

BALANCED

Dining on Campus

Fall 2026

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



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For more information and support, please visit: [USC Hospitality](#) or the [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 Balanced Dining on Campus guide to support the USC community to choose balanced 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, 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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2. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition; December 2020.
3. Murray CJ, Atkinson C, Bhalla K, et al. The state of US health, 1990-2010: burden of diseases, injuries, and risk factors. JAMA. 2013;310(6):591-608. doi:10.1001/jama.2013.13805
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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/>

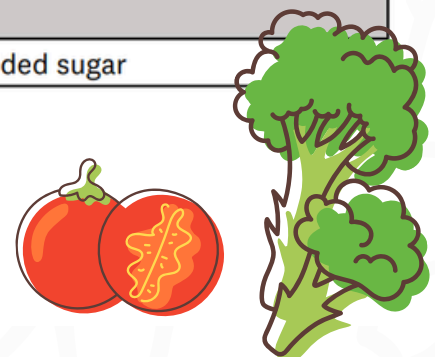


Entrees, Sandwiches, and Salads
≤650 calories
≤10% calories from saturated fat
No trans fats or partially hydrogenated oils
≤800 mg of sodium
≤10% calories from added sugar
No fried foods
Must contain at least 1 serving of fruit, veggies, whole grains, or legumes (1 serving is at least 1/2 cup)

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



Campus Center

Seeds Marketplace

SEEDS
MARKETPLACE



➤ Breakfast



- EatWell Veggie Scramble Bowl
- EatWell Breakfast Buddha Bowl

➤ Lunch



- 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

➤ Grab n' go



- Positive Foods
- Breakfast and main meal options
- EatWell options:
 - Banana Bread Chia Oat Pudding (Vegetarian)
 - Lemon Roast Chicken Breast
 - Moroccan Style Chicken Breast
 - Blackened Chicken Alfredo Pasta
 - Herb Chicken Green Goddess Salad
 - Achiote Lime Chicken Salad Bowl
 - Chicken Banh Mi Salad Bowl
 - Sesame Peanut Chicken Salad Bowl
 - Chicken Caesar Salad Bowl
 - Spicy Chicken Quinoa Bowl

- Chicken Breast Chimichurri & Hummus Snack Box
- Chicken Dill Salad Sandwich on Whole Wheat
- Roast Salmon with Sage Tomato Jam
- Salmon, Dill & Caper Crunch Salad Bowl
- Salmon, Kale & Cucumber Mint Salad
- Mediterranean Muhammara Snack Box
- Kimchi Fried Rice (Vegan)
- Grain Power Salad Bowl (Vegan)
- Shiritaki Sweet Potato Almond Crunch (Vegan)
- Kale Hemp Caesar Salad (Vegan)
- Beet Poke Snack box (Vegan)
- Hummus Mezze Box (Vegan)
- Fresh Harvest Bento Box (Coming Soon!)
 - Fruit, edamame, quinoa/white bean salad, veggies (Jain friendly and vegan)
- Cottage Cheese Garden Bento Box (Coming Soon!)
 - Fruit, edamame, cottage cheese, veggies (Jain friendly and vegetarian)
- Protein Breakfast Bento Box (Coming Soon!)
 - Plain Greek yogurt, honey granola, boiled egg, fruit (vegetarian)
- Other Grab n' Go Options
 - Kikka Brown Rice Sushi
 - Mediterranean dips such as hummus and tzatziki
- Snack options
 - KIND Bars
 - Fresh fruit

Campus Center

Burger Crush

Burger Crush

Better-for-You entrée options

- Single crush instead of a double crush
- Lettuce wrap option for beef patty
- Meatless Impossible patty

➤TACO-TACO◀

TacoTaco



Balanced options

- Entrée options: instead of a burrito, try grilled chicken, carne asada or veggie bowl/street tacos/salad
- Mix-in options: mixed greens, black beans (instead of refried), brown rice, fajita veggies, onions, corn, cilantro, salsa, pico de gallo, and shredded lettuce
- Pro tip: instead of cheese and sour cream, choose guacamole which has fiber and heart-healthy fats
- EatWell options:
 - EatWell Guacamole Bowl (vegan)
 - Chicken plate with side of black beans (Coming soon!)

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
 - Tips for a better-for-you- C&G Juice Co. Acai cup:
 - Choose the create your own option with fruit and seeds toppings
 - Omit the granola and agave

The Upstairs

- ShareTea boba sold here!
 - Customize your drink with 30–50% sweetness to reduce added sugar, or 0% sugar
 - Choose one topping—or skip toppings—as boba, jellies, and ice cream add additional sugar



Campus Center

Panda Express  **PANDA**
EXPRESS.

(Nutrition information listed on [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

Pro 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 - Kung Pao Chicken



East Campus

LAW CAFÉ

Law Café

➤ **Customize your rice bowls to create a more balanced 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 or add kimchi
- A smaller “Lighter portion” of the Chicken Teriyaki Bowl and Signature Salmon Rice Bowl are offered
- Make a meal from the “Sides” menu that includes salmon, avocado, and veggies



➤ **EatWell Grab n' go options**



- Fruit & Chia Greek Yogurt Parfait (coming soon!)
- Espresso Overnight Oats (coming soon!)

