Healthy Eating Guide

Your buzz on eating healthy on campus as well as allergen and special diets information

FRESH | LOCAL | SUSTAINABLE

gatechdining.com
Eating Healthy on Campus

Georgia Tech Dining Services takes pride in offering a variety of great tasting food with an emphasis on healthy choices. Of course, we do have less healthy options available for those occasional treats! This guide will help you navigate Georgia Tech’s dining options so you can make educated and informed nutritional and allergen-related decisions at Georgia Tech Dining Services locations.

Need More Help?

If you have nutrition questions or have specific nutrition considerations, you can meet with one of our campus Dietitians. Call our Health Promotion office in Stamps Health Services at 404.894.9980 to make an appointment.

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Basic Tips

Eating healthy doesn’t mean never indulging in ice cream or pizza again. It’s choosing healthier options most of the time. Choose a wide variety of fruits vegetables, whole grains, and lean proteins, as well as 3 servings of dairy each day. Limit added sugars and fats, especially saturated and trans fats.

The general rule of thumb is to choose healthier options 80% of the time. That leaves you plenty of opportunities to indulge at your favorite restaurant or split a dessert with a friend.
Basic Tips

Making smart choices every time you eat contributes to your overall health and wellness, which are critical for your success at Tech academically, socially, and mentally. Try not to figure that one out the hard way!

- Stick to drinking plain water or milk, rather than soda, juices, or sports/energy drinks. These sugary drinks can pack on calories and still leave you feeling hungry. Limit your caffeinated drink intake to 24 oz. daily; the caffeine can have a detrimental effect on your bone health and sleep hygiene.

- Breakfast is the most important meal of your day. 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 a few servings of fruits or vegetables every time you eat. 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.

- Eat every 3 to 4 hours. Include some protein and fiber each time. This will not only help you feel satisfied, but it provides a steady source of energy until it's time to eat again.
Basic Tips

- If choosing a less healthy option, be mindful of your portion sizes.
  And enjoy every last bite. When you’re eating well most of the time, relax and know that just eating something because it tastes good is all part of healthy eating, too.

- Being too restrictive/permissive with food choices and portions is also unhealthy. 
  Disordered eating is very real, and can lead to several 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!**

- Any of the 6” Fresh Fit choices, including the Turkey Breast, Veggie Delite, or Oven Roasted Chicken sub.
- Choose apples or baked chips as a side item, and water or unsweetened tea to drink.

**HEALTHY TIPS**
Choose the 9-grain breads, and load up on the veggies for extra nutrients and fiber. Watch the sauces and dressings, choose lower fat options like Sweet Onion, Honey Mustard, Vinaigrette, and Mustard. Go easy on the processed meats, like salami. You can turn any sandwich into a salad.

**ALLERGEN & SPECIAL DIETS INFO**
Vegetarian, Vegan, Peanut Free, Gluten Free

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**STUDENT CENTER COMMONS**

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**EAT THIS!**

- Fresco Tacos or Burritos, any variety
- Veggie Power Burrito
- Black Beans and Rice

**HEALTHY TIPS**
If it can be made fresco-style, do it and cut the fat by 25%. Use the Border sauces, salsa, pico de gallo, or a little guacamole rather than the creamy sauces. And, most importantly, watch your portion sizes.

**ALLERGEN & SPECIAL DIETS INFO**
Vegetarian, Vegan, Peanut Free, Gluten Free
EAT THIS!
• Grilled Chicken Sandwich
• Chargrilled Chicken Club Sandwich
• Fruit Cup

HEALTHY TIPS
If you decide to go with the nuggets, choose lower calorie sauces, like Barbecue, Buffalo, and Fat-Free Honey Mustard. Include water, unsweetened tea, or coffee to drink—just light on the extras.

