

Gauging campus nutrition

BY ABBEY CALDWELL
STAFF WRITER

Central campus restaurants can be a quick and convenient stop for hungry students on the go, but it's up to patrons to make healthy choices.

Amanda Holliday, a registered dietitian in the School of Public Health, toured Lenoir Dining Hall and Alpine Bagel Cafe with The Daily Tar Heel to examine the nutritional value of various restaurant options.

Alpine Bagel Cafe

Holliday said the bagel shop is overall one of the best dining options offered on campus.

"If it's a hamburger or a bagel, go for the bagel," she said.

"(The bagels) aren't that big, and they look fairly thin," she said, so the serving size does not have to be customers' No. 1 concern.

Holliday said choosing bagels that are higher in fiber — like cracked wheat, cinnamon raisin and sun-dried tomato — is important.

But, like any other sandwich, toppings and dressings are something to watch out for.

"Turkey piled high with crisp bacon," Holliday read off Alpine's menu. "I'd probably steer clear of that."

Jamba Juice

A high caloric content can make smoothies less than nutritious.

"All of them are going to be very great and have lots of antioxidants," she said. "But the problem is serving size."

An original-size Jamba Juice smoothie can have about 440 calories, and a power-size smoothie hits about 570.

"Hidden calories are what will get you," she said. "So share it with a friend or your significant other."

But Holliday said smoothies can be an adequate meal replacement if students are running too late to sit down for a bowl of cereal.

"If it comes down to no breakfast or having a smoothie, I would tell my patients to have a smoothie," she said.

Mediterranean Deli

Greek food can be a healthy choice, but Holliday said it is important to focus on portion size.

The size of Mediterranean Deli's panini can be deceiving.

"Paninis, at first glance, seem like a good option, but it's a lot of cheese," she said. "You're negating the other healthy options."

A better option, she said, would be to opt for the side sampler with choices like hummus and tabouli.

Subway

"Subway is one of those places that gets it," Holliday said.

She said that one of the most impressive things about Subway in Lenoir is that it has a milk option.

And the Fresh Fit for Kids menu also can be a healthy choice.

"It's a 3-inch sub — which is a perfect-size sandwich — and you get apples and milk," she said.

But if a kids-size meal isn't satisfying enough, she said there are

plenty more nutritious options like the "6 grams of fat or less" menu.

"I encourage my clients to go to Subway and chock it full with lettuce and other vegetables," she said. "Those are hard to find at other places."

Zoca

Mexican food is a common staple around Chapel Hill, but Holliday said its heavy cheese content can hurt its nutritional value.

Holliday said the smartest Mexican food choice is rice and beans because they provide a strong source of protein.

But she said tacos are a nice way for people to eat Mexican food and limit their portion sizes. And burritos can be healthy as long as they're shared with a friend.

"The thing about burritos is that it depends on what you put in it," she said. "Choose chicken, and then chock it full of vegetables."

Contact the Features Editor at features@unc.edu.

Campus dining hall DECISIONS

With burgers, fries and a seemingly endless supply of cookies, it can be difficult to make good decisions at the dining halls. Keep in mind some of our tips to make your meals healthier:

MEAL OPTIONS

- 3/4 cup chili con carne
- 1/2 cup pinto beans
- 1/2 cup balsamic garden salad



- 1 cup Szechuan shrimp stir fry
- 1/2 cup white rice
- 1/2 cup mashed potatoes



- 1 slice pizza
- 1/2 cup french fries
- 2 breadsticks



SOURCE: WWW.DINING.UNC.EDU

CALORIE COUNTER

Approximate total calories: 380

You would have to walk from the Bell Tower to the Old Well more than 15 times to burn off this meal.

Approximate total calories: 440

You would have to walk from the Bell Tower to the Old Well more than 18 times to burn off this meal.

Approximate total calories: 1,020

You would have to walk from the Bell Tower to the Old Well more than 41 times to burn off this meal.

ONE STEP FURTHER

- Instead of putting cheese on your chili, add a spoonful of salsa or corn.
- Make sure your salad has more romaine lettuce than iceberg (which is mostly water and does not have as many nutrients).

- Substitute white rice for brown.
- Avoid adding sour cream to your mashed potatoes.
- Replace a side with mixed fruit or a salad.

- Switch out a thick crust pizza for a thin crust.
- Try pizza made with wheat instead of just plain flour.
- Opt for vegetables instead of pepperoni or sausage toppings.

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