



BETTER-FOR-YOU OPTIONS AT FERTITTA CAFÉ

FRIDA HOVIK | nutrition X USC

Whether you are hungry for a USC sushi roll, a Chinese chicken salad bowl, a bibimbap bowl or a bao bun, I promise there will be something you will enjoy at Fertitta Café. Located in the heart of Fertitta Hall, Fertitta Café offers a wide variety of Asian cuisine. Their menu includes everything from salads, bibimbap bowls, bao buns, sushi and more.

Eating out can often be a challenge when you want to eat healthy. Large serving sizes, dressings, breading, sauces, and excessive salt are some typical characteristics of eating out. However, with some tricks and tips, I will make sure you can still enjoy your favorite dish at Fertitta Café.

HERE ARE SOME TIPS WHEN ORDERING FOOD AT FERTITATTA CAFÉ:

Salad Station

- Fertitta Poke Bowl - no crispy shallots or wontons; light dressing
- Chinese Chicken Salad – no wontons; light dressing
- Thai Papaya Salad – add chicken; light dressing
- Miso Glazed Salmon Salad – no shallots; light dressing

Bowls Station

- Chicken Pho- chicken broth, chicken breast, ask for 1/2 portion noodles

Bibimbap Bowl

- Bibimbap Bowl – tofu; ask for ½ portion of rice, but extra veggies such as zucchini, carrots, and kimchi
- Ask for brown rice instead of white rice

Bao Buns

- Chicken Bulgogi-Korean spiced chicken: ask for 1/2 bun, 1/2 amount of the aioli, add extra veggies

Sushi

- Choose sushi without additional sauces on top and limit tempura sushi
- Go light on soy sauce
- Limit sushi with sauces and crunchy tempura
- Choose rainbow colors such as "Tommy Roll": avocado, cucumber salmon, tuna and shrimp

Soy sauce has an extremely high sodium content so by limiting the amount of soy sauce you put on the sushi, you get a healthier sushi roll.

Poke

Poke bowls are a great source of many nutrients as long as they are made with clean ingredients. Fertitta poke bowl is a great example of a nourishing meal, and especially if you say no thanks to the crispy shallots and wontons.

- These two crunchy snacks are fried and packed with extra empty calories to its high saturated fat content. Dressings are typically rich in sugar, sodium, saturated fats, and calories.
- By asking for dressing on the side, you can control the amount of dressing you put on. You might even skip the dressing when you realize how delicious it tastes without the dressing!

Rice

Substituting a side dish such as rice with vegetables is a wonderful way of consuming parts of your daily vegetable recommendation. Next time you order a dish with a lot of rice, try limiting the rice to half and ask for vegetables on the side! Also opt for fiber containing brown rice instead of white!

Finally, but most importantly, listen to your hunger cues and be present when you enjoy a delicious meal at Fertitta Café.

Remember: eating healthy is not about restricting what you love. Eating healthy is about finding ways to make the food you already love even more nutritious!

Now, go and grab your favorite dish at Fertitta Café!