

# Healthy Dining Options

## All You Care to Eat (AYCE)

- **All-You-Care-to-Eat** offers grilled proteins, vegan and vegetarian choices, pasta dishes, salads, sides, and vegetables @ [The Commons \(Talkington\)](#) and [Fresh Plate Food Emporium \(Bledsoe/Gordon\)](#): Build Your Own (BYO) salads, BYO pasta, BYO wok, fruit bar, sandwich stations, mixed sautéed vegetables (corn, beans, squash, carrots, cabbage, broccoli and more), single-serve peanut butter cups, and fresh whole/cut fruit (locations open during fall and spring semesters). This is a great opportunity to load up on veggies!

## Build Your Own (BYO)

Is a great way to customize a healthier option and limit high-fat condiments.

- **BBQ** @ [Raider Pit BBQ \(SUB\)](#): Try the roasted half chicken with either the black bean and corn salad or the ranchero pinto beans.
- **Burger** @ [The Commons, The Market, and Sam's Places \(Murray, Sneed, SUB, Wall/Gates, West\)](#): Black Bean Burgers or Garden Burger at burger lines
- **Fajita/Tacos** @ [The Commons, Sam's Places \(SUB, West\)](#): Vegetarian Taco, Chicken, Shrimp on our many Mexican Lines. Limit the cheese and sour cream.
- **Mexican** @ [The Commons and Sam's Places \(Murray, Sneed, Wall/Gates, and West\)](#): Try: Rice Bowls, Wraps and Tacos on Mexican lines with lean protein (Tofu, Chicken) black/refried beans (which are also Vegan), Spanish Rice, salad toppings, Pico and guacamole
- **Pasta** @ [The Commons and Sam's Places \(Wall/Gates, West\)](#): with marinara and vegetables
- **Pizza** @ [The Commons and Sam's Places \(Murray, Wall/Gates, and West\)](#): The 7" at many locations can turn into a healthy option by limiting heavy amounts of cheese.
- **Salads** @ [The Commons, Fresh Plate \(Bledsoe/Gordon\), The Market, Smart Choices \(SUB\), and Sam's Places \(Murray, Sneed, SUB, Wall/Gates, and West\)](#): beans (black and/or chickpeas) and nuts/seeds are at salad bars, along with a variety of fruits and vegetables. Some locations offer hummus for added protein.
- **Wok/Stir Fry** @ [The Commons, The Market, and Sam's Places \(Murray, Sneed, SUB, Wall/Gates, and West\)](#): 8-12 different vegetables, sautéed in your preference of sauce with your choice of lean protein from fish, shrimp, chicken or Tofu. This is an opportunity to load up on veggies!

## Drinkable Options

- **Fresh Pressed Juice Bar** @ [Smart Choices \(SUB\)](#): Try grab and go juices
- **Smoothie Program** @ [Gelato in SUB, The Market Café, and Sam's Places \(Murray, West, Wall/Gates, Poolside\)](#): fresh fruits, fruit juices, Coconut water (for a mixer instead of yogurt), with spinach or kale to add in at select locations. Supplements: Matcha Green Tea, Greens (Blended Grasses), Energy, Fit and Trim, Immune Support that is verified vegan are available. This is a great way to sneak in veggies.

## Other Options

- **Bread**: Hoagies rolls (try the wheat), Sliced bread (try the wheat) Tortilla Wraps (whole wheat, spinach herb, and jalapeno contain soy and wheat and can be a healthy option. Corn tortillas are available at select locations, which contain corn and soy). Most locations have healthy alternatives to breads and tortillas.
- **Fresh Fruit Cups and Whole Fruit**: Grab-and-Go Coolers offer fruits and snacks. Hummus with pretzels, Edamame near the Sushi, nuts/seeds, and popcorn are available for healthy snacking.
- **Gelato Bar** @ [the SUB](#): Sorbets
- **Grab-and-Go Items** @ [dining locations](#): freshly made salads, hummus cups with veggies, snack packs, peanut butter, and jelly, house-made chicken and tuna salad sandwiches, Hero, subs and wraps and a variety of fruit cups.
- **Tofu** @ [Wok/Stir fry Line \(The Commons, Fresh Plate \(Bledsoe/Gordon\)\) and Zi's Wok/Stir fry \(SUB\)](#)

## Franchises

- **Chick Fil A**- Try a Grilled Chicken Sandwich with fruit cup over fried options or a Market Salad. **Einstein's and Starbucks**- try healthier breakfast and lunch options with poached eggs or egg white sandwich options, avocado topped choices and low-fat shmears. Pick low-fat cream cheese and healthy nut butters, lower sugar smoothies and coffees, and signature salads, fruit cups, and parfaits. **Fazoli's**- order a small pasta dish with a side salad, customize sauce choices and save calories with marinara over cream sauce. **Quiznos**- Fresh salads with a cup of soup can trim calories. Sub sandwiches, limit cheese and pick mustard over mayo on whole-wheat to shave off calories.

**REMEMBER:** Load up on veggie whenever possible, which can lower calories in a dish and increases fiber intake along with increasing vitamins and nutrients to your healthy day!