



USC Hospitality

Healthy Dining on Campus

A guide to healthy eating at USC

Brought to you by USC
Hospitality in partnership with
USC WorkWell Center

USC WorkWell Center

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Introduction

Access and availability of healthy foods and beverages plays an important role in an individual's overall health and well-being. 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

Burger Crush

- **Healthier entrée options:** single crush instead of a double crush; lettuce wrap option for beef patty or meatless Impossible patty

seeds.
MARKETPLACE

Seeds Marketplace

- Avocado toast – order without the butter
- Grab n’ Go Veggie Breakfast Burrito
- Made to order salads & grab n’ go salads
- **Positive Foods** - breakfast & main meal options
- **Café Gratitude** - plant based grab n’ go options
- **FitBites Meal** grab n’ go entrees & yogurt bowls
- Grab n’ Go Kikka sushi with brown rice
- Mediterranean dips such as hummus, tapenade, tzatziki, & baba ghanoush
- **Healthier snack options:** Sunnie Fresh Snacks, fresh fruit, Rhythm beet 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 Breast, Kung Pao Chicken and Broccoli Beef are “Wok Smart”
 - Wok smart = entrees that are less than 300 calories and at least 8g protein
- **Healthy Tips:** Choose Mixed Veggies Super Greens (mixed veggies, broccoli, kale, and cabbage) as the side



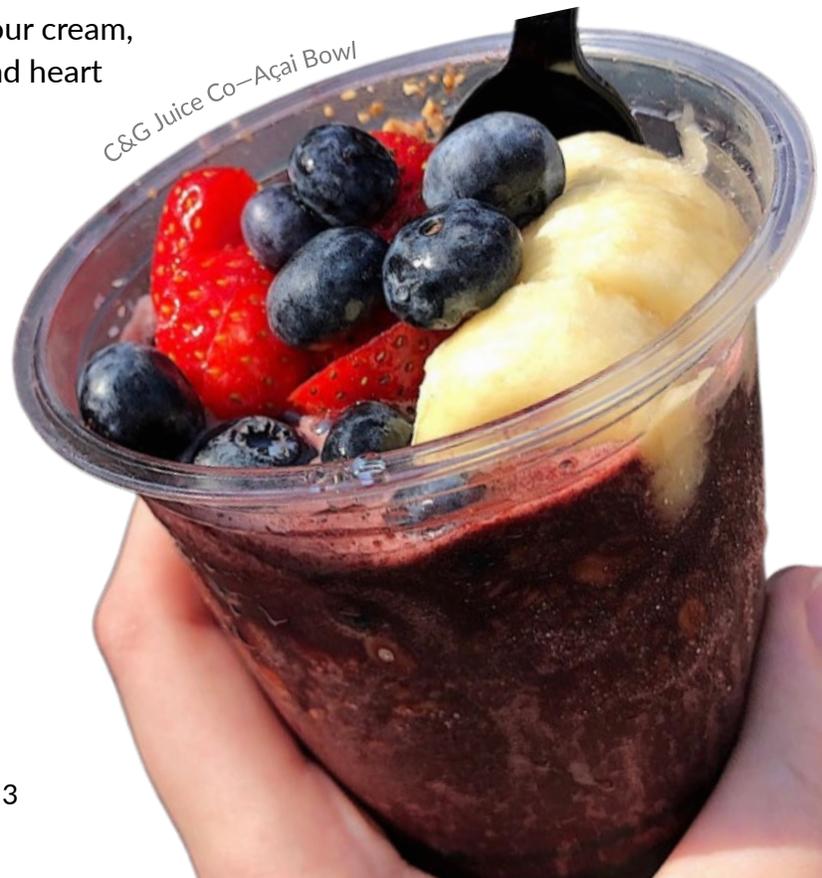
C&G Juice Co

- **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
- **Healthier juice option:** 'Mother Nature' due to higher amounts of veggies

➤TACO-TACO◀

TacoTaco

- **Healthier entrée options:** Instead of a burrito, try grilled chicken, carne asada or veggie bowl/street tacos/salad
- **Healthier mix-in options:** Mixed greens, 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



East Campus

Law Café—Rice Bowls



LAW CAFE

Law Café

- **Customize** your rice bowls to create a healthier option:
 - Choose house salad or brown rice as the base, heavy on the veggies, light/omit teriyaki sauce, and light/omit sriracha mayo
 - Order an extra side of veggies
 - A smaller “lighter portion” of the Chicken Teriyaki Bowl is offered
 - Make a meal from the “Sides” menu that includes salmon, rice, avocado & veggies

Fertitta Café—Tofu Bibimbap Bowl



FERTITTA CAFE

Fertitta Café

- **Healthier salad options:** Chinese Chicken Salad with dressing on the side, fried wontons omitted or order the “Lighter Portion” option
- **Customize your Bibimbap bowl** with tofu for a plant-based protein option
 - Choose house salad or brown rice as the base
 - A “Lighter Portion” of all Bibimbap bowls is offered

