Healthier Dining on Campus

A guide to healthy eating at USC
Brought to you by USC Hospitality in partnership with USC WorkWell Center
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 Menus of Change, and guidelines from other universities.

These wellness meals will be identified by an EatWell logo icon 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/

<table>
<thead>
<tr>
<th>Entrees, Sandwiches, Salads</th>
<th>Soups (per 8 fl. ounces)</th>
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</thead>
<tbody>
<tr>
<td>≤650 calories</td>
<td>≤300 calories</td>
</tr>
<tr>
<td>≤10% calories from saturated fat</td>
<td>≤10% calories from saturated fat</td>
</tr>
<tr>
<td>No trans fats or partially hydrogenated oils</td>
<td>No trans fats or partially hydrogenated oils</td>
</tr>
<tr>
<td>≤800 mg of sodium</td>
<td>≤600 mg of sodium</td>
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<tr>
<td>≤10% calories from added sugar</td>
<td>≤10% calories from added sugar</td>
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<tr>
<td>No fried foods</td>
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<tr>
<td>Must contain at least 1 serving of fruit, veggies, whole grains, or legumes (1 serving is at least 1/2 cup)</td>
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<table>
<thead>
<tr>
<th>Salad Dressings and Condiments (per 2 tablespoons)</th>
<th>Smoothies and Fresh Juices</th>
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</thead>
<tbody>
<tr>
<td>≤10% calories from saturated fat</td>
<td>≤10% calories from saturated fat (except nut products and yogurt)</td>
</tr>
<tr>
<td>No trans fats or partially hydrogenated oils</td>
<td>No trans fats or partially hydrogenated oils</td>
</tr>
<tr>
<td>≤300 mg of sodium</td>
<td>≤250 mg of sodium</td>
</tr>
<tr>
<td>≤10% calories from added sugar</td>
<td>≤10% calories from added sugar</td>
</tr>
<tr>
<td></td>
<td>100% fruit juice serving size is no larger than 16 ounces; no added sweetener</td>
</tr>
<tr>
<td></td>
<td>100% fruit/vegetable juice combination with fruit juice portion equaling a maximum of 16 ounces; no added sweetener</td>
</tr>
</tbody>
</table>
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

**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 16oz 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

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**TacoTaco**

- **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

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**Filone’s**

- **EatWell items**
  - EatWell Italian Chop Salad with Raspberry Maple Thyme Vinaigrette
  - EatWell Pasta Pomodoro
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

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
EAST CAMPUS

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

POPOVICH CAFÉ

Popovich Café
Healthier option
Mixed Berry Acai Smoothie
Café Annenberg

Healthier options

- 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)

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

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!
USC Village Dining Hall, EVK and Parkside

Prepare beforehand
Check out the daily online menus prior

Use the “plate method”
½ plate veggies, ¼ protein, ¼ 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

Panda Express
Wok Smart items
String Bean Chicken
Mushroom Chicken
Kung Pao Chicken
Broccoli Beef

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 HSC Dining Locations

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

1 STARBUCKS
PANDA EXPRESS
VERDE
THE EDMONDSON
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!

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**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

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**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")

Questions? Please visit [https://hospitality.usc.edu/ask-the-dietitian/](https://hospitality.usc.edu/ask-the-dietitian/)
WHAT IS A BALANCED PLATE?

**NON-STARCHY VEGETABLES**
- Salad
- Raw Veggies
- Steamed, Roasted & Sauteed

**STARCHY VEGETABLES**
- Rice, Quinoa
- Couscous, Pasta
- Oats, Potatoes, Sweet Potatoes, Peas, Corn, Butternut Squash

**FRUIT**
- Fresh, frozen, canned or dried
- Whole
- Cut up
- Pureed
- Cooked

**PROTEIN**
- Poultry & Meat
- Seafood
- Beans, Lentils, Chickpeas
- Soy (Tofu, Tempeh, Soymilk)
- Dairy
- Nuts, Peanuts, Seeds

**GRAINS**
- Whole Grains
- Cut up
- Pureed
- Cooked

**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/