Healthier Dining on Campus
Summer 2024

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

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/

### Entrees, Sandwiches, and 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)

### Soups (per 8 fl. ounces)
- ≤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)

### 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

### 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
Seeds Marketplace

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

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
Everybody’s Kitchen (EVK)

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”
¼ 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

If you bring your lunch to work, visit the EatWell Cooking Video and Recipe Library for ideas. You can also create your own balanced meals using the bowl formula found on the Quick Meal Guide.
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

Taco Taco

Healthier entrée options
- EatWell Guacamole Bowl (vegan)
Grilled chicken, carne asada or veggie bowl
If ordering 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

Panda Express
(Nutrition information 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 (brown rice available at HSC only).

For more information and support, please visit: USC Hospitality or the USC WorkWell Center
WHAT IS A BALANCED PLATE?

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

FRUIT
- Whole
- Cut up
- Pureed
- Cooked
  (fresh, frozen, canned or dried)

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

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

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/
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/