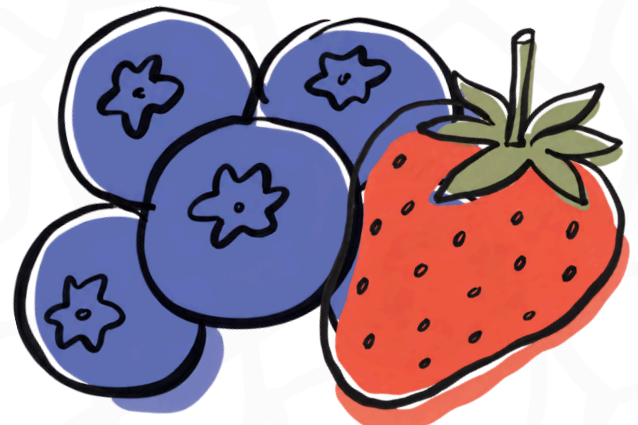


Popovich Café

➤ **EatWell Grab n' go options**



- Fruit & Chia Greek Yogurt Parfait (coming soon!)
- Espresso Overnight Oats (coming soon!)



East Campus

Trojan Grounds featuring Illy



- Positive Foods
- Breakfast and main meal options
- EatWell options:
 - Banana Bread Chia Oat Pudding (Vegetarian)
 - Lemon Roast Chicken Breast
 - Chicken Banh Mi Salad Bowl
 - Sesame Peanut Chicken Salad Bowl
 - Chicken Caesar Salad Bowl
 - Spicy Chicken Quinoa Bowl
 - Kimchi Fried Rice (Vegan)
 - Chicken Dill Salad Sandwich on Whole Wheat
 - Roast Salmon with Sage Tomato Jam
 - Salmon, Dill & Caper Crunch Salad Bowl
 - Salmon, Kale & Cucumber Mint Salad
 - Grain Power Salad Bowl (Vegan)
 - Beet Poke Snack box (Vegan)
 - Moroccan Style Chicken Breast
 - Blackened Chicken Alfredo Pasta
 - Herb Chicken Green Goddess Salad
 - Achiote Lime Chicken Salad Bowl
 - Sesame Peanut Chicken Salad Bowl
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 - Grain Power Salad Bowl (Vegan)
 - Kale Hemp Caesar Salad (Vegan)
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 - Chicken Breast Chimichurri & Hummus Snack Box
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 - Mediterranean Muhammara Snack Box
 - Fresh Harvest Bento Box (Coming Soon!)
 - Fruit, edamame, quinoa/white bean salad, veggies (Jain friendly and vegan)
 - Cottage Cheese Garden Bento Box (Coming soon!)
 - Fruit, edamame, cottage cheese, veggies (Jain friendly and vegetarian)
 - Protein Breakfast Bento Box (Coming Soon!)
 - Plain Greek yogurt, honey granola, boiled egg, fruit (vegetarian)



West Campus



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)



Tutor Hall Café



EatWell options



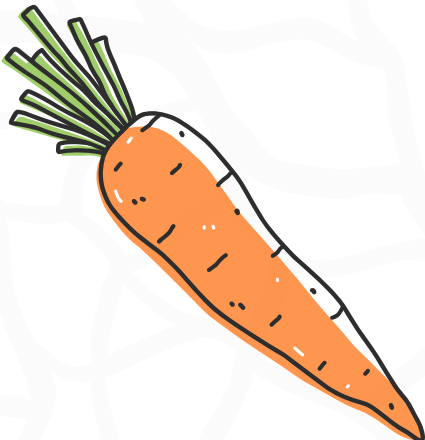
- 1 curry Alu Chole Bowl and Veggie Korma Bowl
- All other 1 curry bowls fit the EatWell guidelines, with the exception of sodium content
- The alu chole bowl is vegan while the veggie korma, and palak paneer options are vegetarian
- Everything on the menu is halal friendly



EatWell grab n' go options

- Fruit & Chia Greek Yogurt Parfait (coming soon!)
- Espresso Overnight Oats (coming soon!)

Tutor Hall Café - Chicken Tikka Masala



Residential Dining

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”

- 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



Health Sciences Campus



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

Pro 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

C&G Juice Co



EatWell items

- EatWell Protein Power Smoothie
- EatWell Mango Tango Smoothie
- EatWell Fight On Smoothie
- All are vegan

Health Sciences Campus



Grab n' go

- Positive Foods - selection includes, but is not limited to the following:
 - 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



Plaza Marketplace Vending Machines:

- Pop Corners
- 100% Whole Grain Sun Chips
- Fiber One Chewy Bar
- Baked Cheetos
- Lay's Kettle Cooked 40% less fat potato chips





What is a Balanced Plate?



Non-Starchy Vegetables

Salad
Raw Veggies
Steamed, Roasted
& Sauteed

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

Fruit

(Fresh, Frozen, Canned or Dried)
Whole
Cut up
Pureed
Cooked

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

Compliments to a Healthy Plate

Fun Fitness

Stay Social

Reduce Stress

7-8 Hours of Sleep/Night