Healthy Dining Options

1) **Build Your Own (BYO) Burger**: Gardin Brand: Black Bean Burgers/Garden Burger at Burger Lines

2) **BYO Mexican**: Rice Bowls, Wraps and Tacos on Mexican lines. With Lean Protein (Tofu, Chicken) Black, Refried Beans are Vegan, Spanish Rice, Salad Toppings, Pico and Guacamole **BYO Tacos**: Vegetarian Taco, Chicken, Shrimp on our many Mexican Lines (The Commons, Sam’s Places)

3) **BYO Wok at Asian Lines**: 8-12 different vegetables, sautéed in your preference of sauce with your choice of lean protein from fish, shrimp, chicken or Tofu.

4) **Tofu**: Select Locations (Commons, Fresh Plate, Wall Gates)

5) **BYO Salads**: Nuts, Beans (Black and/or Chick Peas) and Seeds to salad bars as well as some locations offer hummus for added proteins. Including a variety of fruits and vegetables. Build your own salad at Smart Choices in the SUB, Fresh Plate, Hulen Clement, Sam’s Places, Commons and the Market.

6) **Smoothie Program**: Fresh Fruits, Fruit Juices, Coconut water for a mixer instead of yogurt, add in spinach or kale at many locations. As well as supplements with Matcha Green Tea, Greens (Blended Grasses), Energy, Fit and Trim, Immune Support that are verified Vegan.

7) **Gelato Bar**: Sorbets at Paciugo in SUB

8) **Fresh Pressed Juice Bar**: Try grab and go juices

9) **Look for Salads, Fruit Bar, Juice Bar, Wraps, with Hummus, Nuts and Seeds**

10) **Most breads have an alternative**: Hoagies Rolls (White and Wheat), Sliced Bread (White, Wheat, Wheat Berry, Sour Dough, Tortilla Wraps (White, Whole Wheat, Spinach Herb, and Jalapeno Contain Soy, Wheat only and Corn tortillas are corn and soy only)

11) **Grab and Go Items** fresh 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.

12) **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 for healthy snacking.

13) **BYO Pizza**: The 7” at many locations can turn into a healthy option by limited heavy amounts of cheese.

14) **BYO Pasta with marinara and vegetables**, The Commons, Fresh Plate, Sam’s Places

15) **Franchises**: smart bagel options with nut butters, smoothies, coffees or some salads/wraps.

16) **All You Care to Eat**: BYO Salads, BYO Pasta, BYO Wok, Fruit Bar, Sandwich Stations, Mixed Sautéed Vegetables (corn, beans, squash, carrots, cabbage, broccoli) look for single serve Peanut Butter Cups, Fresh Whole and Cut Fruit

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