Merchants on Points
Many Nutritious Options!

Nutrition SERVICES
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 or a meal heavy in carbohydrates; sugars, sweets, cereals.

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.

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 and ensure that there is protein at every meal. 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. In addition, focus on protein rich foods not carbohydrate rich foods. Your body can always use the protein, but doesn’t need to have a lot of “sugar” at night.

• 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: Domino’s, Enzo’s Pizza, Nosh, Papa John’s.

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 are high in sodium, and fat.

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.

SALAD TIPS: 
• Salad as an appetizer – Order a salad and eat it first to allow you to fill on less dense calories when eating later at night.
• 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.
• Add as many vegetables as possible to make your salad full of color.
• Use creamy dressings such as Caesar, Blue Cheese, Ranch and Thousand Island sparingly. Alternatively try light dressing, vinaigrette, Italian, or honey mustard.

ITALIAN FOOD TIPS (ENTRÉES)
• The majority of Italian food entrées are too large for one meal or snack. 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.
• Choose a marinara sauce or olive oil and garlic when possible.
• Calzones and strombolis are similar to pizza – so try to add vegetables and go light on the cheese and meats if possible.

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.
• 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.

Vendor carries or prepares foods made without Gluten Containing Ingredients.
Vendor carries or prepares vegetarian and/or vegan meal options.
Dale’s Indian Cuisine

Food Allergen Policy: All food prepared with no nuts, peanuts or nut oil; Mention your allergies while ordering

SOUP
✓ Lentil Soup

SALAD
✓ Garden salad

OTHER:
✓ Mixed vegetables

MEAL
✓ All “Clay Oven Specials”
✓ Vegetarian Specialties
✓ Chicken Sag
✓ Chicken Jai Frazie
✓ Chicken Mushroom
✓ Channa Masala (Vegan, Gluten Free)
✓ Baigan Bhartha (Vegan, Gluten Free)
✓ Aloo Ghobi (Vegan, Gluten Free)

TIPS
• Aloo Partha, Roti or Chappati are whole wheat bread options
• Cheese and paneer increase the fat content of a dish so go easy
• Watch portion sizes on creamy curry sauces
• Ask for Naan without butter
• Portions are large; it never hurts to save half for lunch the next day!

919-660-3762
Alert Vendor of any food allergies when ordering

SOUP
✓ House Soup: House-made.
     Also available as a side

SALAD
✓ Orchard, Patch, and Poppy
✓ Strawberry Balsamic
✓ Grilled Mediterranean
✓ Grab and Go Chef Salad
✓ Grilled Salmon Salad

MEAL (BRUNCH)
✓ Amazing Omelets: Turkey & Spinach,
✓ Spinach & Veggie, The Santa Monica
✓ Huevos Rancheros
✓ Grilled Salmon
✓ A.M. Burrito
✓ Breakfast Sandwich
✓ Steel Cut Oatmeal

SIDES
✓ Brown Rice,
✓ Roasted Potatoes,
✓ Seasonal Vegetables,
✓ Side Salad, Fresh Fruit,
✓ Glazed Carrots
✓ Grab and Go Salads,
✓ Fruit Cups, Vegetable Cups,
✓ Hummus Platter

TIPS
• Choose less creamy dressings such as balsamic or raspberry vinaigrette
• Options to add chicken, salmon, or shrimp to salads
• Select menu items are designated as gluten friendly, for other options inquire
• Portions can be large: consider sharing with a friend or taking half home for a later meal
**Dragon’s Gate**

http://ow.ly/QSeZ8 • 919-490-0229

- Alert Vendor of any food allergies when ordering

**SOUP**
- Vegetable Soup
- Wonton Soup
- Chicken and Rice Soup

**MEAL**
- Chicken with Broccoli
- Chicken with Mixed Vegetables
- Shrimp with Broccoli
- Shrimp with Mixed Vegetables
- Vegetable Delight Steamed Dumplings
- Tofu with Vegetable
- Vegetable Ma Po Tofu
- Veggie, Shrimp or California Sushi with Brown Rice
- Items from Special Diet Menu

**SALAD**
- Seaweed Salad
- Spring Salad

**SNACK**
- Fresh Fruit Cup

**TIPS**
- Any menu item may steamed by request which means it will not have added oil
- Lo mein noodles are made with oil and are higher in fat than other types of noodles on the menu
- Check the item number when ordering since menus may change
- Choose steamed rice instead of fried
- Lunch and Special Combination Plates are good options for eating on a budget

