TIPS FOR EATING HEALTHY ON CAMPUS
HEALTHY SUGGESTIONS

MAGIC WOK

MAIN DISH

If you are looking to reduce calories go for the Chicken Vegetable bowl (210 calories and 21g of protein) or the Broccoli Chicken (370 calories and 29g of protein) rather than the lowest calorie choice, the vegetable deluxe bowl or the vegetable teriyaki. The vegetable deluxe bowl and the vegetable teriyaki may be a low calorie choice, but they are both high in sugar and offer little protein.

SIDES

Brown rice contains more proteins, thiamine, calcium, magnesium, fiber, and potassium when compared to white rice. 6 oz serving provides 186 calories and 4g of fiber.

Steamed broccoli instead of rice for only 25 calories while providing a good source of vitamins.
Bread

Multigrain flatbread or 9 grain wheat provide the least amount of calories. The flatbread provides more fiber and adds 10 calories when compared to the 9 grain wheat.

Cheese

Opt for no cheese, but if you must choose provolone to add the least amount of calories and fat.

Veggies

Choose as many as you want (Jalapeños and pickles add extra sodium)

Sauces

This category can easily add 100+ calories. Smart choices include: Yellow or deli brown mustard (0 cals), vinegar (0 cals), sweet onion (40 cals), honey mustard (30 cals), Olive oil blend (40 cals), Subway vinaigrette (40 cals)

Protein

Ham, Turkey or oven roasted chicken are great low fat choices.
AGAVE

TIPS FOR HEALTHY EATING

1. Go for the **burrito bowl** to avoid having a tortilla, even a whole grain tortilla can easily add 100+ calories.

2. **Portobello mushrooms** offer a great low calorie alternative to the other available proteins. The **southwest chicken** is also a good lean protein choice.

3. Add all the **vegetables** you want, try to avoid adding sour cream and cheese. These two toppings are high in fat and can add a large amount of calories with just a little portion.

4. The **Cholula mild sauce** and **hot sauce** are low calorie options.

5. If choosing a side remember that tortilla chips are an easy way to increase the calorie count of a meal. **Chips and salsa** are a good selection if ordering a side.

*Avoid adding extra sour cream, cheese, or queso. Adding extras is an easy way to increase calories and fat.
Healthy Eating Tips

This is one of the best choices for eating healthy on campus, however it can also be one of the most unhealthy depending on the dressing choice

1. Create your own salad with **spinach** to provide potassium, calcium, iron and Vitamins A, B, C.

2. **Chicken** is a lean protein choice

3. Load your salad with all the **vegetables** you want for toppings

4. Choose a low calorie **oil based dressing** opposed to a cream based dressing. Cream based dressings are high in fat and sodium.
Pizza Hut's menu provides a calorie value for every option.

Go for the lowest calorie selection, the one topping personal pizza. Try eating only half of the pizza and save the rest for another meal.

Try not to make your meal a combo to avoid adding 480 calories.
Starbucks

Request nonfat milk and choose the light option of each drink to reduce the calories by 33%. They offer sugar free syrup that adds flavor without the calories or sugar. Opt for no whip cream to reduce the calories of your drink by 80-110 calories, depending on the size of your drink. The barista pick for a low calorie option is a skinny cinnamon dolce latte: 100 calorie drink that also provides 9 grams of protein.
Health Science Campus

HEALTHY EATING TIPS

ROCKET WELLNESS MEAL PROVIDES A FULL BALANCED HEALTHY MEAL

SALAD BAR IS A GREAT OPTION, BUT GO LIGHT ON THE DRESSING AND CHOOSE AN OIL BASED DRESSING

TIGER BAKERY ALSO OFFERS GREAT HEALTHY CHOICES