Popovich—Kale Açaí Smoothie



POPOVICH CAFE

Popovich Café

- **Healthier entree options:** Chicken Caesar, easy on the dressing or Hummus Vegetable Sandwich
- **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 Lentil

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, easy on dressing
 - Chinese Chicken Salad, easy on dressing (omit wontons)
 - Chicken Fajita Salad, easy on 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
 - If you don't want the rice, you can order just a side of Chicken Masala
 - Miso Salmon Bowl with plain basmati rice, omit the crispy wontons; add extra veggies

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”](#)
 - ½ plate veggies, ¼ protein, ¼ 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

Seeds—Kikka Brown Rice Sushi



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

- String Bean Chicken, Mushroom Chicken, Kung Pao Chicken, Broccoli Beef (Wok Smart)
- Choose mixed veggie & brown rice sides



Plaza Marketplace Grab n' Go

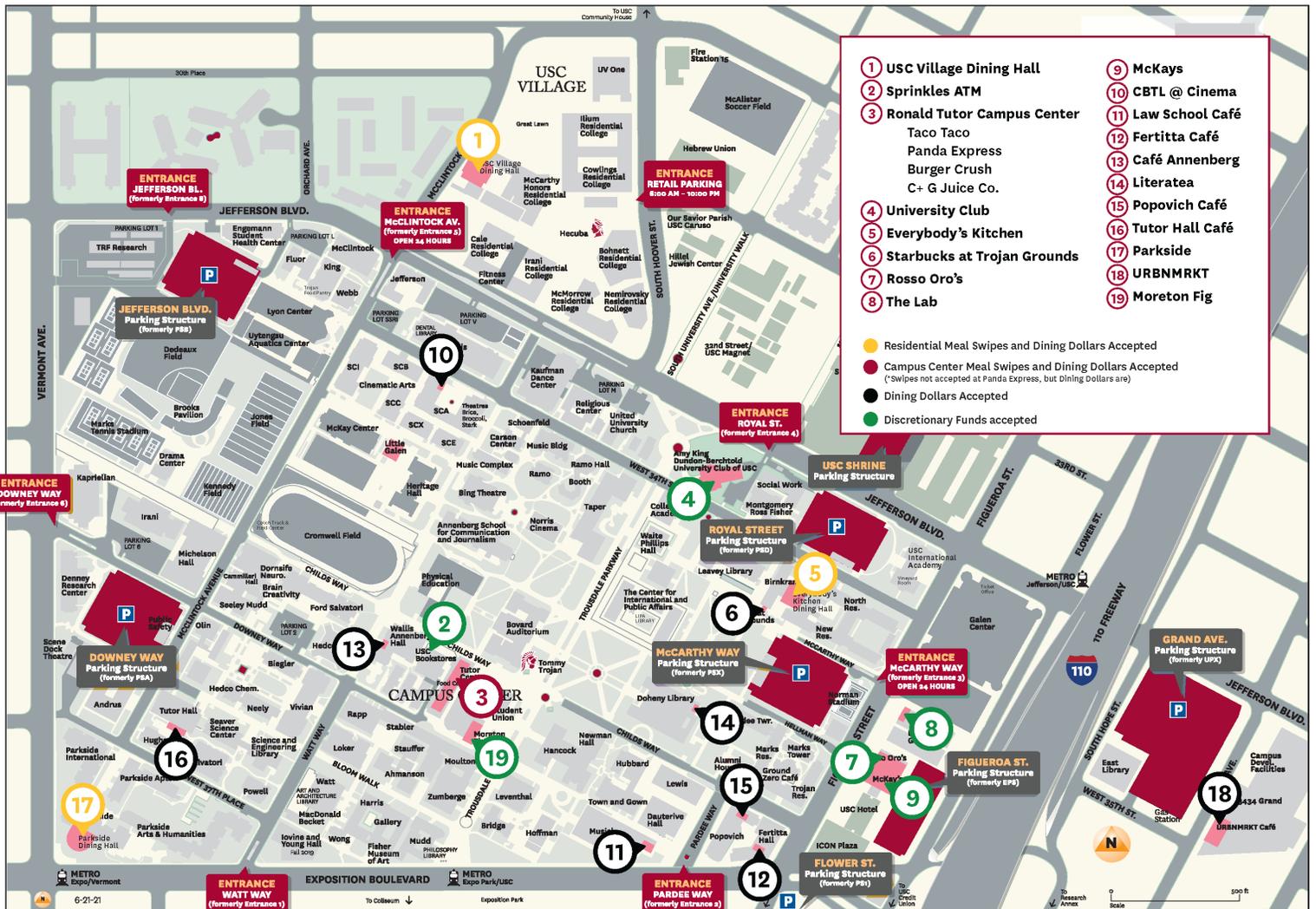
- Grilled Salmon Tacos
- Selection of salads – go easy on fried toppings and dressing; choose vinaigrette when possible

