



**USC** Hospitality

# Healthy Dining on Campus

**Summer 2023**

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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Visit the [USC Hospitality webpage](#) for dining locations at UPC and HSC.

# 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

# University Park Campus

## 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

- Positive Foods: breakfast and main meal options
- Café Gratitude: plant based grab n' go options
- FitBites Meal grab n' go entrees and yogurt bowls
- Grab n' Go Kikka Brown Rice Sushi
- Mediterranean dips such as hummus, tapenade, tzatziki, and baba ghanoush
- Healthier snack options: Sunnie Fresh Snacks, fresh fruit, pistachios in the shell and unsalted almonds, Belvita Biscuits, Sabra Smart Snacks hummus cups



### 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 — Açai Bowl



### 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

# CAFÉ

## ANNENBERG

### Café Annenberg

- Healthier side option: White Bean and Farro Soup
- Healthier entrée options: Roasted Chicken Salad or Farro Kale Salad

## STARBUCKS

### @ TROJAN GROUNDS

### Starbucks at Trojan Grounds

- Snacks: pistachios and almonds, Oh Snap Carrot Cuties, Perfect Bar, string cheese, Belvita Biscuits
- Light Bites: Oatmeal, Berry Trio Grain Parfait, Egg Bites
- Handhelds and Boxes: Spinach Feta & Egg White Wrap; Turkey Bacon, Cheddar & Egg White Sandwich; Roasted Tomato and Mozzarella Panini; Egg & Gouda Protein Box; Cheese Trio Protein Box; Kikka Sushi and Shrimp Spring Rolls

Starbucks — Egg & Gouda Protein Box





## 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*



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")

# Farmer's Fridge

## FARMER'S FRIDGE

### Farmer's Fridge

- These healthy, smart vending machines sell a variety of fresh options including salads, bowls, wraps, and breakfast items
- Farmers Fridges are located in Harris Hall and the Carol Little Building (CAL) on the University Park Campus and at the Soto Building and Seaver Hall on the Health Sciences Campus
- Don't forget to bring your container back to the machine to recycle!



# Health Sciences Campus



## Plaza Marketplace Grab n' Go

- Healthier breakfast option: veggie omelet
- 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 and cheese, and use half of the dressing
- Grilled Salmon Tacos
- Grab n Go items: baked salmon, pre-made salads, Kikka sushi and shrimp spring rolls, edamame, mixed fruit

Taco Taco — Chicken Burrito Bowl



Panda Express — Mushroom Chicken



## Panda Express

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

- Healthier entrée options: String Bean Chicken, Mushroom Chicken, Kung Pao Chicken, Broccoli Beef (Wok Smart)
- Choose mixed veggie and brown rice sides

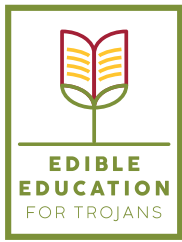


## Taco Taco

- Healthier entrée options: grilled chicken, carne asada or veggie bowl
  - If ordering the street tacos, omit the tortilla chips
- Healthier sides and mix-ins: homemade guacamole, black beans (instead of refried), cilantro lime brown rice, fajita veggies, corn tortillas, cilantro and onions, lime wedges, and salsa

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





# WHAT IS A BALANCED PLATE?



## DON'T FORGET TO ADD:

### WATER

- Hydrate with water instead of sugary beverages

### 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/](https://hospitality.usc.edu/dietitian/)