



USC WorkWell Center

# Healthy Dining on Campus

A guide to healthy eating at USC

Brought to you by  
USC WorkWell Center and  
USC Hospitality

USC Hospitality

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# Introduction

Access and availability of healthy foods and beverages plays an important role in an individual's overall health and wellbeing. The link between diet and health has been well documented in scientific literature for many decades, and there is continuously growing evidence showing that food and beverage environments conducive to healthy dietary patterns can help individuals achieve and maintain good health and reduce the risk of chronic diseases throughout different life stages.

The USC WorkWell Center and USC Hospitality is pleased to share the Healthy Dining on Campus guide to support the USC community to choose healthier food and beverages on campus and improve overall health and quality of life. Recommendations in this guide are based on 2020-2025 USDA Dietary Guidelines for Americans, Menus of Change, and reviewed by Lindsey Pine, MS, RDN, CLT, Registered Dietitian.

**PLEASE NOTE:** Some meals ordered on the Campus Dining app and kiosks may not allow for customization. If this is the case, please talk to a staff member at the venue about customization immediately after placing your order on the device.

We encourage you to use this guide as reference when dining at the many eateries on campus. If you have any questions, suggestions or feedback, please contact:

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Seeds—Café Gratitude



Seeds—Positive Foods

# Campus Center



## Burger Crush

- **Healthier entrée options:** lettuce wrap burger, grilled chicken, or veggie burger
- **Healthy Tip:** Minimize add-ons such as aioli and cheese and order a side salad instead of onion rings or fries

seeds.

MARKETPLACE

## Seeds Marketplace

- Vegetarian breakfast burrito w/ whole wheat tortilla – contains veggies, egg & feta. You can even choose the “no tortilla” option.
- Made to order salads & grab n’ go salads
- **Positive Foods** - breakfast & main meal options
- **Café Gratitude** - plant based grab n’ go options
- Grab n’ Go Kikka sushi with brown rice
- Hummus, olives, dolmas, and baba ghanoush
- **Healthier snack options:** Sunnie Fresh Snacks, Chobani plain Greek yogurt, fresh fruit, Rhythm beet chips, Bare Snacks fruit chips, trail mix, pistachios in the shell and unsalted almonds



## Panda Express

(Calories listed on [corporate website](#))

- **Healthier entrée options:** Mushroom Chicken, String Bean Chicken and Broccoli Beef are “Wok Smart”
  - Wok smart = entrees that are less than 300 calories and at least 8g protein
- **Healthy Tips:** Choose Super Greens (mixed veggies, broccoli, kale, and cabbage) as the side.





The Kitchen—Chicken Souvlaki, Falafel, & Sides

*the kitchen*  
EST. 2021

### The Kitchen

- **Healthier entrée options:** Chicken Souvlaki, grilled salmon, roasted quarter chicken (remove the skin)
- **Healthier side options:** Roasted broccoli, vegetable medley, veggie of the week, side salad, hummus, and baba ghanoush



### C&G Juice Co

- **To lower the calories and sugar:** Create your own açai bowl instead of ordering one of the suggested combinations
- **To create a better-for-you bowl:**
  - Order without granola
  - Add nutrient rich spinach, kale, cacao nibs, chia or flax seeds
- 24 oz smoothies are all under 400 calories, except the Protein Power smoothie at 532kcal
- **Healthier juice options:** 'Mother Nature' and 'Veggie Splash' due to higher amounts of veggies



### Verde

- **Healthier entrée options:** Instead of a burrito, try grilled chicken, carne asada or veggie bowl/street tacos
- **Healthier mix-in options:** Mixed greens, pinto or black beans (instead of refried), brown rice, fajita veggies, onions, corn, cilantro, salsa, pico de gallo, & shredded lettuce
  - **Healthy Tip:** Instead of cheese and sour cream, choose guacamole which has fiber and heart healthy fats



C&G Juice Co—Açai Bowl

# East Campus

Seeds—Kikka Brown Rice Sushi



## LAW CAFE

### Law Café

- **Customize** your Salmon Avocado, Teriyaki Chicken, or Tofu Cutlet rice bowls to create a healthier option:
  - Ask for a smaller portion of rice, heavy on the veggies, light/omit teriyaki sauce and light/omit sriracha mayo
  - Order an extra side of veggies

## FERTITTA CAFE

### Fertitta Café

- **Healthier salad options:** Chinese Chicken Salad with dressing on the side, fried wontons omitted; Miso Glazed Salmon Salad with light dressing, fried shallots omitted.
- **Poke Bowl:** omit the crispy onions and wonton strips & order dressing on the side
- **Customize your Bibimbap bowl** with tofu for plant-based protein to create a healthier option:
  - Ask for ½ portion of rice, but add extra veggies and nori

Fertitta Café—Tofu Bibimbap Bowl



Popovich—Kale Açaí Smoothie



## POPOVICH CAFE

### Popovich Café

- **Healthier entree options:** Grab n' Go Fiesta Salad which comes with a variety of veggies and black beans; dressing comes on the side or Tofu Cutlet Bowl can be customized in a similar way as Law Café above.
- **Healthier smoothie and acai bowl option:** Mango Kale Acai Smoothie or acai bowls with light or no granola.





