

# ROADMAP TO HEALTHY EATING

## THE BASICS

build your plate with...



### GRAINS & POTATOES

focus on whole grains including brown rice, quinoa, and whole wheat wraps



### FRUITS & VEGETABLES

make your plate as colorful as possible



### LEAN/PLANT-BASED PROTEIN

including chicken breast, beans, and tofu

## TIPS

1

choose foods prepared using healthy cooking methods such as baked, steamed, roasted, and sautéed

2

replace cream-based sauces, dressings, and condiments with oil-based varieties

3

sip on unsweetened beverages such as water, unsweetened iced tea, or low-fat milk





# RUSSELL HOUSE

## panera bread

### ...try...

an **avocado**, **egg white**, and **spinach** breakfast sandwich

**whole grain-rich oatmeal** with nut and fruit toppings

a mediterranean **grain bowl** with **chicken** for a protein boost

a you-pick-two with **mediterranean veggie** sandwich and **ten vegetable soup**

### ...tips...

choose an **apple** as the side

request to have sandwich condiments on the side

sip on the plum ginger hibiscus tea: a refreshing and unsweetened beverage

## carolina creamery

### ...try...

rainbow row, raspberry, or lemon sorbet (flavors rotate)

a green vitamin or berry good smoothie (or create your own)

### ...tips...

make your own smoothie with **greek yogurt** or **soy milk**, choice of **fruit/spinach** and nutrient-rich **chia** or **flax seeds**

## tavolino

### ...try...

**zoodles** topped with pomodoro sauce or basil pesto with **grilled chicken** or **beyond® meatballs** and your choice of **veggies**

### ...tips...

bulk up your pasta with your choice of four veggies such as **sautéed onions**, **garlic broccoli**, **roasted mushrooms**, and **spinach** when you forgo a protein

## congaree river smokehouse

### ...try...

a **pulled chicken** sandwich building your own **salad** with **pulled chicken**, **hummus**, **hard-boiled eggs**, or **vegan bbq chicken**

a meatless option such as the **gardenburger** or **vegan bbq chicken** (or **beyond® burger** for an extra charge to a meal swipe)

### ...tips...

choose **collard greens** or **baked beans** as a side select the **grilled salmon** entree for a protein and omega 3-rich meal (extra charge to a meal swipe)

## spice

### ...try...

creating your own hot bowl with the **salad blend**, and **stingin' honey chicken** or **five spice tofu**

creating your own poké bowl with **chicken** (or **tuna** for an extra charge to a meal swipe) with your choice of veggies, such as **carrots**, **cucumber**, and **avocado**

### ...tips...

select the **quinoa & brown rice** blend for the base of a poké bowl- they're whole grains and full of fiber and b vitamins

ask for a sprinkle of sesame seeds on your poké bowl for the addition of healthy fats

request to have your poké bowl sauce placed on the side



## chick-fil-a

### ...try...

a yogurt parfait with granola and a fresh fruit cup

a grilled market salad with chicken\*

a grilled chicken cool wrap\*

a grilled chicken sandwich\*

grilled chicken nuggets\*

\*an extra charge to a meal swipe

### ...tips...

add a fruit cup or side salad to your entrée for a nutrient-rich meal

stick with vinegar-based dressings and sauces including the italian dressing, balsamic viniagrette, zesty apple cider vinaigrette, buffalo sauce, and sweet & spicy sriracha

## oath pizza

### ...try...

a pizza topped with your favorite veggie, oregano and balsamic drizzle for a sweeter version or scallions and sriracha for a spicy twist

### ...tips...

rely on roasted garlic, fresh basil, oregano, scallions, and balsamic drizzle to add a boost of flavor

## twisted taco

### ...try...

a burrito bowl with lettuce as the base and topped with black beans, tomatoes, pico de gallo, jalapeños, and chicken or tofu

a hills chicken taco with queso on the side

### ...tips...

request to swap out fried protein with grilled versions, or seasoned tofu for a vegetarian selection

add flavor to your entrée with cilantro, pico de gallo, salsa, and jalapeños

ask for creamy sauces and condiments to come on the side

## horseshoe deli

### ...try...

a grilled chicken or turkey sandwich on a whole wheat hoagie loaded with veggies

the vegetable and hummus wrap

### ...tips...

add hummus for a protein and nutrient-rich sandwich

select vinegar and oil to top off sandwiches

## southern kitchen

### ...try...

cajun grilled chicken tenders with beet & apple slaw and corn

a buffalo chicken salad with dressing on the side

### ...tips...

for a meatless meal, select vegan chicken tenders

request to have sauce put on the side instead of the chicken tossed in it

## true balance

### ...try...

a sauté bowl with whole grain quinoa, chicken, unlimited veggies and choice of sauce like salsa verde

adding grains like brown rice or quinoa to your salad for nutrients like b-vitamins and fiber

a refreshing acai bowl with chia seeds and your choice of fruit

### ...tips...

select salmon or avocado for healthy omega-3 fats

add your own flavor profile or extra spice to your meal with dried herbs and spices (request during meal preparation)



# OTHER CAMPUS LOCATIONS

## residential dining halls

gibbes court, honeycomb café, bates diner

### ...try...

a composed **grain** and **veggie** salad or creating your own salad with plant-based proteins like **beans**, **tofu**, **hummus**, and **sunflower seeds**

a **turkey** and **hummus** sandwich on **whole wheat bread**

a plant-based entree served daily

### ...tips...

choose grilled, baked, and roasted sources of meat, poultry, and fish

aim to cover half your plate with vegetables/fruit (or have them make up half of your meal)

mix & match between stations (i.e. grilled chicken sandwich from the grill with hummus from the salad bar)

## global cafe

### ...try...

**red beans and rice** and **mahi mahi** with **mango salsa** (**Hot Line Currently Unavailable**)

a **grilled vegetable** and **hummus** wrap or **buffalo chicken** wrap

customizing your own **salad** with **grilled chicken** and **hummus**

### ...tips...

check out weekly menus with nutrition information at [sc.edu/dining](http://sc.edu/dining)

## colloquium

### ...try...

creating your own sandwich on **wheatberry bread** and select a **salad** or **whole fruit** as your side

creating your own salad with **grilled chicken** or **tofu** and whole-grain **quinoa**

an **acai bowl** with **peanut butter**, **sliced bananas**, and **granola**

### ...tips...

bulk up your sandwich with protein-rich **hummus** and top it off with mustard or oil and vinegar

order a flatbread on a **whole wheat crust**

for plant-based pasta and flatbreads, select vegan cheese and **Gardein™ chicken**

## tea leaves

### ...try...

Currently Unavailable

the spicy red curry **shrimp** or **chicken** bowl with **brown rice** (or create your own)

a signature fruit smoothie, such as **strawberry banana** (or create your own)

### ...tips...

Currently Unavailable

top your grain bowl with **cucumber salad**, **pickled carrot daikon**, or **peanuts** for extra crunch

add protein-rich ingredients such as **greek yogurt**, **soy milk**, **chia seeds**, or **flax seeds** (these last two are also a great way to get your omega-3s!) to a fruit based smoothie

## community table

### ...try...

a **grilled chicken** sandwich or **black bean** burger

a **garden salad** with **chicken** (or **shrimp** for an extra charge)

an **omelet** loaded with veggies such as **spinach**, **mushrooms**, **peppers**, and **onions**

### ...tips...

choose a **grilled salmon** sandwich for a good source of healthy fats (an extra charge to a meal swipe)

select oil-based dressings, hot sauce, pico de gallo, or yellow mustard to add flavor