

Where the **HEALTH** can you eat around here?.

A guide to low-fat and
vegetarian options in and
around campus

Brought to you by
The Eat Healthy Monday Project
at the
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FAT FACTS

Everyone needs some fat to be healthy, but not all fat is the same. Different types of fats have different effects on your health, especially on your cholesterol. Saturated fats raise bad cholesterol and your risk for heart disease. Move away from:

- Red meats, such as beef, pork, lamb and veal
- Whole milk and cheese
- Butter, cream, lard and shortening
- Coconut and palm oils

CAUTION: Children and women of childbearing age should limit the following fish that may contain unsafe amounts of mercury and other toxins: swordfish, king mackerel, tilefish, shark, and albacore tuna. Choose canned light tuna over albacore or white.

Polyunsaturated fats lower bad cholesterol (a good thing!), but may also lower your good cholesterol. Omega 3s are the superstars of polyunsaturated fats -- they raise good cholesterol and help prevent heart attacks, among a host of other amazing health benefits. Try to eat two servings each week of fatty fish, such as salmon, mackerel, sardines, herring and rainbow trout. Another good source is ground flaxseed or flaxseed oils.

Monounsaturated fats are the best types of fat you can eat. They lower your bad cholesterol, but not your good cholesterol. Replace your saturated fats with:

- olives and olive oils
- canola oils
- peanuts and peanut butter
- walnuts
- avocados

Trans-fats are just as bad for you as saturated fats, maybe even worse! Trans-fats are hidden in many different foods. Avoid foods with 'hydrogenated' or "partially-hydrogenated" in the ingredients on the nutrition label.

Baltimore Area Markets

Baltimore Farmers' Market

Saratoga Street, between Holiday and Gay St. (walkable in 10 minutes from the Mt. Vernon shuttle stop)

Under I-83

410-752-8632

Open-air | Seasonal

8am -12pm Sundays | May – December

32nd Street Farmers' Market

32nd and Barclay Streets (five minute walk from the 33rd St. shuttle stop)

410-889-6388

www.32ndstreetmarket.org

7 am - 12 pm Saturday | Year Round | Open-air

Mill Valley Garden Center and Farmers Market

Offers many items produced in the Chesapeake Bay watershed by locally owned farms and companies. Also a drop-off for One Straw Farm co-op shares.

2800 Sisson Street

410-889-6842

8am - 4pm Thursday through Sunday

Whole Foods Harbor East

1001 Fleet Street

410-528-1640

Whole Foods Mt. Washington

1330 Smith Avenue

410-532-6700

JHU East Baltimore Campus

Tsunami Sushi Bar

Part of the Tower Terrace Restaurant, located off main hospital lobby; offers a variety of fresh sushi. 11am-3pm Monday through Friday. Carry-out available — call 410-955-6858.

Grille 601

Located on level 2 of the Outpatient Center—offers a daily selection of gourmet hot food, made-to-order deli sandwiches, fresh-dough pizza, and elegant salads. Open Monday-Friday, 7 a.m. to 3:30 p.m.

Express Oasis

Located just inside the main corridor entrance to the Hospital Cafeteria. An upscale coffee bar offering gourmet beverages, fresh-baked pastries, and light fare such as Asian tofu salad and pomegranate molasses salad. Open daily, 5:30 a.m. to 2 a.m.

Tower Terrace Restaurant

Located off main hospital lobby. Provides fine food and full service in an elegant atmosphere. Menu items include salads and Maryland crab soup, daily entrée specials, and gourmet desserts. Carry-out is available. Open Monday-Friday, 11 a.m. to 3 p.m. Call (410) 955-6858 for reservations.

Women's Board Coffee Bar

Located on level 1 of the Outpatient Center, serves a variety of specialty coffees, muffins, pastries, and light lunches. Open Monday-Friday, 7:30 a.m. to 3 p.m.

Juice and Java Bar

Located in the main lobby of the Weinberg Building. Features coffee, espresso, blended drinks, sandwiches, soups, salads, and bagels. Open Monday-Friday, 7:30 a.m. to 4:30 p.m.