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**Domino’s Pizza**

www.dominos.com • 919-682-3030

- Alert Vendor of any food allergies when ordering

- Philly Cheese Steak (ask to go light on the cheese, order extra veggies)
- Garden fresh salad with light Italian salad dressing (if available)
- Thin crust veggie pizza
- Mediterranean Veggie Oven-Baked Sandwich
- Chicken Habanero sandwich one type of cheese (order extra veggies)
- Build your own Pizza (choose tomato based sauce, veggies, fruit and grilled chicken and ask for light cheese)

**SALAD**
- Classic Garden Salad
- Chicken Apple Pecan Salad

**TIPS**
- Opt for thin crust over thick crust pizza
Dunkin’ Donuts

http://ow.ly/SNWi2 • 919-309-0000
● See allergy information on website and alert vendor of any food allergies when ordering

MEAL
✓ Wake Up Wrap
✓ Flatbread Sandwiches
✓ Egg and Cheese Sandwich
✓ Ham Egg and Cheese Sandwich
✓ Ham and Cheese Sandwich
✓ Original Oatmeal with Dried Fruit Topping

SNACK
✓ 2% Milk or Chocolate Milk

TIPS
• Order donuts, muffins and other sweets only occasionally and avoid ordering larger quantities unless you are sharing with a group
• Order sandwiches on wraps or on English muffins instead of bagels, croissants or Texas toast
• Most sandwiches are high in sodium

Enzo’s Pizza Co.

enzospizzaco.com • 919-309-3696
● Alert vendor of any food allergies when ordering

SALAD
✓ House Salad
✓ Strawberry Fields
✓ Spicy Citrus

MEAL
✓ The Bruschetta
✓ Veg Out
✓ Bella Italia
✓ Grecian Goat
✓ Roasted Chicken Sub
✓ Garden Veggies Wrap or Sub

TIPS
• 8 inch pizzas are all good choices
• Ask for subs without the veggie cream cheese for a lighter option
Jimmy John’s

jimmyjohns.com • 919-286-5383

- Always alert vendor of food allergies and intolerances when placing order

**MEAL**

✓ Turkey Tom (Hold the Mayo)
✓ Totally Tuna
✓ Ham and Cheese, Turkey or Roast Beef (from the Plain Slims Menu)

**TIPS**

- Best choices are sandwiches with tuna, turkey, roast beef or ham. Cheeses, salami, and other cured meats add fat and sodium to your sandwich
- Choose dijon mustard, hot peppers or even avocado as a spread. If mayo, go light
- Choose 7 Grain Whole Wheat Bread instead of white. The fiber in whole wheat will keep you feeling full longer
- Freebies here include onion, lettuce, sprouts, tomato, cucumber, mustard, vinegar and oregano...load-up your sandwich!

The Loop

http://ow.ly/TTqE30374rU • 919-660-8888

- Always alert vendor of food allergies and intolerances when placing order.

**SOUPS**

✓ Chili
✓ Check Soup of the Day

**SALAD**

✓ Crunchy Broccoli Salad
✓ Feta Mediterranean
✓ Garden with Chicken
✓ Grilled Vegetable with Cous Cous
✓ Southwest Chicken

**MEAL**

✓ Grilled Fish or Chicken Sandwiches or Wraps
✓ Black Bean Burger
✓ Grilled Portobello or Vegetable Sandwich
✓ Farmer’s Market Pizza

**TIPS**

- Whole wheat and Gluten free bread and buns available
- Gluten free pizza crust available
- Add grilled chicken or fish to salads for extra protein
- Ask for steamed veggies, fresh fruit or a side salad instead of fries or chips
Mediterra Grill

www.mediterragrill.com • 919-383-0066

Always alert vendor of food allergies and intolerances when placing order

SALAD
✓ Fresh Fruit Salad
✓ Eggplant Salad
✓ Fattoush Salad
✓ Greek Salad
✓ Cauliflower Salad

MEAL
✓ Single Kabob or Rice Platter
✓ Vegetarian Platters
✓ Artichoke Wrap
✓ Hummus Tabouli Wrap
✓ Roasted Eggplant Wrap

TIPS
• The meat platters come with rice and pita bread, save one or the other for tomorrow’s leftovers
• For sides try to stick with vegetable options such as green beans, spinach and okra

