

A HEALTHIER LUNCH BREAK NEAR UNCP



Here is a list of healthier choices for lunch within a one mile radius of campus besides our University Dining Hall.



EINSTEIN BROS

- Substitute a Thintastic Bagel for a regular bagel
- Order your sandwich on a wrap instead of bread
- Choose honey instead of shmear or butter
- Ask for almond milk in your coffee/tea and pass on the whipped cream or extra sweeteners



CHICK-FIL-A

- Order the Grilled Chicken Sandwich to save 200 calories
- Substitute a fruit cup or yogurt parfait for fries
- The Market Salad and 8-Count Nuggets are good options below 350 calories each
- Beware: All of the milkshakes are over 600 calories



JERSEY MIKE'S

- Lighten your sub by asking for it on a wrap instead
- #7 Turkey and Provolone uses 99% fat free turkey
- Swap creamy dressings for vinaigrette or oil
- Mike's Chicken Salad and the Feta Salad with Chicken are both great options around 300 calories



MCDONALD'S

- Order grilled chicken instead of crispy
- The Premium McWraps save 300 calories over a burger
- Egg White Delight and Fruit-n-Yogurt Parfait are great breakfast options
- Aim for Premium Salads and Snackwraps instead of french fries and dessert options



THE WING CO

- Go for a Grilled Chicken Wrap
- Try the Chicken or Shrimp Tacos for fewer calories
- Choose your sides wisely- try carrots, celery, side salad, corn-on-the-cob, or applesauce instead of onion rings
- Build Your Own Burger with grilled chicken and vegetables instead of beef and bacon/chili



SUBWAY

- Bread: 9 Grain Honey Oat, Wheat, a flatbread, a wrap or ditch the bread and make it a salad
- Meat: Choose turkey breast or oven-roasted chicken
- Other: go easy on the cheese, load up on the vegetables
- Sauce: Avoid creamy dressings, choose oils, salsa or even use guacamole as a dressing



BURGER KING

- Tender-grilled Chicken Sandwich without mayo is 320 calories with 32 grams of protein
- Garden Grilled Chicken Sandwich or 6-piece chicken nuggets are great lunch choices
- Dipping sauce and toppings can add up to 500 calories
- Avoid the sweets and sugary beverages