

# 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 available on Saturdays, Sundays, Mondays, and the weekends

**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