Eating Healthy on Campus

Georgia Tech Dining Services takes pride in offering a variety of great tasting foods with an emphasis on healthful choices. This guide will help you make educated and informed nutritional and allergen-related decisions at all Georgia Tech Dining Services locations.

Need Personalized Assistance?

If you have nutrition questions or have specific nutrition preferences or goals, you can meet with one of our campus dietitians. Call our Health Initiatives Office in Stamps Health Services at 404.894.9980 to make an appointment.

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Basic Tips

Healthy eating involves consuming a balanced diet of proteins, grains, fruits and vegetables. These items provide nutrients that are paramount to maintain your overall wellness, weight and energy-level. Quantities of these may vary based on your health and fitness goals, but the ChooseMyPlate.gov diagram below is a great visual to get better acquainted with your body’s needs. As you begin this journey be mindful of added sugars, saturated fats and processed food items. In abundance these items can be detrimental. Finding a healthful balance is the key to enjoying and benefiting from the foods you consume.
Basic Tips

Making balanced choices contributes to your overall health and wellness, which are critical for your academic, social, and mental success.

Drink Water.
- Sugary drinks such as soda, juice and sports/energy drinks can pack on calories and still leave you feeling hungry. Limit your caffecinated drink intake to 24 oz. daily; the caffeine can have a detrimental effect on your bone health and sleep hygiene.

Prioritize Breakfast.
- Fuel up with whole grains, lean proteins, and some fruits or vegetables. Oatmeal with skim milk and an apple are quick, easy, and fit the bill.

Choose Fruits or Vegetables.
- They are rich in vitamins and minerals, and low in calories. Keep a variety in your backpack and dorm room so you always have a healthy snack available. Many students want to eat while studying or under stress, keeping fresh veggies around, like baby carrots, will take care of that urge.
Basic Tips

Eat Often.
- Consume snacks or small meals with protein and fiber every 3 to 4 hours to feel satisfied and maintain a steady source of energy.

Commit to Balance.
- Being too restrictive or permissive with food choices and portions is unhealthy. Disordered eating is very real, and can lead to serious health complications. If you find yourself or a friend in a disordered eating pattern, get help from our Eating Disorder Treatment Team at 404.894.9980.
EAT THIS!
- 6" Turkey Breast Sub
- 6" Veggie Delite Sub
- 6" Oven Roasted Chicken Sub
  - Sliced Apples
  - Baked Chips
  - Water or Unsweetened Tea

Dietitian Advice:
Choose the 9-grain breads, and load up on the veggies for extra nutrients and fiber.
Watch the sauces and condiments, choose lower fat options like Sweet Onion, Honey Mustard, Vinaigrette, and Mustard.
Remember you can turn any sandwich into a salad at this concept.

Options Available:
Vegetarian, Vegan, Peanut Free, Gluten Free

Healthy Tidbit
Add spinach for its anti-cancer properties

AUDITIONS
EAT THIS!
1 restaurant. 9 rotating concept menus

Dietitian Advice:
Auditions is a pop-up style venue with a new dining concept every week!
You decide what you would like to see in the new Campus Center.
Enjoy new food choices each week, 85 favorites, vegan & vegetarian items, as well as a meal swipe combo.

Options Available:
Vegan, Vegetarian, and Peanut Free
**Chick-fil-A**

**EAT THIS!**
- Grilled Chicken Sandwich
- Chargrilled Chicken Club Sandwich
- Fruit Cup
- Water, Unsweetened Tea or Coffee

**Dietitian Advice:**
When selecting sauces choose Barbecue, Buffalo, or Fat-Free Honey Mustard.

**Options Available:**
Vegetarian, Vegan, Peanut Free, Gluten Free

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**Healthy Tidbit**
Chicken helps prevent cataracts and skin disorders

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**Panda Express**

**EAT THIS!**
- Kung Pao Chicken
- Broccoli Beef
- Mixed Vegetables
- String Bean Chicken Breast or Tofu
- Grilled Teriyaki Chicken Breast
- Black Pepper Chicken
- Five Flavor Shrimp
- Water or Unsweetened Tea

**Dietitian Advice:**
Choose items from the WOK SMART™ menu; these have less than 300 calories. Load up on the steamed vegetables. They make a great side or entrée. Be mindful of crispy, battered or fried items. Lastly, when selecting sauces, try the Chili, Soy, Potsticker, Hot Mustard or Plum options due to their lower caloric values.

