

healthy dining on campus

what should i eat and where?

practical ways to make healthier choices on campus

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



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

THE REBER-THOMAS DINING CENTER

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

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

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

wellness zone Made-to-order black bean burgers with a side of celery/carrot sticks with hummus from the Wellness Zone

360 grill Chicken and vegetable stir-fry over brown rice is available on Saturdays, Sundays, and Mondays

omlette bar Enjoy our all-day made-to-order veggie omelets and pair with whole grain toast from the breads and spreads area

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

farmer's field Build-your-own salad with tons of topping choices

garbanzo Chicken or falafel pita plate

hey cow! Mexi-Cali Burger or build your own grilled chicken sandwich

shake smart Replace juice with cow's milk or almond milk for more protein

star ginger Chicken Pho Bowl

sub connection Grilled chicken wrap with vegetable toppings, one cheese, and Italian dressing

montview market Turkey and cheese on whole wheat with a piece of whole fruit

nolaire Quiche and an apple

mozzamia Pasta bowl with grilled chicken, marinara, and vegetable toppings