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

Appendix

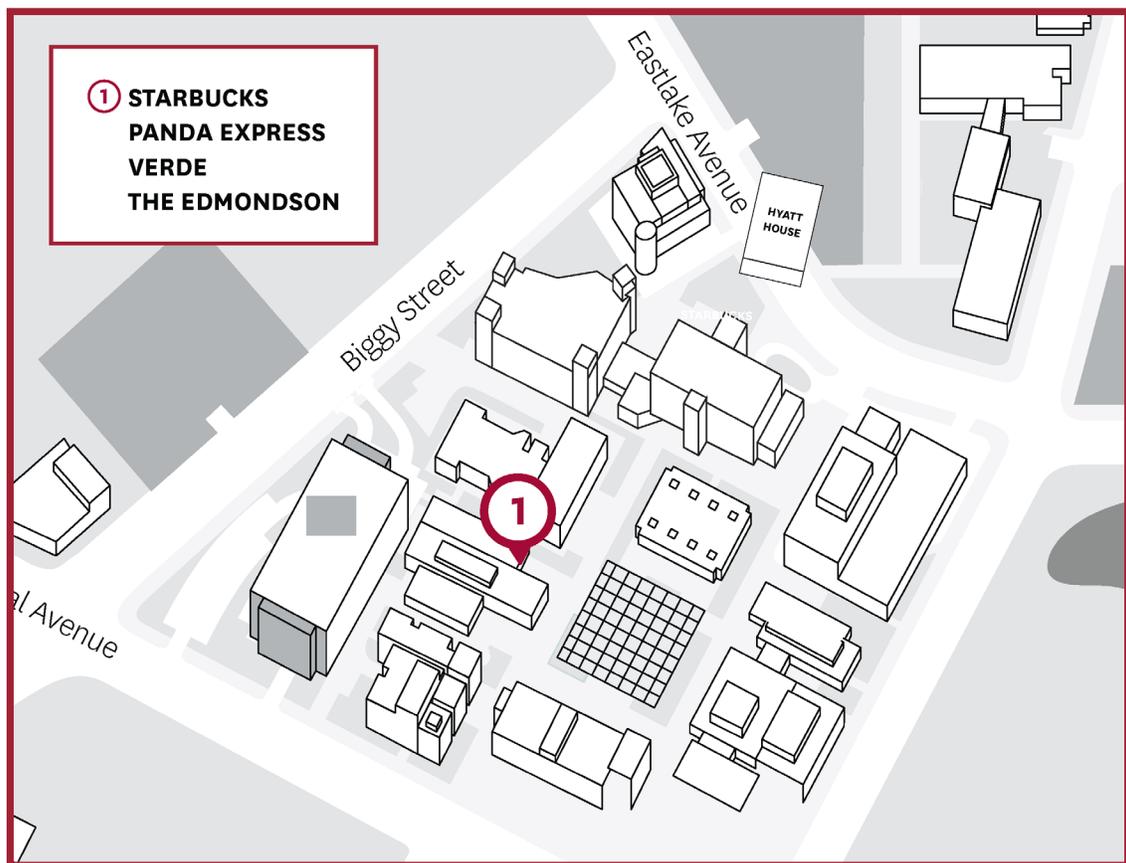
Map of UPC Dining Locations

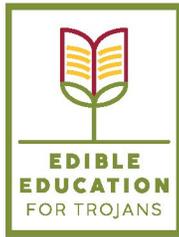
USC DINING LOCATIONS | UNIVERSITY PARK CAMPUS FALL/SPRING SEMESTERS 2022/2023



Map of HSC Dining Locations

USC DINING LOCATIONS | HEALTH SCIENCES CAMPUS FALL/SPRING SEMESTERS 2022/2023





WHAT IS A HEALTHY PLATE?



DON'T FORGET TO ADD:

FRUIT

- Focus on whole fruit instead of fruit juice

HEALTHY FATS

- Plant based oils (e.g. olive oil)
- Avocado
- Nuts / Peanuts/ seeds

CALCIUM RICH

- Dairy
- Almonds
- Broccoli & Dark Leafy Greens
- Oranges
- Tofu
- White Beans

GUT HEALTHY

- Probiotics: Sauerkraut, Yogurt, Tempeh, Miso, Kefir, Kombucha, Kimchi
- Prebiotics: Onions, Garlic, Apples, Bananas, Asparagus, Beans, Wheat, Barley, Flax

COMPLEMENTS TO A HEALTHY PLATE

- Fun Fitness
- Reduce Stress
- Stay Social
- 7-8 Hours of Sleep/Night

For more information go to our dietitian page: hospitality.usc.edu/dietitian/