

Top Picks

Healthier 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.

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, 629mg 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)

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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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