



# EATING HEALTHY AT STARBUCKS

HANNAH FRIED | nutrition X USC

## Light Bites



**Berry Trio  
Grain Parfait**

Good source of calcium!



**Sprouted Grain  
Bagel & Avocado**

Complex carbs & healthy fat!



**Strawberry  
Overnight Grains**

Whole grains & fiber



**Veggie Egg  
White Bites**

Protein & veggies



**Whole  
Oatmeal**

Hearty, warm whole grains!

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## Salads & Sandwiches



**Southwest  
Veggie Wrap**

Protein filled breakfast



**Bistro Asian  
Chicken Salad**

Full of veggies



**Roasted Tomato  
Mozzarella Panini**

Calcium rich lunch



**Bistro Chicken  
Caesar Salad**

Classic Caesar salad



**Spinach  
Feta Wrap**

Full of protein  
& iron

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## Boxes & Bowls



**Cheese &  
Fruit Box**

Great afternoon snack



**Grilled Chicken  
& Hummus Box**

Protein & healthy fat



**Chickpea Bites  
& Avocado Box**

Tasty plant based option



**Egg &  
Cheddar Box**

Comes with peanut butter



**Chicken  
Quinoa Bowl**

Packed with  
protein

Questions? Please visit <https://hospitality.usc.edu/ask-the-dietitian/>