Do you eat on campus, but wonder what the healthier options are? I’ve compiled a list of some of my top picks at USC. One of the great things about the options within USC Hospitality is that much of the food here is customizable so you can balance your plate to your specifications!

**SEEDS MARKETPLACE**
- Roasted Salmon with steamed veggies
- Cafe Gratitude plant based grab n’ go options
- Made to order salads
- Check out the Nutrition page on the Hospitality website to find a blog post on how to compose a healthy salad at Seeds

**LEMONADE**
- Mango chicken bowl (ask for greens instead of rice for all bowls)
- Tuna avocado poke bowl
- Thai ginger salmon poke bowl
- 1 cold protein + 2 market salads

**PANDA EXPRESS**
- Choose the bowl or the plate
- Best entrée options: Mushroom Chicken and Broccoli Beef
- Choose mixed vegetables as the side
- Choose brown rice instead of white rice
- Calories are listed on the menu boards

**THE HABIT**
- Order burger,ahi tuna, or veggie burger as a lettuce wrap
- Salads - go light on the dressing

**LAW SCHOOL CAFE**
- Salmon avocado bowl
- Chop suey veggie bowl with baked tofu
- **For bowls – order ½ portion brown rice, light teriyaki sauce and omit sriracha mayo**
VERDE
• Go for the bowl instead of the burrito
  • Grilled chicken
  • Add ½ portion whole beans (not refried), ½ portion brown rice, peppers and onions, salsa, pico de gallo, guacamole and a hefty helping of lettuce
• Grilled salmon-mango salsa tacos (omit the aioli or get ½ portion)

FERTITTA
• Poke bowl - no crispy shallots or wontons; light on dressing
• Chinese chicken salad – no wontons; light dressing
• Thai papaya salad – light dressing
• Miso glazed salmon salad – no shallots; light dressing
• Bibimbap bowl – tofu; ask for ½ portion of rice, but extra veggies

THE CAFÉ FEATURING ILLY
• White bean and farro soup
• Roasted chicken salad – go light on the dressing
• Farro kale salad– go light on the dressing

C&G JUICE CO
• Customize your acai bowl
• Order ½ the granola or no granola
• Ask for no agave
• ½ the portion of peanut butter
• Protein Pump smoothie has highest number of calories at 531. Everything else is less than that.
• Sparklers – ask for ½ the amount of agave

LITTLE GALEN
• Salmon Wednesdays – order 2 veggie sides
• Entrée menu changes weekly
• Large salad bar with amazing fresh pineapple everyday
• ½ sandwich + cup of soup – load up your sandwich with veggies and go for mustard instead of mayo

RESIDENTIAL DINING – USC VILLAGE, EVK AND PARKSIDE
• Check out online menus prior
• Perfect opportunity to use the “plate method”
• ½ plate veggies, ¼ protein, ¼ grain/starch
• Don’t go straight for the burgers and pizza
• Amazing salad bars
• Hot veggies, beans and whole grains
• Spa water at EVK & Parkside
• Large plant based station at USC Village Dining Hall