

### Healthy Suggestions for Your Apartment

- Whole wheat/ multigrain cereals, breads & pastas
- Oatmeal
- Beans, canned, refried
- Brown rice
- Protein powders
- Fresh fruits and vegetables (or frozen fruits and vegetables when not available fresh)
- Cottage cheese
- Low fat or fat free milk
- Plain yogurt (add fresh fruits)
- Fresh eggs
- Chicken/ turkey/ lean red meats
- Fish, shrimp
- Canned tuna and chicken
- Bars: sports, cereal, granola
- Sherbet or sorbet
- Basic spices and sauces
- A "quick and easy" cookbook or your favorites from Mom.

Remember that frozen meals, such as Healthy Choice or Lean Cuisine meals can be great choices. Rule of thumb: total fat grams # 3 per 100 calories.

At Costco or Sam's Club you can buy non-perishables and healthy snack foods in bulk quantities at reasonable prices.

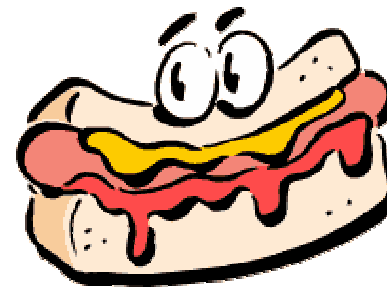
### Healthy Choices Off Campus

- **Bison Wiches Deli**- soups, grilled sandwiches
- **Chopped**- salads, sandwiches, soups
- **Chipotle**- fajita chicken burrito bol
- **Beyond Bread** - hot and cold sandwiches, salads, and soups (skip the desserts)
- **Oregano's** - pasta w/ marinara sauce, salads
- **Sauce** - chopped salads, thin crust pizza
- **RA** - rolls without tempura or heavy sauces
- **Paradise Bakery** - breakfast omelets, bagels, sandwiches, soup, salads
- **Pita Pit** - pitas, soup, salad, and smoothies
- **Frog & Firkin**- variety of smart pizza and sandwich choices
- **Gentle Ben's**- wrap sandwiches, veggie burgers, pastas
- **Silver Mine Subs** - tombstone, Lawless, King Bullion, Comstock, Virginia subs
- **Wendy's**- baked potato, chili, salads
- **Pei Wei**- edamame, soups, salads, items without "fried" or "crispy" in the description

## What to Eat On and Off Campus

At the

THE UNIVERSITY OF ARIZONA®



### Healthy Suggestions for Your Dorm Room

- Whole wheat/multigrain sandwich bread
- Fruit
- Hardboiled eggs
- Milk, yogurt, string cheese
- Dry cereal
- Nuts and dried fruits
- Canned soups, chili, pastas
- Canned tuna, chicken
- Beans, canned, refried
- Canned vegetables
- Cereal bars, sports bars, or granola bars
- Peanut butter & jam
- Powdered drinks
- Protein powders
- Bottled Water
- Baggies, basic plates, and utensils

Invest in a blender. You can make yourself smoothies and protein shakes at any time.

The U-Mart and Cactus Grill are great places to pick up a few fresh things to store in your room. After eating out,

## Healthy Eating on Campus

### Bookends Café (east Main Library)

- ✓ Bagels or sandwiches
- ✓ Fruit, juice, milk

### Burger King (SUMC food Court)

- ✓ Garden salad
- ✓ Tender grill chicken sandwich
- ✓ Veggie burger
- ✓ Hamburger (no special sauces or mayonnaise)

### Cactus Grill (SUMC 2<sup>nd</sup> floor)

- ✓ Salad & fresh fruit bar
- ✓ Omelets (with one add-in)
- ✓ Baked potato bar (Avoid sour cream, bacon bits, & excess cheese. Dress up the potato with spices, vegetables, & small amounts of butter.)
- ✓ Betty's Buffet (select protein and steamed vegetables)
- ✓ Wraps (with chicken, beans, rice, & vegetables)
- ✓ Non-cream based soups
- ✓ Smoothies, low fat yogurt
- ✓ Sushi (& baked fish when available)
- ✓ Gatorade

### Café Sonora (SUMC 1<sup>st</sup> floor)\*

- ✓ Soft chicken taco
- ✓ Salad (no shell)
- ✓ Fajitas
- ✓ Green chili burrito
- ✓ Bean burrito
- ✓ Green corn tamale

\*Leave off the guacamole and sour cream.

