

Tips for Health(ier) Eating Around Inova Fairfax Hospital

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South Side Café: opens daily 5:30am - 10pm

- For lunch, there are very tasty roasted vegetables daily. These are an excellent way to get some extra veggies in!
- If you are craving pizza, try the flatbread instead! It has a multi-grain crust.
- If you are looking for a healthier carbonated beverage, try either the Smart Water or Dasani carbonated waters. For added flavor, there are lemon juice packets at the Starbucks kiosk.

Heart Healthy Café: opens Monday-Friday 7 am - 2 pm

- The name says it all. You are probably going to find healthier choices here!

Park Avenue Café: opens Monday-Friday 7:30am – 7pm; Weekends Sat-Sun 9am-3pm

- Pay attention to the apple symbol next to the sandwiches – they can help guide you towards the healthier options. Try substituting avocado spread for the cheese on the sandwiches.
- At the salad bar - creamier salads are going to be heavier on the fat and calories. For a healthier option, try filling your plate up with the Greek Salad and using the cream-based salads as more of a “garnish”. That way you still get the flavor with less mayo.
- If you have run out of emergency granola bars, look no further.
- This café also has a minestrone soup. Excellent way to quickly get some vegetables in for the day!

Panera Bread: opens daily 6 am – 11:59 pm

- It is fairly easy to find nutrition information for Panera on their website. It might be a good idea to check it out and write down some healthier options that work for you when you have a free moment, for those moments later when you are too tired to think!
- The “You Pick Two” option at Panera is great – they are all under 600 calories. Try to go for options that have more fiber to keep you fuller for longer, such as black bean soup or the Mediterranean vegetable sandwich.

Vending Machines: available 24/7

- “2BU – pushing all the right buttons” - healthy vending machine – located on the ground floor outside of the Emergency Department – carries Coconut Water, Cliff bars, bags of nuts, smart water, baked chips, popped rice. Only one at Inova Fairfax campus
- Otherwise, not a lot of healthy options here, but if this is your only option, there are Nature Valley Granola Bars. You can balance out this carb-heavy choice with some cashews for protein and healthy fat. Dining at its finest!
- For vending machine beverages: the best option of course is the water. Nothing beats H2O!