ALLERGEN & SPECIAL DIETS INFO
Vegetarian, Vegan, Peanut Free, Gluten Free

HEALTHIER OPTIONS AND ALLERGEN INFORMATION FOR GEORGIA TECH DINING SERVICES LOCATIONS

PANDA EXPRESS
GOURMET CHINESE FOOD

EAT THIS!
• Mushroom Chicken
• Broccoli Beef
• Mixed Vegetables
• String Bean Chicken Breast or Tofu
• Grilled Teriyaki Chicken Breast
• Black Pepper Chicken

HEALTHY TIPS
Choose items from the WOK SMART™ menu; these items have less than 250 calories. Be sure to load up on the steamed vegetables in any dish, they make a great side or entrée. Limit anything crispy or battered, which usually means it’s fried. When selecting sauces, try the Chili, Soy, Potsticker, Hot Mustard, and Plum, which are lower in calories than the Sweet and Sour and Teriyaki sauces.

ALLERGEN & SPECIAL DIETS INFO
Vegetarian, Vegan, Peanut Free

STUDENT CENTER COMMONS
EAT THIS!
• Mango or Strawberry Banana Smoothie
• Blue Donkey Light

HEALTHY TIPS
It's not too hard to stay on track with Blue Donkey's fruit-only smoothies and uncomplicated coffees. Just be aware of how much sugar and other extras are in there. All drinks are gluten and peanut free. Include almond milk for a tasty vegan option.

ALLERGEN & SPECIAL DIETS INFO
Vegetarian, Vegan, Peanut Free, Gluten Free

HEALTHIER OPTIONS AND ALLERGEN INFORMATION FOR GEORGIA TECH DINING SERVICES LOCATIONS

STUDENT CENTER COMMONS
**Twisted Taco**

**EAT THIS!**
- Carne Asada Taco
- Beef Tacos (any)
- Hills Chicken Taco
- Pulled Pork Taco

**HEALTHY TIPS**
Twisted Taco’s menu allows for many healthy choices. Limit how frequently you choose fried items, and always go easy on the cheese, queso, mayo, and sour cream. Load up on the salsa, and pico de gallo, and include a little bit of guacamole. Salads can be great, if you keep it light on the cheese and dressing. Watch how many tacos you order, portion sizes can add up quickly! Use corn tortillas and chips to avoid gluten. To make your order vegetarian, any item can be prepared without dairy or meat. All menu choices are peanut free.

**ALLERGEN & SPECIAL DIETS INFO**
Vegetarian, Vegan, Peanut Free, Gluten Free

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**Student Center Food Court**

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**Yahala! Mediterranean Kitchen**

**EAT THIS!**
- Vegetarian Wrap
- Chicken Shawarma Bowl or Wrap
- Gyro Bowl or Wrap
- Greek Salad
- Hummus or Baba Ghanouj

**HEALTHY TIPS**
Limit the amount of sauce on your plate; although the fat is generally the healthy type, the calories can still add up. Any order can be made dairy free, gluten free, or vegetarian. Instead of meat, order roasted veggies or falafel. All chicken and gyro meat is Halal.

**ALLERGEN & SPECIAL DIETS INFO**
Vegetarian, Vegan, Peanut Free, Gluten Free, Halal

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**Healthier Options and Allergen Information for Georgia Tech Dining Services Locations**
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. Several local and organic options are offered whenever possible. Be generous with the vegetables, including lots of colors, and be sure to go easy on the dressing. One soup is always vegetarian.

**ALLERGEN & SPECIAL DIETS INFO**
Vegetarian, Vegan, Gluten Free
HEALTHY TIPS
Dunkin Donuts has a DD Smart program, which focuses on items that have beneficial nutrients and/or have less fat, sugar, or sodium than a comparable menu item. Choose these most often.

ALLERGEN & SPECIAL DIETS INFO
Vegetarian, Vegan

HEALTHY TIPS
Bhojanic has several vegan and vegetarian entrees on the menu, most of which are low in calories and fat, and high in fiber. All items are peanut-free, the chicken is halal, and there are plenty of choices for those choosing vegan or gluten free. Try the delicious vegetable curry, limit the rice, and top it off with a calcium-rich lassi.