USC Village Dining Hall—Smoky Tofu with Sloppy Lentils

# West Campus

THE  
**CAFÉ**  
FEATURING 

## The Café featuring Illy

- **Healthier side option:** White bean and farro soup
- **Healthier entrée options:** Roasted Chicken Salad or Farro Kale Salad

## TUTOR HALL CAFÉ

### Tutor Hall Café

- Customizable bowls & salads
- **Healthier salad options:**
  - Salmon Salad with light dressing
  - Chinese Chicken Salad with light dressing (omit wontons)
  - Greek Spinach Salad with added diced chicken for extra protein and light dressing
  - Chicken Fajita Salad with light dressing
- **Healthier entrée options:**
  - Chana Masala & white basmati rice with a smaller serving of rice (or save some for later!) and add toppings like cilantro chutney, pickled carrot/jalapeno/red onion, and kachumber
  - Miso Salmon Bowl with plain basmati rice
    - **Healthy Tip:** Swap the sriracha mayo with any of the Indian condiments such as pickled carrots/jalapenos/red onion, cilantro chutney, kachumber, or raita



Tutor Hall Café—Chana Masala Bowl

# Residential Dining

## USC Village Dining Hall, EVK and Parkside

- Check out daily [online menus](#) prior
- Perfect opportunity to use the [“plate method”](#)
  - $\frac{1}{2}$  plate veggies,  $\frac{1}{4}$  protein,  $\frac{1}{4}$  grain/starch
- Choose the salad bar with veggies, whole grains, beans, and lean protein
- Healthier sides: hot veggies, legumes, whole grains, and fruit
- Drink water instead of soda
- Vegan and vegetarian entrees are available
- Large plant-based station at USC Village Dining Hall

EVK Dining Hall—Eggs Benedict Bar



USC Village Dining Hall—Portobello Pot Roast



Parkside—Salad Bar







# EATING HEALTHY AT STARBUCKS

## 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!

## 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

## 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/>



## ORDERING A HEALTHIER STARBUCKS DRINK

### *Mind Your Milk*



#### **Almond**

Almond milk offers a light nutty flavor



#### **Coconut**

Coconut milk makes for a rich, creamy drink



#### **Low-Fat**

Low-fat milk is a healthier version of classic dairy milk



#### **Oat**

Oat milk is a tasty allergen friendly option



#### **Soy**

Soy milk has 8 grams of plant protein per 1 cup!

### *Adjust Sweetness*



#### **Ask for unsweetened or "half-sweet"**

A typical 16oz Starbucks drink had 40g of sugar. Excess sugar has been associated with chronic disease



#### **Opt out of whipped cream & artificial sweeteners**

Although lower in calories than sugar, artificial sweeteners have been linked to weight gain and health issues

### *Choose a smaller size*



**Tall**

**Grande**

**Venti**

**Trenta**

Ordering a smaller size can save you both calories and money

"Tall" is 12 oz, "Grande" is 16 oz, and there's even an 8 oz size ("Short")

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



# Health Science Campus



## Verde

Same recommendations as UPC campus center except a few extras offered at HSC:

**Healthier breakfast options:** Veggie Omelet

**Healthier lunch/dinner options:**

- Homemade Chicken Tortilla Soup with extra cilantro and omitted fried tortilla strips
- Grilled Salmon Soft Tacos
- The Salad Spot @ Plaza Marketplace
  - Freshly prepared made to order salads are customizable
  - Options include Mediterranean, Sesame Ginger, Southwestern, and Apple-Walnut
  - Healthy Tips: Go light on add-ins such as wonton strips, tortilla strips, candied walnuts & cheese. Use half of the dressing



Verde—Chicken Burrito Bowl

Panda Express—Mushroom Chicken



## Panda Express

- Black Pepper Chicken and Kung Pao Chicken (both Wok Smart)



## Plaza Marketplace Grab n' Go

- Baked Salmon with veggies
- Roasted veggie salad or salmon salad

For more information and support, please visit:  
[USC WorkWell Center](#) or [USC Hospitality](#)



# Appendix

## Map of UPC Campus Dining Options



## Map of HSC Campus Dining Options