Nosh Restaurant

www.noshfood.com • 919-383-4747

Always alert vendor of food allergies and intolerances when placing order

SALAD
✓ Rocket Salad
✓ South of Here Salad (dressing on the side)
✓ Lancey’s Leaves Salad

MEAL
✓ Faye’s Turkey Sandwich
✓ Mallard’s Cardinal Hot Sandwich
✓ Paula Rocks Wrap
✓ Uncle Mo’s Southwest Turkey Burger (minus cheese)

TIPS
• Choose breakfast platters with 2 eggs fruit and whole grain toast
• Also available are Soup and ½ Sandwich or Salad and ½ Sandwich meals
• Try some Veggie Slaw or Curried Couscous for a side dish
• Add grilled chicken, ham or turkey to salad to make a well-balanced meal
The Palace International

thepalaceinternational.com • 919-416-4922

- Always alert vendor of food allergies and intolerances when placing order

**MEAL**
- ✓ Chicken Curry
- ✓ Curry Lentils
- ✓ Nairobiian Beef

**TIPS**
- Try to make at least one of your sides a vegetable such as spinach, collard greens, or cabbage
- Opt for a small serving of steamed rice or if choosing fried plantains share them with a friend

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Papa John’s Pizza

www.papjohns.com • 919-682-7272

- Always alert vendor of food allergies and intolerances when placing order

**MEAL**
- ✓ 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 meats
Sushi Love

http://www.sushilove.org/ • 919-309-2401
- Meals are made to order so special requests for allergen avoidance and meals without gluten containing ingredients are possible.

SOUP
✓ Miso Soup
✓ Wonton Soup

SALAD
✓ Spicy Tuna Salad
✓ Sunomono Salad
✓ Ika Sensai

MEAL
✓ Chicken Lettuce Wraps
✓ Chicken or Beef Satay
✓ Chicken Yakitori
✓ Salmon Wrap

SNACK
✓ Edamame
✓ Steamed Dumplings
✓ Tuna Tataki

TIPS
- Tempura dishes are fried and typically higher in fat. Opt for these less often or share them with friends.
- Sushi rolls are lighter in protein than you might think, add some edamame for some additional protein to balance out your meal.

TGI Fridays

https://www.tgifridays.com • 919-383-2081 or 2089
- Allergen and gluten sensitive menus are available.

SALAD
✓ Cobb Salad
✓ House Salad

MEAL
✓ Turkey Burger
✓ Grilled Fish, Chicken or Small Grilled Steak

SOUP
✓ Turkey Kale Soup

TIPS
- Side salads or vegetables can be substituted for French fries, onion rings and mac and cheese.
- If you want a steak that’s bigger than 6 ounces, consider sharing with a friend or save half for tomorrow.
- Stick mostly with items on Fridays Lighter Menu.
### Popular NON-MOP EATERIES

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<th>Chipotle</th>
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**SALAD**
✓ **Build Your Own Salad** (choose toppings- see tips below)

**MEAL**
✓ Burrito Bowl
✓ Fajita Burrito Bowl
✓ Burrito
✓ Soft Tacos

**TIPS**
- All of the meat/protein choices are healthy here, just watch out for what toppings you add as these can make your meal unnecessarily high in calories
- Portions are large so consider splitting them with a friend, or bring some home for tomorrow
- Skip the chips
- Always add a salsa (or two), they bring flavor while being low in calories and fat
- If you order vegetarian, the avocado topping is free

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### Elmo’s

**www.elmosdiner.com**  • 19-416-3823
- Alert vendor of any food allergies or intolerances when placing order

**SOUP**
✓ Vegetarian Chili
✓ Soup and Salad Combo

**SALAD**
✓ Grilled Chicken Salad
✓ Large Spinach Salad with Pecans
✓ Greek Salad (dressing on the side)
✓ Tuna Salad Plate

**SNACK**
✓ Hummus Platter

**MEAL**
✓ Two Pancakes
  (add an egg and some fresh fruit)
✓ Farmer’s Omelet
✓ Custom 4 Omelet with Veggies
✓ Wild Oats/Cereal
✓ Grilled Chicken Breast
✓ Greek Grilled Cheese
✓ Roasted Turkey
✓ Veggie or Turkey Burger

**TIPS**
- Try a healthy breakfast side option like: applesauce, tomato slices, a cup of oats, a fresh fruit cup or cottage cheese
- If you want a meat choice at breakfast, try turkey sausage for a lower saturated fat option
- Try wheat, sunflower and rye bread for higher fiber toast and sandwiches
- Healthy lunch/dinner sides include: black beans, sliced tomatoes, seasoned rice, broccoli, veggie of the day, fresh fruit cup and cottage cheese
- If you are looking for some fries, look for a friend to share them with
- Get mayonnaise on the side so you can add just the right amount yourself
Noodles & Company

www.noodles.com • 919-383-5600

Noodles provides an online allergen guide on their website. Meals are made to order so special requests for allergen avoidance and meals without gluten containing ingredients are possible.

