Eating Healthy on Campus

**Piatto Bene**
- Choose whole wheat pasta
- Stick to red sauces; white sauces are higher in fat
- Use a bowl instead of a plate to monitor portions
- Reserve one-quarter of the plate for starches like pasta
- Watch high-fat meat toppings
- Limit pizza to one time per week
- Go for veggie pizza instead of meat

**The Spider Grill**
- Try an omelet with an egg substitute, load up the veggies, and limit meats and cheese
- Watch the bacon and sausage
- Stick to grilled chicken
- Watch the amount of fried foods
- Try a grilled chicken burrito with salsa and veggies instead of a beef taco with sour cream and cheese

**Grains and Greens**
- Serving sizes for vegetables should be about a cup
- Serving sizes for starches should be about a ½ cup

**Hemispheres**
- Vegetables with chicken or shrimp are a great choice
- Stir fry in water, not olive oil
- A portion of rice should be ½ cup

**Bruce’s**
- Limit casseroles that tend to be high in fat and calories
- Load up on vegetables at the station. Top with butter spray for extra flavoring.
- Limit the amount of fried foods

**Feeding Fitness**
- Look for Feeding Fitness food items with 30% or less calories from fat
- Use fat-free dressings on salads

**Evergreens**
- Load up on all vegetables
- Add toppings such as cottage cheese and beans for extra protein
- Try a fat-free dressing instead of a creamy dressing
- Watch the addition of higher fat items like sunflower seeds, croutons, and olive oil

**Dolce Vita**
- Limit dessert to every so often
- Try frozen yogurt instead, but watch the toppings
- Try oatmeal raisin cookies, pudding, sweet breads, or muffins over pies and cakes when you do choose to have a dessert

**Tyler’s Grill**
- For breakfast, choose oatmeal and fruit
- Of the salads, the garden salad is the best option; others are high in fat and calories even without the dressing
- Choose grilled chicken
- Limit fried foods
- Watch the amount of sweets

**Lou’s**
- Stick to simple salads and sandwiches that are typically under 500 calories
- Make your own salads with lots of veggies, lean proteins, and carbohydrates, and choose a vinaigrette instead of a creamy dressing

**Passport Café**
- Look for sushi and Greek yogurts
- Review nutrition labels on pre-made sandwiches and salads