### Canyon Café (SUMC 1<sup>st</sup> floor)

- ✓ Coffees, Teas (w/low fat milk)
- ✓ Bagels
- ✓ Fruit & salads

### Cellar (SUMC Lower Level)

- ✓ Chicken pita
- ✓ Chicken sandwich
- ✓ Veggie pita

### Chick-Fil-A (SUMC food court)

- ✓ Char-grilled chicken deluxe sandwich
- ✓ Char-grilled chicken garden salad

### CORE (SUMC, Main Level)

- ✓ Custom salads
- ✓ Fresh juices
- ✓ Steamed vegetables

### Eller Deli (McClelland Hall)

- ✓ Fresh fruit cup, yogurt
- ✓ Lo-carb wraps
- ✓ Pre-made salads
- ✓ Sandwiches

### Food Carts/ Coffee Carts / Vending

- ✓ Regular or soft pretzels
- ✓ Veggie dogs or turkey dogs
- ✓ Milk, juice, bottled water
- ✓ Nuts
- ✓ Crackers
- ✓ Granola bars

### Highland Market (6<sup>th</sup> & Highland)

- ✓ Deli (smoked turkey on 9 grain)
- ✓ Espresso (nonfat latte)
- ✓ Salad bar

### IQ Fresh (SUMC food court)

- ✓ Wraps
- ✓ Salads
- ✓ Smoothies

### U-Mart Grocery Stop (SUMC 1<sup>st</sup> floor)

- ✓ Fresh or canned fruit
- ✓ Yogurt
- ✓ Salads
- ✓ Cereal & bagels
- ✓ Milk/ chocolate milk
- ✓ Granola/ cereal/ sports bars
- ✓ Frozen yogurt
- ✓ Cheese sticks
- ✓ All Sport

### On Deck Deli (SUMC food court)

- ✓ Tuna sandwich
- ✓ Turkey breast, ham, roast beef or chicken sandwich
- ✓ Custom salads
- ✓ Non-cream-based soups
- ✓ Fruit

\*Add vegetables to sandwich. Avoid croissants; use whole wheat bread. Avoid mayonnaise; instead use ketchup, mustard, BBQ sauce, or oil & vinegar.)

### Oy Vey Café (at the Hillel Center)

- ✓ Rice
- ✓ Veggie burger
- ✓ Salad
- ✓ Fat free muffin
- ✓ Hummus & Pitas
- ✓ Juice (Try V8- not V8 Splash- for a serving of vegetables.)

### Panda Express (SUMC food court)

- ✓ Chicken with string beans
- ✓ Shrimp/ seafood entrees
- ✓ Steamed rice
- ✓ Beef and broccoli
- ✓ Egg flower or Sweet & Sour soup

### Papa John's Pizza (SUMC food court)

- ✓ Veggie or cheese pizza
- ✓ Salads

### PSU Food Court (615 N Park Ave)

- ✓ IQ Smoothies, juice
- ✓ On Deck Deli
- ✓ Salad bar, fruit bar, pasta bar
- ✓ Route 66 Grill (black bean burger or Santa Ana sandwich)
- ✓ Sunset Strips (teriyaki & lo carb/lo fat wraps)
- \* Also at PSU: Panda Express, Papa Johns, Bruegger's Bagels

### Reddingon Restaurant (SUMC 2<sup>nd</sup> floor)

- ✓ All-you-can-eat lunch buffet; Watch portion control, make smart choices consisting of fruits, vegetables, & well-balanced entrees.

### SU Food Stops (McKale, Rec Center.)

- ✓ Sports drinks, Sports bars
- ✓ Fruit, sandwiches, yogurt, soups
- ✓ Smoothies, protein shakes

### Three Cheeses & a Noodle (SUMC 1<sup>st</sup> floor)

- ✓ Tomato or marinara sauces.
- ✓ Get dressing on the side if you can.
- ✓ Avoid the gourmet brea