Eat the “Heart Smart” Way!

Strive to eat within your needs!
Calculate your daily calorie needs using www.choosemyplate.gov/myplate/index.aspx.

Keep your saturated fat in check!
Too much can raise your “bad” cholesterol. The average person should aim for < 16 grams a day.*

Be sodium-savvy!
Shoot for < 2300 mg each day to lower your risk of high blood pressure.

Fill up on fiber!
High-fiber fruits, veggies, and whole grains can help improve your cholesterol. Aim for 25-38 grams a day.

Make half your plate fruits and veggies!
Their vitamins, minerals, and antioxidants can help prevent heart disease.

*Based on a 2,000 calorie diet

More “Heart Smart” Dining Tips

* Get salad dressing & sauces on the side, and only use as much as you want.

* Order foods that are grilled, steamed, broiled, baked, roasted, or poached instead of crispy, breaded, fried, loaded, or sautéed.

* Check the restaurant’s website before going out to eat. Most chains post their nutrition information and advertise healthier options.

* Visit the Health Plus website for heart healthy recipes, cooking videos, wellcasts and more!

For More Information:
http://healthplus.vanderbilt.edu
http://www.choosemyplate.gov
http://www.heart.org

Tips for Making Healthy Choices on Campus

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Eat Healthy “On-the-Go” with These Heart Smart Tips!

Starbucks

Lighten up your beverage!
* Look for “skinny” or “light” versions of your favorite drink.
* Ask for skim milk instead of 2% or whole. Your drink will be just as tasty and lower in saturated fat!
* Tell them to “hold the whip” - whipped cream adds 7 grams of extra fat to your drink!

Fill up with high-fiber options!
* Try an 8-grain roll, multigrain bagel, oatmeal, or a chicken & hummus bistro box.

Wendy’s

Choose your sides wisely!
* Substitute a baked potato or small chili for the french fries - you’ll add 7 grams of fiber to your meal with less unhealthy fat!
* Try a side salad with a vinaigrette, fat-free, or light dressing.

Go for grilled or make it a Junior!
* Get your sandwich fix with grilled chicken or savor one of their junior-sized burgers.

Panera Bread

Pick two for a heart-healthy you!
* Cut the calories, fat, and sodium of your favorite entrée in half by ordering from the “You Pick Two” menu. Use the nutrition facts on their menu board to find two options that add up to < 600 calories.

Power pack your meal with one of their lower sodium sides!
* Ask for a fruit cup, fresh apple, or baked potato chips.

Wellness &You @ Courtyard Café

VUMC offers a “Wellness & You” menu featuring delicious and healthy options. Each entrée has...
* < 550 calories
* < 800 mg of sodium
* < 35% of the daily recommended fat intake
* < 10% saturated fat (based on a 2,000 calorie diet)

* Check out the daily “Wellness combo plate” at Charleston Market and their “Wellness Wednesday” offerings at Innovation Station!

Chipotle

Get satisfied with fewer calories & less sodium!
* Swap crispy taco shells, soft corn tortillas, or a burrito bowl for the large flour tortilla – each saves over 600 mg of sodium and 110 calories!
* Pick chicken or steak over carnitas & barbacoa for a healthier way to satisfy your meat craving.

Load your meal with healthy veggies!
* Pass on the high-fat cheese & sour cream. Instead, opt for fajita veggies black beans, lettuce, or guacamole.

Au Bon Pain Café

Take advantage of the massive soup and salad bars!
* Try a cup of hearty broth-based soup or a side of roasted veggies, lentils, or quinoa.

Go nuts!
* Pick up a pack of heart healthy almonds to snack on later.

For more heart healthy options, try using these tips at other restaurants on and around the Vandy Campus!