**Keep on buzzin’**

Chock full of antioxidants in addition to a little folate, coffee can actually be good for you. Consumed in MODERATION it can increase alertness and mood. However, some people can feel jittery after a cup o’ joe. Every person must determine his/her optimal dose.

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**Top Picks**

**Heathier Choices on Campus**

**Panda Express**

- **Steamed Rice**
  - 380 Cal, 0g Fat, 0mg Sodium, 7g Pro
- **Peppercorn Shrimp**
  - 170 Cal, 5g Fat, 800mg Sodium, 12g Pro
- **Mixed Vegetables (Entrée portion)**
  - 35 Cal, 0g Fat, 260 mg Sodium, 2g Pro
- **Broccoli Beef**
  - 120 Cal, 4g Fat, 660mg Sodium, 4g Pro

**The Habit**

- **Lettuce Wrap Charburger (no cheese or sauce)**
  - 290 kcal, 19g Fat, 840mg Sodium, 18g Pro
- **Fresh Albacore Sandwich on Seeded Bun**
  - 390 kcal, 10g Fat, 860mg Sodium, 33g Pro
- **Veggie Burger on Wheat Bun**
  - 470 kcal, 12g Fat, 1080mg Sodium, 28g Pro
- **BBQ Chicken Salad (no dressing)**
  - 450 kcal, 19g Fat, 790mg Sodium, 39g Pro
- **Grilled Chicken Salad (no dressing)**
  - 220 kcal, 4.5g Fat, 420mg Sodium, 35g Pro
- **Garden Salad (no dressing)**
  - 100 kcal, 2g Fat, 115mg Sodium, 4g Pro

**Nekter @ Shop Cafe**

Nekter offerings are 100% vegan

- **Cold Pressed Juices**
  - 16 oz size 150-250 kcals
- **Smoothies**
  - 16 oz size approx. 300 kcals (date nut & chocolate dream are 400 kcal)

**Vending Machines**

We have many vending machines across campus for quick bites - Baked Lays, Sun Chips, Pretzels, Peanuts and Nature Valley Granola Bars are some healthier choices. And...don’t forget the machine in Taper Hall which is stocked full of more nutritious options than the traditional vending machine.

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**Verde**

- **3 Chicken Tacos w/ Pico de Gallo, & Lettuce**
  - 325 Cal, 6g Fat, 476mg Sodium, 26g Pro
- **Carne Asada Tacos w/ Pico de Gallo & Lettuce**
  - 325 Cal, 8g Fat, 517mg Sodium, 22g Pro
- **Side of Cilantro Lime Brown Rice**
  - 103 Cal, 2g Fat, 202mg Sodium, 2g Pro
- **Side of Black Beans**
  - 202 Cal, 1g Fat, 23mg Sodium, 13g Pro
- **Chicken Burrito w/ Black Beans, Molcajete Salsa, Lettuce**
  - 624 Cal, 9.5g Fat, 1408mg Sodium, 43g Pro
- **Carne Asada Burrito, Black Beans, Molcajete Salsa, Lettuce**
  - 624 Cal, 11.5g Fat, 1448mg Sodium, 39g Pro
- **Chicken Salad w/ Black Beans, Pico de Gallo & Guac (no dressing)**
  - 464 Cal, 14.5g Fat, 816mg Sodium, 36g Pro
- **Vegan Burrito Bowl (Fajita Veggies w/ Black Beans, Brown Rice, Pico de Gallo, Guac & Lettuce)**
  - 489 Cal, 16g Fat, 829mg Sodium, 18g Pro
- **Chicken Burrito Bowl (Chicken w/ Black Beans, Brown Rice, Molcajete Salsa, Lettuce)**
  - 436 Cal, 5.5g Fat, 840mg Sodium, 36g Pro
- **Side Guacamole**
  - 122 Cal, 11g Fat, 335mg Sodium, 1.5g Pro

**Snack Ideas**

- Found in Café 84, Seeds, Tutor Café. Starbucks Literatea, Popvich & Law School Café
- Fresh fruit with cheese, yogurt, peanut butter, cottage cheese or a small handful of nuts.
- Trail mix of dried fruit and nuts
- Cereal or granola with yogurt or low-fat milk
- Baked Chips with Salsa
- Edamame (fresh soybeans)
Café 84, EVK & Parkside
When composing your plate, aim to make it 1/2 fruits & vegetables, 1/4 lean protein, & 1/4 whole grain.

- Salad Bar: Add lots of colorful veggies for vitamins, minerals, texture & flavor. Don’t forget the protein: hard cooked egg whites, tuna, tofu, turkey, cottage cheese and beans are great sources.
- Add sparingly: sunflower seeds, cheese, croutons, dried fruits, & dressing. Olive oil & vinegar are always available!
- Order from the “choose your own ingredient bars.”
- Ask for lots of veggies & lean protein, with little or no sauce.
- Choose brown rice, quinoa, or whole grain/quinoa pasta instead of white grains.
- Ask the grill cook to make your beef, turkey or veggie burger without cheese and sauce.
  Make it open-faced if you like!
- Choose tomato based sauces instead of cream sauce.

Coffee & Tea
Found in various venues including Coffee Bean and Tea Leaf, Starbucks, Tutor Café, Literatea, Popovich & Law School Cafe.

Caffeine recommendations vary between individuals. For most healthy people, a moderate dose of caffeine is safe, between 200-300mg per day. A tall Starbucks drip coffee contains 240mg. The beverages containing nonfat milk as a base are great sources of calcium and protein. Unsweetened coffee & tea are calorie and fat-free. Tea, especially green tea, is rich in antioxidants which help reduce risk of heart disease and cancer.

For Parkside, Café 84 and EVK menus, please visit:
http://hospitality.usc.edu/ under “Residential Dining”

Questions, Comments...

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