

# Healthier Dining on Campus

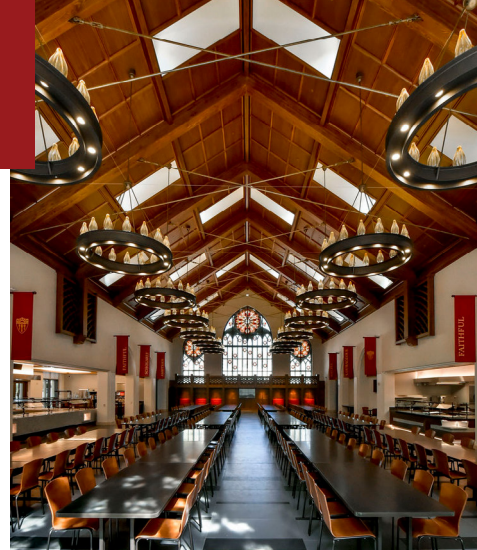
**A guide to healthy eating at USC**  
Brought to you by USC Hospitality in  
partnership with USC WorkWell Center



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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 Menus 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/>



<b>Entrees, Sandwiches, Salads</b>
≤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)

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

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

<b>Smoothies and Fresh Juices</b>
≤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






## CAMPUS CENTER

# 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
-  EatWell options:
  - Lemon Blueberry Overnight Oats
  - Lemon Roast Chicken Breast
  - Roast Salmon with Sage Tomato Jam
  - Herb Chicken Green Goddess Salad
  - Spicy Chicken Quinoa Bowl
  - Vegan Kimchi Fried Rice
  - Hummus Mezze box (slightly above saturated fat allowance)

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

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**

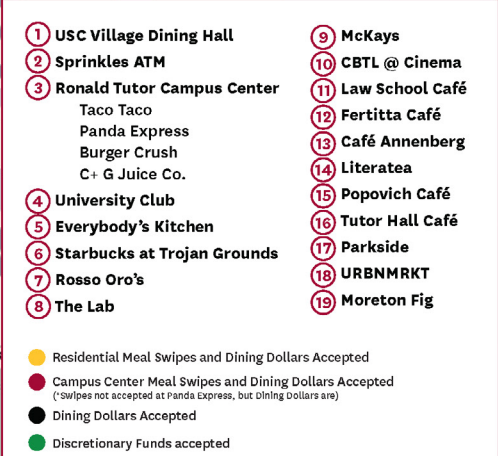
Vegan and vegetarian entrees are available

Large plant-based station at USC Village Dining Hall





## Map of UPC Dining Locations

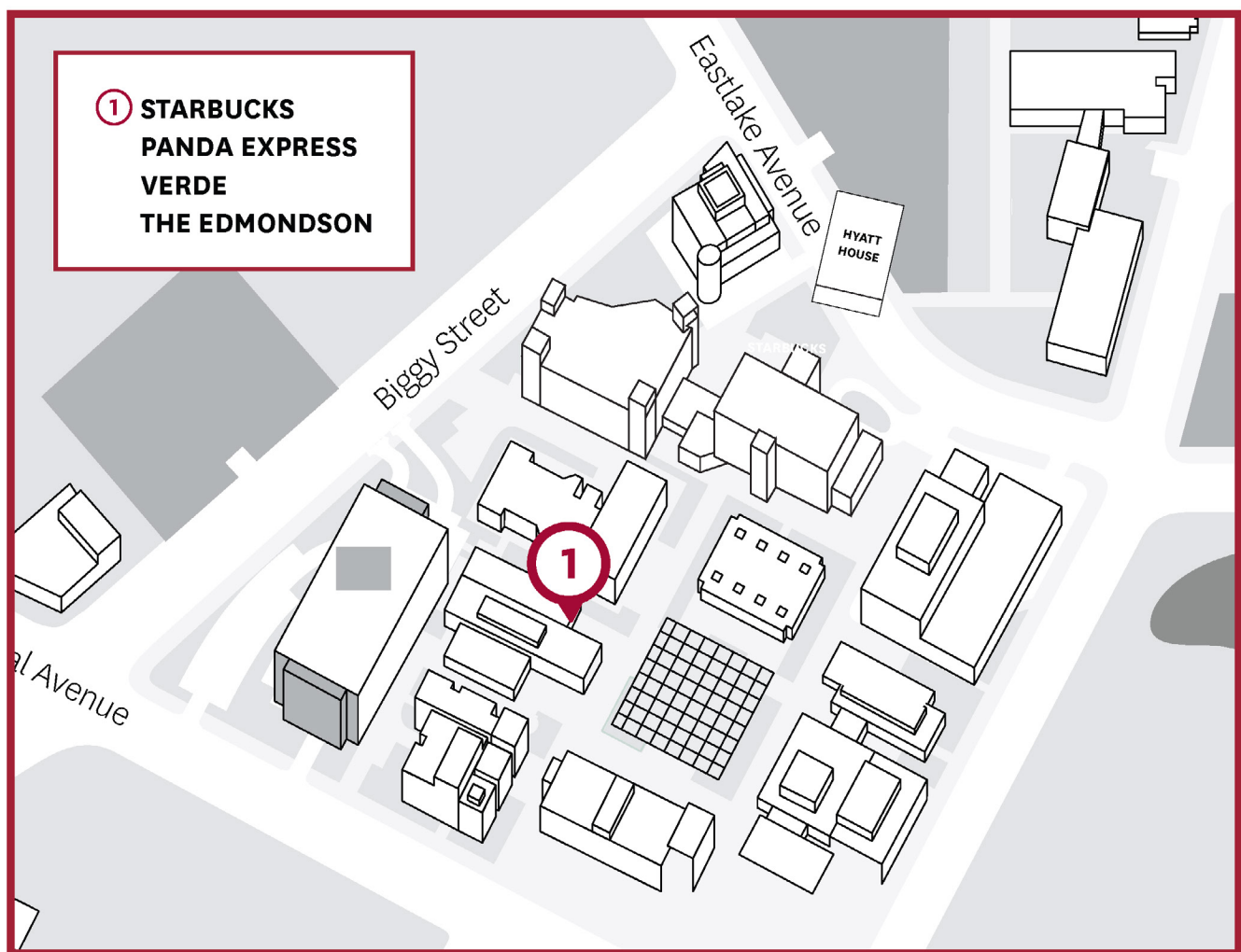
**FALL/SPRING SEMESTERS 2022/2023**

## 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*



**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")

# 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/)