ALLERGEN & SPECIAL DIETS INFO
Vegetarian, Vegan, Peanut Free, Gluten Free, Halal
**EAT THIS!**
- Sushi with Brown Rice
- Teriyaki Salmon or Thai Basil Chicken Bowls,
- Steamed Rice Dishes
- Vegetable Spring Rolls

**HEALTHY TIPS**
There are plenty of ways to get lots of vegetables at Far East Fusion. Pair them with brown rice and a lean protein like tofu, chicken, or seafood, and you’ve got yourself a healthy meal. Soy sauce adds a significant amount of sodium, use it sparingly.
Vegetarian options include Vegetable combo sushi, Fried okra sushi, Vegetarian hot bowl, and Tofu bowl.

**ALLERGEN & SPECIAL DIETS INFO**
Vegetarian, Vegan, Gluten Free, Peanut Free

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**EAT THIS!**
- Salad
- Fresh Cut-Up Fruits and Vegetables
- Hummus and Pita Bread
- Skim Milk
- Yogurt

**HEALTHY TIPS**
Simply To Go offers quick meals and snacks on the go.
Try your carrots and salad with just a little dressing, and split the hummus with a friend to avoid excess calories and fat.

**ALLERGEN & SPECIAL DIETS INFO**
Vegetarian, Vegan, Gluten Free

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**EAT THIS!**
- Cheese or Veggie Pizza
- House or Greek Salad
- Penne Pasta with Pesto and Veggies or Grilled Chicken

**HEALTHY TIPS**
Pass on the garlic knots and steak fries, and choose a salad as your side, just be sure to watch the dressing. If you decide on pasta, box up half and eat it later, or share with a friend. All meatballs and chicken are halal. Vegetarian options include Vegetarian penne pasta, Vegetarian lasagna, Veggie pizza, all salads, and Margherita pizza (on special).

**ALLERGEN & SPECIAL DIETS INFO**
Vegetarian, Vegan, Peanut Free, Halal
HB FOOD ANATOMY
Engineered Biosystems Building

EAT THIS!
• Tofu Scramble
• Create Your Own Omelet (with lots of veggies)
• Smoked Salmon on Whole Grain bagel
• Spinach Salad
• Hummus Sandwich

HEALTHY TIPS
Sub in a salad or fruit rather than chips. Watch out for extra mayo and sauces, and ask for your dressing to be served on the side. Vegetarian choices are abound!

ALLERGEN & SPECIAL DIETS INFO
Vegetarian, Vegan, Gluten Free

freshens smoothies
Campus Recreation Center (CRC)

EAT THIS!
• Salad
• Fresh Cut-up Fruits and Vegetables
• Yogurt
• Veggie Wrap

HEALTHY TIPS
Freshens not only offers Simply To Go options, but they create smoothies made with real fruit. Be aware that any “booster” you add will likely add calories as well. Try fresh fruit or baked chips with your sandwich.

ALLERGEN & SPECIAL DIETS INFO
Vegetarian, Vegan, Peanut Free, Gluten Free
**Panera Bread**
West Village

**EAT THIS!**
- Avocado, Egg White, and Spinach Breakfast Power Sandwich
- Low-fat Vegetarian Garden Vegetable Soup with Pesto
- Seasonal Fruit Cup

**HEALTHY TIPS**
Ask a manager about ingredients if you have a food allergy or other dietary restriction. Panera has committed to a clean menu, free of artificial preservatives, sweeteners, flavors or colors from artificial sources. Make sure to choose whole grains and low sodium items.

**ALLERGEN & SPECIAL DIETS INFO**
Vegetarian, Vegan, Gluten Free

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**Starbucks**

Clough Undergraduate Learning Center (CULC)

**EAT THIS!**
- Any Brewed Coffee or Tea/Tea Lattes without extras
  - Nonfat Cappuccino
  - Skinny Vanilla Latte
  - Nonfat Iced Caramel Macchiato

**HEALTHY TIPS**
It is easy to go overboard with all the extras available. Try sugar-free syrup, nonfat milk, and skip the whipped cream. When you’re in a hurry, some fresh fruit and a bistro box can double as lunch.

**ALLERGEN & SPECIAL DIETS INFO**
Vegetarian, Vegan, Gluten Free

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**Wing Zone**
West Campus

**EAT THIS!**
- Veggie burger
- Salad
- Grilled Chicken Sandwich

**HEALTHY TIPS**
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. Fill up on celery when you can, just limit the amount of salad dressing that you use. Try a veggie burger or grilled chicken sandwich with your favorite flavor, and pair it with a salad rather than fries or onion rings. If you know you will be indulging here, eat a little bit healthier throughout the rest of the day for balance.

