

BALANCED

Dining on Campus

Fall 2025

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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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/>

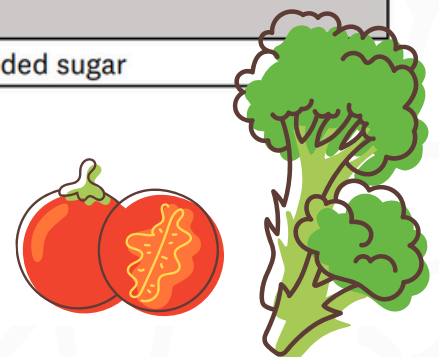


Entrees, Sandwiches, and Salads
≤650 calories
≤10% calories from saturated fat
No trans fats or partially hydrogenated oils
≤800 mg of sodium
≤10% calories from added sugar
No fried foods
Must contain at least 1 serving of fruit, veggies, whole grains, or legumes (1 serving is at least 1/2 cup)

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

➤ Breakfast



- EatWell Veggie Scramble Bowl
- EatWell Breakfast Buddha Bowl

➤ Lunch

- Poke Bowls
 - Omit extra sauces like sriracha mayo
 - Omit the white rice if looking for a lower carb meal



- 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)
- 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

- EatWell Guacamole Bowl (vegan)
- 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

Bowls - Medi Crunch Chicken Bowl



Bowls

Bowls



EatWell items at Bowls

- EatWell Medi Crunch Chicken Bowl
- Tuna Poke Bowl
- Salmon Poke Bowl
- Tofu Poke Bowl (this item does not meet the sodium limit for EatWell, but all other nutrients do)

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

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.



East Campus

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



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
 - Salmon, Kale & Cucumber Mint Salad
 - Grain Power Salad Bowl (Vegan)
 - Kale Hemp Caesar Salad (Vegan)
 - Hummus Mezze Box (Vegan)
 - Chicken Breast Chimichurri & Hummus Snack Box
 - Shiritaki Sweet Potato Almond Crunch (Vegan)
 - Mediterranean Muhammara Snack Box

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)

TUTOR HALL
CAFÉ

Tutor Hall Café

Customizable bowls and salads

- Chinese Chicken Salad, easy on dressing

Better-for-You entrée options

- Katora Indian Cuisine
 - All 1 curry bowls fit the EatWell guidelines, with the exception of the sodium content
 - Chicken Curry, Butter Chicken, Tikka Masala, Alu Chole, Veggie Korma, and Palak Paneer
 - The alu chole bowl is vegan while the veggie korma, and palak paneer options are vegetarian
 - Everything on the menu is halal friendly

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”

- $\frac{1}{2}$ 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



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

USC Health Sciences Campus Bookstore



Grab n' go

- Positive Foods
 - 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)
- Snacks
 - Variety of nuts and trail mix
 - String cheese and Babybel cheese wheels
 - Sargento Balanced Breaks cheese, nut and dried fruit packs
 - Pearls Olives to Go packs
 - Noka Superfood Smoothies
 - Gogo Squeeze
 - Jacklink's Original Turkey Jerky
 - Belvita Biscuits
 - PopCorners and Skinny Pop Popcorn instead of chips





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

Compliments to a Healthy Plate

Fun Fitness

Stay Social

Reduce Stress

7-8 Hours of Sleep/Night