

Healthier Dining on Campus

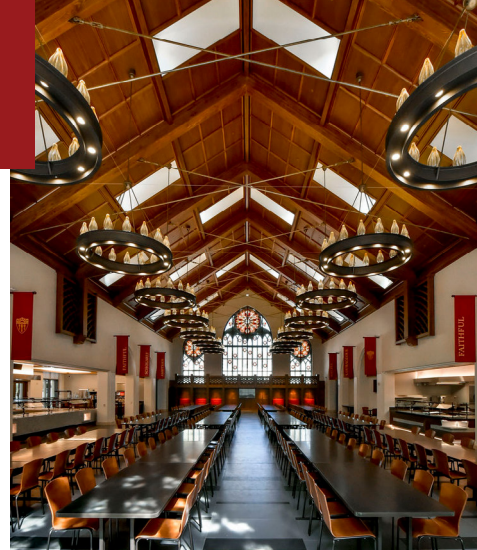
A guide to healthy eating at USC
Brought to you by USC Hospitality in
partnership with USC WorkWell Center



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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 **Healthier 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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EatWell Meals

Brand new for Fall 2023!

USC Hospitality is pleased to introduce EatWell branded meals. These specially curated meals fit within a set of nutritional guidelines developed by USC Hospitality Registered Dietitian (RD) with input from other RDs, Dietary Guidelines for Americans, 2020-2025, The Culinary Institute of America's Menu of Change, and guidelines from other universities.

These wellness meals will be identified by an EatWell logo on the campus dining mobile ordering app, ordering kiosks, online menus and/or in-store signage.

For all questions, please contact the USC Hospitality Dietitian: <https://hospitality.usc.edu/dietitian/>



Entrees, Sandwiches, Salads
≤650 calories
≤10% calories from saturated fat
No trans fats or partially hydrogenated oils
≤800 mg of sodium
≤10% calories from added sugar
No fried foods
Must contain at least 1 serving of fruit, veggies, whole grains, or legumes (1 serving is at least 1/2 cup)

Salad Dressings and Condiments (per 2 tablespoons)
≤10% calories from saturated fat
No trans fats or partially hydrogenated oils
≤300 mg of sodium
≤10% calories from added sugar

Soups (per 8 fl. ounces)
≤300 calories
≤10% calories from saturated fat
No trans fats or partially hydrogenated oils
≤600 mg of sodium
≤10% calories from added sugar




Smoothies and Fresh Juices
≤10% calories from saturated fat (except nut products and yogurt)
No trans fats or partially hydrogenated oils
≤250 mg of sodium
≤10% calories from added sugar
100% fruit juice serving size is no larger than 16 ounces; no added sweetener
100% fruit/vegetable juice combination with fruit juice portion equaling a maximum of 16 ounces; no added sweetener

SEEDS

MARKETPLACE

Seeds Marketplace

Breakfast

-  EatWell Veggie Scramble Bowl
-  EatWell Breakfast Buddha Bowl
-  EatWell versions of the following salads:
 - Rock Roots Reggae
 - Woodstock & Curry
 - Backyard
 - Santorini Greek

Modifications

When ordering made to order salads, omit fried crunchies, cheese, toasted sweet coconut, or croutons

-  Order the official EatWell salad dressing: Raspberry Maple Thyme Vinaigrette

Lunch

Mushroom Tofu Bowl

Poke Bowls and Original Bowls

- Omit extra sauces like sriracha mayo, wasabi aioli, and teriyaki sauce
- Omit the white rice if looking for a lower carb meal

Grab n' go

Positive Foods

- Breakfast and main meal options

Café Gratitude

- Plant based grab n' go options

Grab n' Go Options

- Kikka Brown Rice Sushi
- Mediterranean dips such as hummus, tapenade, tzatziki, and baba ghanoush

Healthier snack options

- KIND Bars
- Fresh fruit



Seeds— Positive Foods



Seeds— Café Gratitude

Burger Crush

Burger Crush

Healthier entrée options

Single crush instead of a double crush

Lettuce wrap option for beef patty

Meatless Impossible patty



C&G Juice Co

EatWell items

- FightOn Smoothie
- Mango Tango Smoothie
- Tropical Breeze Smoothie
- Protein Power Smoothie
- Mother Nature Juice (mostly veggies!)
- Freshly Squeezed Orange Juice 16 oz size

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 agave and/or granola
- Add nutrient-rich spinach, kale, cacao nibs, chia or flax seeds




C&G Juice Co—Açai Bowl



Taco Taco

Healthier options

 EatWell Guacamole Bowl (vegan)

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, and shredded lettuce

Healthy tip: instead of cheese and sour cream, choose guacamole which has fiber and heart healthy fats



