

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:

The Reber-Thomas Dining Center:

1. **The Deli:** 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. **Soups, Salads, & Sides:** 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. **Wellness Zone:** Made-to-order black bean burgers with a side of celery/carrot sticks with hummus from the Wellness Zone
5. **360 Grill:** Chicken and vegetable stir fry over brown rice available on Saturdays, Sundays, Mondays, and the weekends
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. **Mexican 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. **Garbanzo:** Chicken or falafel pita plate
3. **Hey Cow!:** Mexi-Cali Burger or build your own grilled chicken sandwich
4. **Shake Smart:** Replace juice with cow's milk or almond milk for more protein
5. **Star Ginger:** Chicken Pho Bowl
6. **SubConnection:** Grilled chicken wrap with vegetable toppings, one cheese, and Italian dressing
7. **Montview Market:** Turkey and cheese on whole wheat with a piece of whole fruit
8. **Nolaire:** Quiche and an apple
9. **MozzaMia:** Pasta bowl with grilled chicken, marinara, and vegetable toppings

