

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!