Chimes Café

200 N. Wolfe St. (in the Harriet Lane Clinic)
Serves panini, soups, and fresh fruit.

Jay's Wolfe Street Café

9th Floor, School of Public Health
615 N. Wolfe Street
7am - 3pm Monday through Friday
410-955-3342

Breakfast and lunch. The rotating menu specials include home-style meals, as well as Asian, Indian, Mexican/Southwestern, Japanese, and Italian dishes. Choice of two hot soups and one vegetarian entrée everyday, as well as prepackaged salads, sushi, and fresh fruit and vegetables.

Daily Grind Coffee Bars

Hot or cold espresso drinks, salads, and vegetarian sandwiches.

Hampton House

1st Floor, 614 N. Broadway
8am - 4pm Monday through Friday
410-502-2332

Wolfe Street Building

2nd Floor, Mezzanine
615 N. Wolfe Street
7am - 5pm Monday through Friday
410-502-0833

Ross Building

3rd Floor, 720 Rutland Ave.
6:30am - 5pm
410-732-1500

Moss Bay Café

1st Floor, School of Nursing
525 N. Wolfe Street
7am - 6pm Monday through Friday
Offers vegetarian sandwiches, salads and pasta

Green House Café

1st Floor, School of Medicine
Corner of Monument and Wolfe Streets
Sandwiches and salads, coffee, Odwalla juices and snack bars

The Northeast Market

2101 E. Monument St. (2 blocks east of JHSPH)

Richardson's Farm—high quality, affordable, local produce from a Baltimore County Farm.

Johnny's Deli—Seafood and shrimp salad sandwiches

Something Fresh—Fruit and salad bar, fresh fruit, vegetables.

Tommy's Seafood—Fresh fish to cook at home

Michael's Pizza and Subs—Caesar, Greek, Garden, and Chef salads, pizza

OK Oriental—All natural, rice lunch boxes with tofu and cooked veggies

Soho Teriyaki—Asian lunch buffet featuring tofu and sushi

Loretta's Flower and Spice Shop—Spices, dried fruit, nuts, and teas

Shore Seafood—Fresh seafood to cook at home, soup, fish lunch specials

Surf and Wok—Fajitas and wraps, tempuras, vegetarian combinations

Crab Cake Factory—Broiled crab cakes

Market Deli—Veggie specials and wraps

Harry's Delicatessen—Veggie subs

Mr. Sausage and Delicatessen—Soups and salad bar

Margarita's Kitchen—Burritos, fajitas, rice and beans

Sticky Bun—Fruit smoothies and frozen yogurt

ABC Sushi

2003 E. Monument St.
410-522-0538
10am-5pm, Monday-Friday
Vegetarian rolls, seaweed salad, miso soup, fresh fish sushi

Taste of China

2025 E. Monument St.
410-327-1733/4
Open late.
Veggie and tofu entrees, broccoli, bean curd, eggplant, and Chinese vegetables. No MSG

Hot Mustard

2049 E. Monument
410-342-0838
Tofu and veggie teriyaki, tofu bi-bim-bap (Korean cuisine), green salads, tofu salads, fresh fruits and vegetables, juices

Caribbean Fireside

628 N. Chester St. (just before Northeast Market, two blocks east of the Wolfe St. Building)
Cocoa bread, peas and rice, plantains, cabbage, and curried potatoes. Affordable prices and accepts credit cards. Open daily from 11am-10pm

Dino's Restaurant

2000 Orleans St. (Walk three blocks south on Washington St.)
410-522-5550
Serves salads, veggie pizza, tuna sandwiches, and fruit salads. Veggie burgers coming soon.

Subway

Located in the main hospital cafeteria on the main corridor of the first floor near the Wolfe Street entrance. Subway's "Seven under Six" sandwiches all contain less than 6 grams of fat.

Freshens Smoothie Company

Located in the main hospital cafeteria on the main corridor of the first floor near the Wolfe Street entrance. Smoothies, frozen yogurt.

Einstein Bros. Bagels

Coming soon to main hospital cafeteria on the corridor of the first floor near the Wolfe Street entrance. Serving bagels, veggie sandwiches, salads, and coffee.