

Healthier Eating on Campus



Juice Station (West Commons & East Commons)

Good Choices:

- × Strawberry Wave! Strawberry juice, yogurt, banana & strawberries
- × Just Peachy! Peach juice blend, yogurt, banana & peaches
- × Melon Madness! Watermelon juice, yogurt, banana & strawberries
- × Carrot Patch! Fresh carrot juice, yogurt, & banana

Healthy Tips:

- × Order the smaller size



Rubios (East Commons)

Good Choices:

- × Health Mex Burritos, Tacos, or Salad
- × Baja, Shrimp, or Lobster Burrito on a whole wheat tortilla
- × Grilled Grande Bowl w/out cheese and/or chipotle sauce

Healthy Tips:

- × Easy on or hold the cheese and sour cream
- × Order the whole wheat tortilla
- × Try the grilled fish instead of the fried

Daphne's Greek Café (East Commons)

Good Choices:

- × Chicken Plates, Pita Sandwiches, and salads

Healthy Tips:

- × Substitute hummus for rice or fries
- × Order Daphne's light salad dressing
- × Order light or hold the Tzatziki sauce



Salad Sensations (Aztec Center)

Good Choices:

- × Waldorf Chicken Salad
- × Salmon Salad
- × Greek Chicken Salad
- × Asian Chicken Salad
- × Create your own using the healthy tips

Healthy Tips:

- × Pick dark leaf lettuce (Field Greens or Spinach)
- × Add a lot of veggies to create a colorful salad
- × Add turkey, chicken, salmon, or tofu
- × Light or hold the cheese
- × Light or hold the croutons
- × Ask for dressing on the side
- × Choose a low-fat or non-fat salad dressing or oil & vinegar



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Panda Express (East Commons)



Good Choices:

- × Chicken and Mushrooms
- × Chicken/Beef with String Beans
- × Mandarin Chicken
- × Broccoli with Beef
- × Mixed Vegetables
- × String Beans with Fried Tofu

Healthy Tips:

- × Avoid fried selections
- × Ask for steamed rice instead of fried rice



Vinnie's Gourmet Italian Deli/Sbarros (East Commons & Aztec Center)

Good Choices:

- × Pasta with marinara sauce and a side salad
- × Cheese or veggie pizza

Healthy Tips:

- × Choose items with minimal or no cheese
- × Choose items with veggies

Pita Pit (Near Campus)

Good Choices:

- × Pita meat - turkey breast, roast beef, chicken breast, tuna, or veggie
- × veggies (lettuce, tomato, onions, alfalfa, cucumber)
 - × sauce (hummus, tzatziki, light mayo, BBQ sauce)
 - × others (pickles, black/green olive, hot peppers)

Healthy Tips:

- × Order a whole wheat pita
- × Load up on veggies
- × Easy or hold the cheese and mayo



Chipotle (Near Campus)



Good Choices:

- × Burrito w/ chicken, black beans, corn, lettuce, tomato, avocado, and salsa
- × Chicken/Vegetarian soft tacos w/out sour cream
- × Burrito bowl w/rice, black beans, meat, salsa, cheese, and avocado
- × Chicken salad w/black beans, corn, salsa, and avocado

Healthy Tips:

- × Easy on or hold the cheese and sour cream
- × Eat half now and half later

Tips for eating healthily on campus

Sandwiches

- × choose whole wheat or rye bread and deli sliced meat such as turkey, chicken, ham, roast beef (avoid pepperoni, salami, and meat balls)
- × include plenty of veggies (tomato slices, lettuce, onions, bell peppers, cucumbers, etc.)
- × opt for mustard instead of mayo/dressing
- × hold or go light on the cheese
- × good additions are vegetables (including avocados, pepperoncinis, and jalapeno peppers)

Taco's, Burritos, Tostadas

- × opt for chicken or veggie choices rather than beef
- × choose soft rather than a crunchy taco shell
- × ask for a whole wheat tortilla
- × use sour cream, cheese, and chipotle/creamy sauce *sparingly*
- × add flavor with a variety of fresh salsas
- × ask for beans or rice on the side rather than chips

Pizza, Pasta

- × choose veggie or cheese rather than pepperoni pizza
- × order pasta with marinara sauce (with no meatballs)
- × add a side salad in place of garlic/cheese bread (dressing on the side!)

Chinese Entrees/Bowls

- × opt for meat stir fried rather than breaded and fried
- × choose white instead of fried rice (brown is always the best choice!)
- × enjoy plenty of stir fried veggies

Salads

- × chose a variety of vegetables of different colors
- × add cheese and dressing *sparingly*
- × add cottage cheese, egg whites, beans, tofu, tuna, or chicken for protein
- × include olives, nuts, or sunflower seeds (sources of healthy fat)
- × avoid fatty meats (such as salami) and excess cheese

Smoothies

- × choose smoothies with more fruit and less juice/sorbet
- × opt for 16 oz size to lower calorie content
- × add protein powder, calcium, or vita boost

Coffee Drinks

- × ask for soy or nonfat milk
- × avoid drinks with excess sugar (sugar free versions are available)
- × for sweet/rich drinks opt for a smaller size
- × ask for 2 pumps of syrup (versus 4-6)
- × limit whipped cream
- × avoid accompanying your drink with fatty or high-sugar pastries