**Options Available:**
Vegetarian, Vegan, Peanut Free
EAT THIS!

- Mango Smoothie
- Strawberry Banana Smoothie
- Light Iced Coffee
- Espresso
- Americano
- Brewed Coffee

Dictitian Advice:
Brewed coffee, espresso beverages and iced coffee are all healthy options as long as coffee condiments are used sparingly. Be mindful of sugar, toppings and coffee condiments to reduce calories, sugars and fats. Blue Donkey smoothies are made with fresh fruits and no added sugar. Almond milk is available as a vegan substitute.

Options Available:
Vegetarian, Vegan, Peanut Free, Gluten Free

Healthy Tidbit
Coffee is a powerful antioxidant

AuntieAnne's EAT THIS!

- Original Pretzel
- Jalapeno Pretzel
- Raisin Pretzel
- Roasted Garlic & Parmesan Pretzel
- Sour Cream & Onion Pretzel
- Pretzel Dog
- Water or Coffee

Dictitian Advice:
The items listed above have fewer than 400 calories each. Feel free to request no butter or light butter, no salt or light salt or substitute Vegalene oil for a vegan option. If you are in the mood for a dipping sauce try the marinara at only 45 calories.

Options Available:
Vegetarian, Vegan, Peanut Free
**EAT THIS!**
- Tacos
- Salads
- Nachos

**Dietitian Advice:**
This build-your-own concept is sure to satisfy your health goals. Go light on high calorie, high fat items such as cheese, sour cream and sauces. Avoid gluten by opting for corn tortillas or corn chips.

**Options Available:**
Vegetarian, Vegan, Gluten Free

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**Healthy Tidbit**
Cilantro possesses anti-anxiety properties

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**EAT THIS!**
- Falafel Wrap, Salad or Platter
- Chicken Shawarma Wrap, Salad or Platter
- Gyro Wrap, Salad or Platter
  - Greek Salad
  - Hummus

**Dietitian Advice:**
Be mindful of sauces and condiments at this location. Although most are considered healthy the calories can add up very quickly.

**Options Available:**
Vegetarian, Vegan, Gluten Free, Halal
Simply Sustainable Soup and Salad Bar

Our salad bar offers over 20 rotating items, including fresh fruit and vegetables, lean proteins, seeds, as well as many different choices of greens. We have soups and breads, made fresh daily. Local options are offered regularly.

Dietitian Advice:
Consume lots of fresh vegetables with a variety of colors to cover a multitude of nutrients and minerals. Vinaigrette dressings are highly recommended. Mindful soup options are offered daily.

Options Available:
Vegetarian, Vegan, Gluten Free

Healthy Tidbit
Greek yogurt is packed with probiotics

ESSENTIAL Eats

This home-cooking style station is an easy way to include loads of vegetables in your day. Choose grilled or roasted meats, vegetarian entrees, and plenty of vegetables. A vegetarian entree is available daily.

Dietitian Advice:
Select lean meats, carved meats or try the vegetable plate. Be mindful of items with cream sauces, that have been deep fried or contain added sugar.

Options Available:
Vegetarian, Vegan, Gluten Free
EAT THIS!
• Brewed Coffee
• Light Iced Coffee
• Light Lattes
• Hot Tea
• Unsweetened Iced Tea
• Egg White Flatbread
• Turkey Sausage on an English Muffin
• Oatmeal with Dried Fruit

Dietitian Advice:
Utilize the DD Smart Program when possible. It focuses on items that have beneficial nutrients and/or have less fat, sugar, or sodium than comparable menu items.

Options Available:
Vegetarian, Vegan

Healthy Tidbit
Eggs are beneficial to cognitive and heart health

EAT THIS!
• BBQ Halal Chicken Quarter
• BBQ Portobella Sandwich
• Quinoa Primavera with Eggplant
• Roasted Corn on the Cob
• Grilled Seasonal Vegetables

Dietitian Advice:
Smoked & Grilled has several healthful entrees on the menu, many of which are low in calories and fat.

Options Available:
Vegetarian, Vegan, Halal
**EAT THIS!**

- Sushi
- Brown Rice Sushi
- Thai Basil Chicken Bowl
- Chicken with Broccoli Bowl
- Garlic Chicken Bowl
- Teriyaki Chicken Bowl
- Teriyaki Salmon Bowl
- Vegetarian Bowl
- Edamame

**Dietitian Advice:**
Soy sauce adds a significant amount of sodium, use it sparingly. Also be mindful of location specific condiments on your sushi such as spicy mayo. This will increase your sugar, fat and caloric intake.