Taco Taco

FILONE'S

Filone's

EatWell items

EatWell Italian Chop Salad with Raspberry Maple Thyme Vinaigrette

EatWell Pasta Pomodoro

STARBUCKS

@ TROJAN GROUNDS

Starbucks at Trojan Grounds

Snacks

Pistachios and almonds

Oh Snap Carrot Cuties

Perfect Bar

String cheese

Belvita Biscuits

Fresh fruit

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

Eggs & Gouda Protein Box

Cheese Trio Protein Box

Kikka Sushi

Kikka Shrimp Spring Rolls



Starbucks—Eggs & Gouda Protein Box



Panda Express

(Calories and “Wok Smart” items listed on [corporate website](#))



EatWell items

- String Bean Chicken as a single entrée or with the steamed white rice side (*String bean chicken with mixed veggies side does not meet EatWell sodium requirements, but other nutrients do*)
- Broccoli beef as a single entrée or with either the mixed veggies or steamed white rice as a side

“Wok Smart” items

Entrées that are less than 300 calories and have at least 8g of protein:

- Mushroom Chicken
- String Bean Chicken Breast
- Kung Pao Chicken
- Broccoli Beef

Healthy tips: choose Mixed Veggies Super Greens (mixed veggies, broccoli, kale, and cabbage) or steamed white rice as the side instead of fried rice or chow mein



Panda Express—String Bean Chicken Breast



Panda Express—Broccoli Beef



Law Café—Rice Bowls

LAW CAFÉ

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, and veggies

FERTITTA CAFÉ

Fertitta Café

Healthier salad options

Chinese Chicken Salad with dressing on the side and omit fried wontons, or order the “Lighter Portion” option

Customize your Bibimbap bowl

Choose 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



Fertitta Café—Tofu Bibimbap Bowl

POPOVICH CAFÉ

Popovich Café

Healthier option

Mixed Berry Acai Smoothie


WEST CAMPUS


CAFÉ


ANNENBERG

Café Annenberg

EatWell items

 EatWell White Bean and Farro Soup

 EatWell Roasted Chicken Salad

 EatWell Roasted Chicken Salad & Farro Soup Combo

Farro and Kale Salad (this item does not meet the sodium limit for EatWell, but all other nutrients do)



Farmer's Fridge at Harris Hall

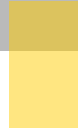
FARMER'S FRIDGE

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!



Tutor Hall Café—Chana Masala Bowl



TUTOR HALL CAFÉ

Tutor Hall Café

Customizable bowls and salads

Salmon Salad, easy on dressing

Chinese Chicken Salad, easy on dressing and omit wontons

Healthier entrée options

Chana Masala and white basmati rice with a smaller serving of rice (or save some for later!)

- Add toppings like cilantro chutney, pickled carrot/jalapeno/red onion, and kachumber
- If you don't want the rice, order a side of Chicken Masala instead

Miso Salmon Bowl with plain basmati rice, omit the crispy wontons, and add extra veggies



Farmer's Fridge Salads



Everybody's Kitchen—Eggs Benedict Bar



Parkside—Salad Bar

USC VILLAGE DINING HALL

everybody's
Kitchen

Parkside

USC Village Dining Hall, EVK, and Parkside

Residential Dining is open to staff, faculty, students and their guests! In addition to in-person dining, food to-go is also available. To check out sustainable, reusable containers for to-go dining, please get started by downloading the [Usefull app](#) in the Apple App or Google Play stores.

Prepare beforehand

Check out the daily [online menus](#) prior

Use the “[plate method](#)”

$\frac{1}{2}$ plate veggies, $\frac{1}{4}$ protein, $\frac{1}{4}$ grain/starch

Don't underestimate the salad bar

Choose the salad bar with veggies, whole grains, beans, and lean protein

Try some healthier sides

Try hot veggies, legumes, whole grains, and fruit as sides

Hydrate

Drink water instead of soda

Try a plant-based meal

Vegan and vegetarian entrees are available

Large plant-based station at USC Village Dining Hall



Plaza Marketplace Grab n' Go

Customize your salad

Freshly prepared made to order salads are customizable

- Mediterranean Salad
- Sesame Ginger Salad
- Southwestern Salad
- Apple-Walnut Salad

Healthy tips

Go light on add-ins such as wonton strips, tortilla strips, candied walnuts, and cheese

Use half of the dressing

Grab n' Go options

Pre-made salads

Kikka sushi and shrimp spring rolls

Edamame

Mixed fruit

Kikka—Brown Rice Sushi



Panda Express

"Wok Smart" items

String Bean Chicken

Mushroom Chicken

Kung Pao Chicken

Broccoli Beef

Panda Express—Mushroom Chicken



Healthier sides

Choose mixed veggie and brown rice sides



Taco Taco

Healthier entrée options

 EatWell Guacamole Bowl (vegan)

