

# Healthy Dining on Campus:

## WHAT SHOULD I EAT AND WHERE?

### Practical ways to make healthier choices on campus

1. Make half your plate fruits and non-starchy vegetables
2. Choose skim or 1% milk products
3. Eat a variety of meat and plant protein sources at each meal or snack
4. Choose whole grains when possible

### Here's a list of locations and meal choices our registered dietitian recommends:

#### Food Court at Reber–Thomas:

1. **Bistro 71:** Made-to-order ham or turkey sandwich on whole grain bread with provolone, lettuce, tomato, onion, and mustard. Then add a piece of whole fruit to complete your meal
2. **Breakfast:** Scrambled eggs, small bowl of unsweetened cereal with skim milk, and a fruit; or oatmeal with a scoop of peanut butter and chopped apple
3. **Chopped:** This station is our salad bar. There are traditional greens and toppings that are always available, like lettuce, cucumbers, tomato, carrots, etc. In addition, Chopped offers a rotating selection of roasted cold fruits and vegetables, whole grains, and cut-up fresh fruit
4. **Flames Zone:** Made-to-order black bean burgers with a side of celery/carrot sticks with hummus from the Wellness Zone
5. **Mongolian 360:** Chicken and vegetable stir fry available on Mondays, Wednesdays, and Fridays
6. **Omelette Bar:** Enjoy our all-day made-to-order veggie omelets and pair with whole grain toast from the breads and spreads area
7. **Sparky's Cantina:** Chicken and/or black beans with a taco shell or a scoop of rice topped with lettuce, tomato, and either sour cream, shredded cheese, or guacamole

#### On-Campus Restaurants:

1. **Farmer's Field:** Build-your-own salad with tons of topping choices
2. **Fuego:** Build-your-own bowl with chicken, beans, or chipotle sweet potatoes as a protein choices, choose mostly vegetable toppings
3. **Garbanzo:** Chicken or falafel pita plate
4. **Hey Cow!:** Mexi–Cali Burger
5. **Natural!:** Replace juice with cow's milk or almond milk for more protein
6. **Star Ginger:** Chicken or Lemongrass Tofu Pho Bowl
7. **Sub Connection:** Grilled chicken wrap with vegetable toppings, one cheese, and Italian dressing
8. **The Grid:** Garden salads

