPS:

- See SUB and WRAP TIPS.
- Best choices are sandwiches with tuna, turkey, roast beef and ham. Cheeses, salami, and other cured meats add fat and sodium to your sandwich.
- Watching your calories? Leave off the mayonnaise or go light on the mayo on any sandwich here and you can save yourself up to 230 calories!! Add Dijon mustard, hot peppers or even avocado spread (only adds an extra 20 calories) and you will have great late night meal.
- Choose 7 Grain Whole Wheat Bread instead of white. The fiber in whole wheat will keep you feeling full longer.
- What side to choose? Try the Skinny Chips which are a bit lower in fat and calories than the other options.
- Freebies here include onion, lettuce, sprouts, tomato, cucumber, mustard, oil and vinegar and oregano....load your sandwich up!

Junior's Grille

- ✓ Fire Grilled Chicken Breast
- ✓ Black Bean Burger
- ✓ Angel Hair Mediterranean
- ✓ Turkey Burger
- ✓ Garden City Veggie Pizza
- ✓ Grilled Salmon Filet
- ✓ Smoked Turkey Wrap
- ✓ Junior's House Salad with Grilled Chicken

TIPS:

- See SUB and WRAP TIPS, PIZZA TIPS, SALAD TIPS.
- Choose rice pilaf or mixed vegetables as a side instead of fries.

MediTerra Grill

www.mediterragrill.com (no nutrition info available)

- ✓ Fresh seasonal fruit
- ✓ Stuffed Grape Leaves
- ✓ Baba Ghanouj
- ✓ Vegetarian moussaka
- ✓ Grilled Vegetables
- ✓ Vegetarian platters
- ✓ Salads such as fattouch, tabouli and Greek

TIPS:

- Grilled meats are used for the kababs which make them good choices.
- Daily specials include Salmon over Couscous on Fridays.
- There are vegetarian options which include lentils, chick peas and fava beans so you don't have to worry about a protein source.
- Most of the meat platters come with rice and pita bread - save one or the other for tomorrows leftovers.

Papa John's Pizza

www.papajohns.com

- ✓ Garden Fresh Pizza

TIPS:

- Papa John's offers many great toppings which allow you to build your own pizza. Try one or a combination of a few of the following: Anchovies, banana peppers, black olives, green olives, grilled chicken, ham, jalapeno peppers, mushrooms, onions, pineapple and Roma tomatoes instead of pepperoni or other meat pizza.
- See PIZZA TIPS.

Randy's Pizza

- ✓ Vegetarian Pizza
- ✓ Chef Salad
- ✓ Turkey Sub
- ✓ Vegetarian Sub
- ✓ Grilled Chicken Sub
- ✓ Steak and Cheese Sub

TIPS:

- See PIZZA, SALAD, and SUB and WRAP TIPS.

Spartacus Restaurant

www.spartacusrestaurant.com (no nutrition info)

- ✓ Greek Salad
- ✓ Spinach Salad
- ✓ Calamari marinara
- ✓ Vegetarian Combo
- ✓ Lemon Herb Chicken
- ✓ Lentil Soup
- ✓ Salmon Greek Salad
- ✓ Sautéed Mussels or Shrimp
- ✓ Hummus and Pita
- ✓ Pan Seared Grouper
- ✓ Chicken Shishkabob Platter
- ✓ Warm Spinach Salad with Chicken

TIPS:

- Spartacus offers many good choices from spinach salads to salmon.
- Order a side salad or bowl of soup instead of fries.
- If you want to save some calories, instead of a gyro try the Gyro Pizette which is gyro meat on flatbread. You might ask for tzadziki (yogurt) sauce instead of mozzarella cheese.
- Also consider the appetizer Spinach Pizette instead of Spinach Pie – This is spinach served on flat bread and again, you may want tzadziki sauce instead of the cheese.
- Eat the fried options and pastas in smaller portions and you can always ask for extra vegetables on the side.