**Options Available:**
Vegetarian, Vegan, Gluten Free

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**EAT THIS!**

- A Slice of Cheese Pizza
- A Slice of Veggie Pizza
- House Salad
- Greek Salad
- Fruit & Cheese Platter

**Dietitian Advice:**
If you are in the mood for Italian Cuisine fill up on a house salad with vinaigrette dressing first. If possible, save ½ of your entrée for a later meal to avoid that “too stuffed” feeling.

**Options Available:**
Vegetarian, Vegan, Halal

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**Healthy Tidbit**
Greek yogurt is packed with probiotics

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**Simply Togo**

**EAT THIS!**

- Salads
- Fresh Cut Fruits and Vegetables
- Greek Yogurt
- Yogurt Parfaits
- Hardboiled Eggs

**Dietitian Advice:**
This grab-n-go concept offers a wide variety of healthful options. Pair an entrée salad with a fresh cut fruit cup for an abundance of vitamins. Try low calorie vinaigrette dressings.

**Options Available:**
Vegetarian, Vegan, Gluten Free

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**Ray's New York Pizza**

**Dietitian Advice:**
If you are in the mood for Italian Cuisine fill up on a house salad with vinaigrette dressing first. If possible, save ½ of your entrée for a later meal to avoid that “too stuffed” feeling.

**Options Available:**
Vegetarian, Vegan, Halal
EAT THIS!
• Tofu Scramble
• Create Your Own Omelet
• Smoked Salmon on Whole Grain Bagel
• Spinach Salad
• Hummus Sandwich

Dietitian Advice:
Substitute chips for a side salad or fruit salad. Be mindful of condiments and sauces, and ask for your dressing to be served on the side.

Options Available:
Vegetarian, Vegan, Gluten Free

EAT THIS!
• Salads
• Fresh Cut Fruits and Vegetables
• Greek Yogurt
• Yogurt Parfaits
• Hardboiled Eggs
• Fresh Fruit Smoothies

Dietitian Advice:
This grab-n-go smoothie concept offers a wide variety of healthful options. Pair an entée salad with a fresh cut fruit cup for an abundance of vitamins. Be mindful of high calorie/high sugar “boosters.”

Options Available:
Vegetarian, Vegan, Gluten Free
Panera
BREAD

EAT THIS
• Steel Cut Oatmeal with Apple Chips & Pecans
• Greek Yogurt with Mixed Berries Parfait
• Avocado, Egg White, and Spinach Breakfast Power Sandwich
• Lentil Quinoa Bowl with Cage-Free Egg
• Soba Noodle Bowl with Edamame
• Seasonal Greens Salad
• Ancient Grain, Arugula & Chicken Salad
• Asian Sesame Salad with Chicken
• Greek Salad
• Mediterranean Veggie Sandwich
• BBQ Chicken Flatbread
• Low-fat Vegetarian Garden Vegetable Soup
• Low-fat Chicken Noodle Soup
• Turkey Chili

Dietitian Advice:
Review Panera’s Plant-based, Protein-rich and Nutrient-packed menus. Each of these items will be low in calories and sugar and high in lean proteins and nutrients.

Options Available:
Vegetarian, Vegan, Gluten Free

WINGZONE
West Campus

EAT THIS!
• Veggie Burger
• Garden Salad with Chicken
• Grilled Chicken Sandwich
• Blackened Chicken Sandwich
• Water of Unsweetened Tea

Dietitian Advice:
Wings aren’t traditionally known to be the healthiest option, but it’s OK to indulge every once in a while. Stick to smaller plates. Ask for wing sauces on the side.

Options Available:
Vegetarian, Gluten Free

Clough and West Village

EAT THIS!
• Brewed Coffee
• Iced Coffee
• Hot Tea
• Tea Latte
• Unsweetened Iced Tea
• Espresso
• Americano
• Nonfat Cappuccino
• Skinny Vanilla Latte
• Nonfat Iced Caramel Macchiato
• Classic Oatmeal
• Reduced Fat Turkey Bacon & Egg White Breakfast Sandwich
• Sous Vide Egg Bites
• Spinach, Feta & Egg White Breakfast Wrap
• Yogurt Parfait
• Protein Boxes
• Whole Fruit

Dietitian Advice:
It is easy to go overboard with all the extras that are available at cafés. Try sugar-free syrup, nonfat milk, and skip the whipped cream. When you’re in a hurry, a protein box and a whole fruit can double as lunch.