**ALLERGEN & SPECIAL DIETS INFO**
Vegetarian, Gluten Free
Campus Restaurants

Both of our community restaurants, Brittain, and North Ave. as well as 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 (including a nutrition calculator) for our restaurant choices on our dining website, BITE app, or My Fitness Pal.

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 healthy and delicious options. Simple Servings can be found at North Aveas well as West Village.

Our Mindful offerings meet stringent dietary guidelines determined by medical doctors, dietitians, and other professionals to be healthy. Mindful menu items are controlled for calories, total fat, saturated fat, trans fat, cholesterol, sodium, and fiber. These foods are noted by the apple icon: 🍏
When you choose these dishes, you can be assured that you are choosing the healthier option. Mindful choices are located in both of our community restaurants, as well as the Student Center Food Court, West Village and Ferst Place.

BITE is our incredibly amazing and easy-to-use app that’s packed with information. It shows you everything we are serving in the community restaurants. It gives you complete nutritional information on every item. And it gives you a way to share feedback about your dining experience!
East Campus
Stations: Simple Servings, Vegan/Grain Bar, Wok Station, Pho Station, Grill, Chef’s Line, Deli, Salad, and Pizza/Pasta, Rotating Halal

BRITTAIN

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

ferst place eatery

Student Center, 3rd floor
Ferst Place is our lunchtime gourmet eatery open to students, faculty/staff, and visitors. A buffet, salad bar, and a made-to-order station are available at Ferst Place. When dining here, as with any buffet, be mindful of portion control. Fill up your plate with a variety of vegetables, and choose smaller portions of protein and grains.
Web Resources and Apps

Interested in more resources for healthy eating and wellness? Here are a few we like:

Georgia Tech Dining Services
gatechdining.com

Health and Well-Being
hwb@gatech.edu

Health Initiatives
healthinitiatives.gatech.edu

Stamps Health Services
health.gatech.edu

Campus Recreation Center (CRC)
crc.gatech.edu

Go T.E.C.H.
(Teams Encouraging Campus Health)
bwb.gatech.edu/gotech

Academy of Nutrition and Dietetics
eatright.org

Choose MyPlate
choosemyplate.gov

Food Allergy Research and Education (FARE)
foodallergy.org

Celiac Disease Foundation
celiac.org

MyFitnessPal
myfitnesspal.com
Student Groups
The GT Veggie Jackets is a student organization dedicated to creating a community for vegans, vegetarians, and anyone interested in a plant-based lifestyle. Our purpose is to provide resources to our members, positively impact our community through outreach, hold social events featuring vegan food, and provide education opportunities, such as screenings and speakers, to the Georgia Tech community.

Email: gtveggiejackets@gmail.com
Facebook: https://www.facebook.com/gtveggiejackets
OrgSync: https://orgsync.com/146080/chapter
Instagram: https://www.instagram.com/gtveggiejackets
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<td>Panda Express</td>
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<td>Ray's</td>
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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 roasted and grilled items from throughout the Americas, such as North Carolina style BBQ to Texas Style Brisket or Pacific herb roasted salmon to Caribbean style pork loin.

Olive offers a tour of Italy, featuring hand-tossed pizzas, fresh authentic pasta dishes incorporating seasonal items.

Local Chef
Local Chef is dedicated to the bounty and flavors of Atlanta and its surrounding areas, including local guest chefs and specialty items.

Spice Trail
Spice Trail takes a culinary journey via the legendary travels of explorer Marco Polo, from the Mediterranean to the Far East.

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 location are prepared exclusively with ingredients which do not contain the following FDA most commonly found allergens, including peanut, tree nut, shellfish, soy, wheat, dairy and eggs, as well as gluten and allium. Fresh salad options with a variety of toppings will also be featured daily.

Mindful options can be found throughout the 5 micro-restaurants. Customizable meals for dietary needs (Vegan, Vegetarian) are also available. Vegetable entree options are listed on menus and vegan customization is available upon request.