SOUP
✓ Thai Curry Soup (vegetarian)
✓ Chicken Noodle Soup

SALAD
✓ Chinese Chop Salad (vegetarian)
✓ Spinach and Fresh Fruit Salad
✓ Caesar Salad
✓ Med Salad

MEAL
✓ Bangkok Curry (vegetarian)
✓ Japanese Pan Noodles (vegetarian)
✓ The Med Sandwich
✓ Spicy Chicken Caesar Sandwich (without dressing)
✓ Wisconsin Cheesesteak
✓ Whole Grain Tuscan Fresca

TIPS
• Noodles lists the nutrition facts for their foods
• Consider adding some chicken breast, braised beef, organic tofu or sauteed shrimp as a protein source
• Not in the mood for noodles? You can ask for a noodle-less option, like a BUFF bowl that swaps spinach for noodles. Remember this is not a balanced meal so have some croutons or a roll with it, or make sure to get some grains (carbohydrates) at your next meal or snack

American Meltdown
✓ Buffalo Blitz
✓ Fordham
✓ Orchard

TIPS
• Grilled cheese sandwiches made with local, good quality ingredients. Since sandwiches will be higher in fat content, skip the sides and opt for a piece of fruit

Belgian Waffle Crafters

TIPS
• Create your own with fresh fruits, nuts and plain yogurt for a more nutritious twist

FOOD TRUCKS

Check out Duke Dining Food Trucks Calendar for schedule and locations: http://ow.ly/S6tK8
**Humble Pig**

http://www.thehumblepig.com/

- Alert vendor of any food allergies or intolerances when placing order

**MEAL**

- Smoked Tacos
- Smoked Wings
- Pulled Pork Sandwich

**TIPS**

- Sides are locally sourced and seasonal
- Be careful with sides, coleslaw can be very high in fat
- Baked beans and cucumber onion salad are better options for sides
- If you order fries or sweet potato fries, find someone to share with

**Mixed Korean Truck**

**MEAL**

- Bibimap
- Plates (Bulgogi or Grilled Spicy Chicken)
- Grilled Spicy Chicken Sandwich

**SIDES**

- Kimchi
- Kimchi Slaw
- Homemade Pickles

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**Chirba Chirba**

http://www.chirbachirba.com/

- Alert vendor of any food allergies or intolerances when placing order

**MEAL**

- Garlicky Greens
- Steamed Buns

**Gussy’s**

http://www.gussys.com/

- Alert vendor of any food allergies or intolerances when placing order

**SOUP**

- Fasolada
- Fakes
- Homemade Chicken Orzo

**SALAD**

- Greek Salad (add chicken)

**MEAL**

- Chicken Pita
- Greek Veggie Wrap

**SNACK**

- Hummus and Pita
Parlez Vous Crepe

http://www.parlezvouscrepe.com/main.htm
- Alert vendor of any food allergies or intolerances when placing order

**MEAL**
- Le Florentine
- La Napoléon

**TIPS**
- For a more balanced meal, look for the savory crepes rather than the sweet ones, and try to add vegetable toppings and meat or cheese for protein
- If ordering a sweet crepe, use fruit toppings
- Vegetarian sausage can be substituted for any meat
- Gluten free batter is also dairy free
- The savory special is usually a vegetarian option
Optimize your health and weight by following these suggestions for

Balancing Your Plate

About ½ of your plate should be fruits & vegetables.
Try for several different colors.

¼ of your plate should be grains.
Try to choose whole grains.

¼ of your plate should be protein.
Try to choose a leaner option.

Nutrition Services

www.studentaffairs.duke.edu/studenthealth/nutrition-services
or call 919-681-9355

Duke Student Health Nutrition Services
@du_nutrition @Duke_SportsFuel dukenuitrition