Options Available:
Vegetarian, Vegan, Gluten Free
Campus Restaurants

Our community restaurants, Brittain, North Ave, and First Place take healthy and delicious food seriously. We have several stations focusing on vegan/vegetarian, allergen-free, ethnic, and traditional options. Like any all-you-care-to-eat style restaurant, be mindful of your portions, and be sure to choose plenty of fruits and vegetables, complementing them with whole grains, lean protein, and low-fat dairy.

You can find out all nutrition information for our restaurant choices on our dining website.

Notable platforms include Simple Servings and Mindful. Simple Servings offers great food that is free of the top 7 allergens: (dairy, wheat, soy, peanuts, tree nuts, eggs, and shellfish), as well as gluten and the allium family. Dishes may contain fin fish. Food is stored and prepared in its own area, and chefs use dedicated utensils to limit the possibility of cross-contamination. Whether you have food allergies or not, this station provides healthful and delicious options. Currently, Simple Servings can be found at West Village and North Avenue. Mindful offerings meet stringent nutritional criteria based on the Dietary Guidelines for Americans. Each meal is limited in calories, sodium and cholesterol. These foods are noted by the apple icon: 🍎
When you choose these dishes, you can be assured that you are choosing a the healthful option. Mindful choices are located in both of our community restaurants, West Village as well as the Student Center Food Court and First Place.

Bite is an incredibly easy-to-use app packed with menu and nutritional information pertaining to our community restaurants. This app also provides real-time feedback so please share your dining experiences!
East Campus
Stations: Simple Servings, Vegan/Grain Bar, Wok Station, Pho Station,
Omelet, Grill, Chef’s Line, Deli, Salad, and Pizza/Pasta

Brittain
East Campus
Stations: Vegan/Grain Bar, Grill, Chef’s Line, Plant- Based
Burritos, Deli, Salad, Pizza/Pasta, and Simply To Go

Ferst Place Eatery
Student Center, 3rd floor
Ferst Place is a gourmet eatery, specializing in lunch and open to students, faculty, staff,
and visitors. A hot buffet, salad bar, and chef attended action
station are available Monday through Friday.
When dining here, as with any buffet, be mindful of portions.
Fill up on fresh vegetables and lean proteins.
West Village Dining is best described as a community food experience, with innovative cuisine, modern facilities and convenient payment options. Five micro-restaurants boast the in-house culinary expertise of our certified Executive Chef team, and national brands Panera Bread and a fully licensed Starbucks round out the portfolio.

**Farmhouse** – features a variety of smoked, grilled, and roasted options with flavor known and loved from Georgia and the rest of the South East! From Smoked Brisket and Pulled Pork to farm fresh breakfast items, local vegetables, and vegetarian options, you'll be sure to find just what you're craving.

**Olive** – offers a tour through Italy and other parts of the Mediterranean, featuring hand-tossed pizzas and your favorite pasta dishes that incorporate seasonal items.

**Local Chef** – is dedicated to the bounty and flavors of Atlanta and its surrounding areas, including local guest chef appearances highlighting local ingredients. You will always get a mix of new and exciting dishes.

**Spice Trail** - takes a culinary journey sure to tantalize your taste buds with spices from Asia to India and all the way to the Caribbean.

**Simple Servings** – offers a safe dining option to those individuals who suffer from food sensitivities, allergies, or prefer a more simply-prepared, wholesome meal. All foods served at this restaurant are prepared exclusively with ingredients which do not contain the following FDA's most commonly found allergens, including peanuts, tree-nuts, shellfish, soy, wheat, dairy, and eggs, as well as gluten. Fresh salad and a wide variety of smoothie flavors are also featured daily.

Mindful options can be found throughout the 5 micro-restaurants. Customizable meals for dietary needs (Vegan, Vegetarian) are also available.
Web Resources and Apps
Interested in more resources for healthy eating and wellness?

Georgia Tech Dining Services

gatechdining.com

Health and Well-Being

bwb@gatech.edu

Health Promotion

healthpromotion.gatech.edu

Stamps Health Services

health.gatech.edu

Campus Recreation Center (CRC)

crc.gatech.edu

Go T.E.C.H.
( Teams Encouraging Campus Health)

gotech.gatech.edu

Academy of Nutrition and Dietetics

eatright.org

Choose MyPlate

choosemyplate.gov

Food Allergy Research and Education (FARE)

foodallergy.org

Celiac Disease Foundation

celiac.org
# Dietary Options

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<th>Location</th>
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