TGI Friday's

www.fridays.com

- ✓ Mediterranean Salad with Chicken
- ✓ Santa Fe Chopped Salad
- ✓ Shrimp Key West
- ✓ California Turkey Burger
- ✓ Strawberry Fields Salad
- ✓ Petite Sirloin
- ✓ Dragonfire Chicken

TIPS:

- See SALAD TIPS.
- For your sides, request a vegetable or side salad or mashed potatoes instead of French fries, onion rings and Mac and Cheese.
- If your steak is larger than 6 ounces, consider sharing with a friend.

Tommy's Rubs & Grubs

- ✓ Substitute veggie burgers for beef burger
- ✓ Grilled Chicken
- ✓ Grilled Veggie Panini- Sandwich
- ✓ BBQ Salad
- ✓ Grilled Chicken Salad

TIPS:

- For sides choose Stanley's Organic Greens, BBQ Baked Beans or Organic Sweet Mashed Potatoes.
- If you opt for a beef burger, skip the fries and add a vegetable side.
- See SALAD TIPS.

Popular NON-MOP EATERIES

Chipotle

www.chipotle.com

- ✓ Fajita Bowl
- ✓ Burrito Bowl
- ✓ Burrito
- ✓ Soft tacos

TIPS:

- You can “Balance your Plate” at Chipotle but the portion sizes are HUGE!
- Consider splitting with a friend, or take some home for a meal tomorrow.
- Save 570 calories - skip the chips.
- Save 290 calories - skip the tortilla.
- Everything is made to order – all meat/protein choices are good it's what you use to top your meal with that will add a lot of unnecessary calories.
- Use the green tomatillo salsa as your primary topping.
- Pick one fat – cheese, sour cream or guacamole.
- See SALAD TIPS.

Elmo's

www.elmosdiner.com

- ✓ Two Pancakes (add an egg and some fresh fruit)
- ✓ Farmer's Omelet
- ✓ Custom 4 Omelet with Veggies
- ✓ Wild Oats/Cereal
- ✓ Hummus Platter
- ✓ Grilled Chicken Salad
- ✓ Large Spinach Salad with Pecans
- ✓ Greek salad (dressing on the side)
- ✓ Tuna salad plate
- ✓ Vegetable Plate
- ✓ Soup Salad Combo
- ✓ Grilled Chicken Breast
- ✓ Veggie or turkey burger
- ✓ Greek Grilled Cheese
- ✓ Roasted Turkey

TIPS:

- Elmo's has healthy breakfast side options including: applesauce, tomato slices, cup of oats, fresh fruit cup, cottage cheese.
- Higher fiber breads available include wheat, sunflower and rye.
- Lunch/dinner side options including: black beans, sliced tomatoes, seasoned rice, veggie of the day, fresh fruit cup and cottage cheese.
- If you want a meat choice at breakfast, try the turkey sausage which will be lower in saturated fat than regular sausage or bacon.
- If you order fries, find someone to share them with you!
- Mad for mayonnaise? Ask for it on the side and you can spread it yourself!

Noodles Company

www.noodles.com Go to the For Your Health Section

- ✓ Bangkok Curry
- ✓ Japanese Pan Noodles
- ✓ Thai Curry Soup
- ✓ Chicken Noodle Soup
- ✓ Chinese Chop Salad
- ✓ The Med Salad
- ✓ Caesar Salad

TIPS:

- A small and regular size – regular size is not that large, of all entrées is offered.
- The regular sizes of Pesto Cavatappi, Wisconsin Mac and Cheese and Indonesian Peanut Saute all run over 900 calories.
- If you are not in the mood for a noodle-based meal you can ask for a noodle-less option - make sure to ask for protein and lots of veggies.
- If your meal contains little meat (protein) consider customizing it with chicken breast, braised beef, or organic tofu.



Student Health Center



Merchants on Points—Many Nutritious Options Program
is a collaboration between Duke Student Health and Duke Dining.