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

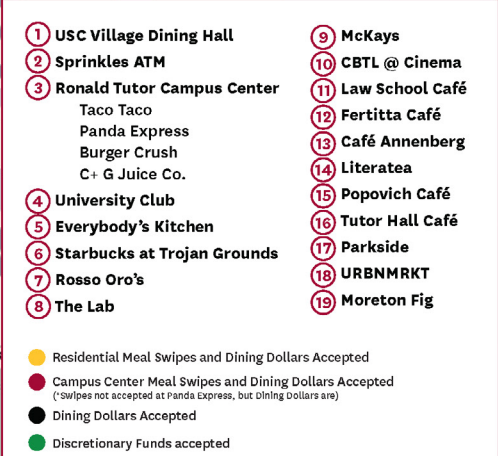
Cilantro and onions

Lime wedges

Salsa

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

Map of UPC Dining Locations

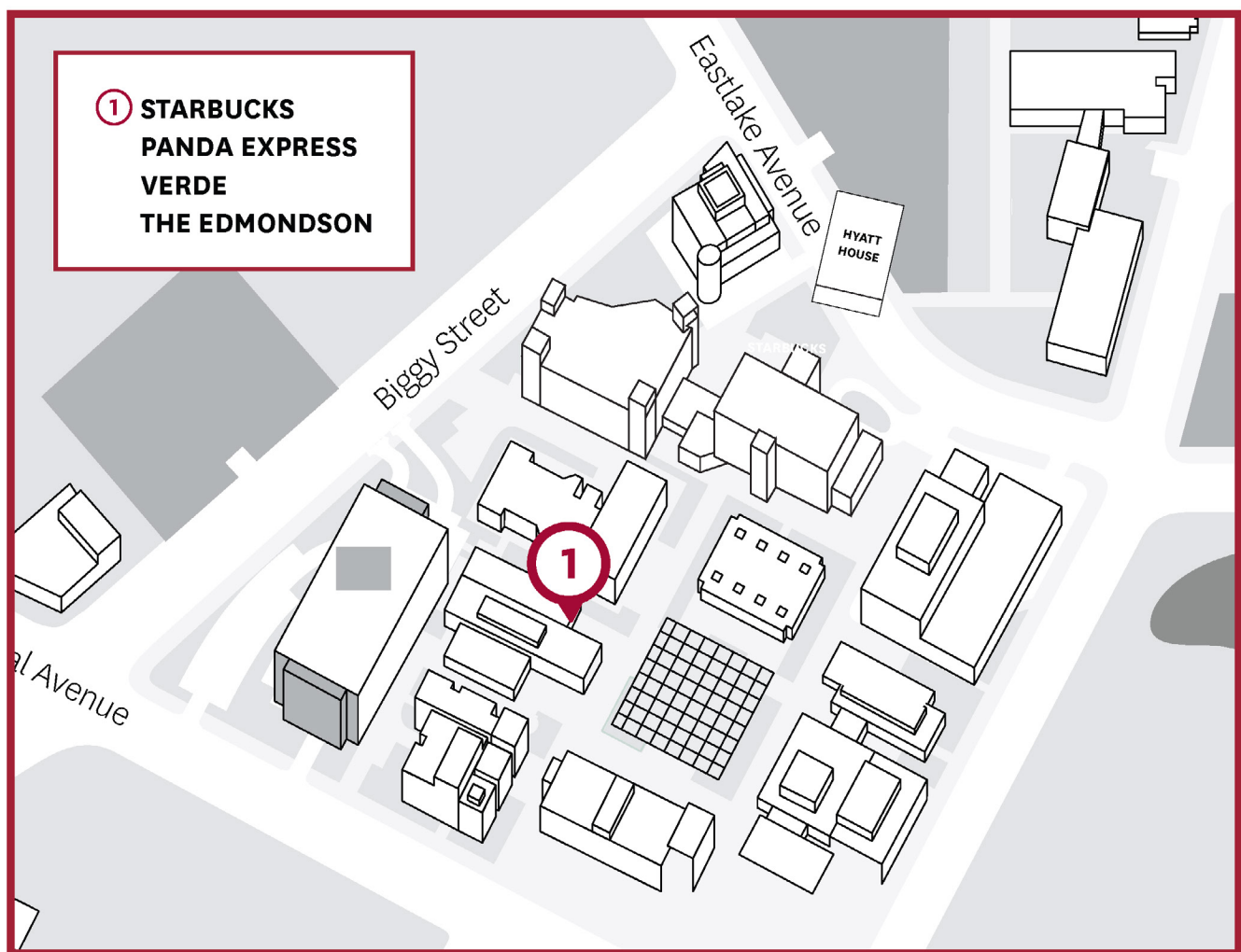
FALL/SPRING SEMESTERS 2022/2023

APPENDIX

Map of HSC Dining Locations

USC DINING LOCATIONS | HEALTH SCIENCES CAMPUS

FALL/SPRING SEMESTERS 2022/2023





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")

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/