

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 heart healthy pecans and **stawberries**

the mediteranean grain bowl with **chicken** and whole grain **quinoa** and **brown rice**

the mediterranean veggie sandwich loaded with **hummus** and **veggies**

...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

order the **ten vegetable soup** for a soothing snack

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...

the pomodoro sauce or basil pesto with grilled rosemary **chicken** or **beyond®** crumbles 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

when available, select **whole wheat penne** for a fiber-rich meal

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congaree river smokehouse

...try...

a grilled chicken, hand carved turkey sandwich with **buffalo brussel sprouts**

building your own salad with toppings such as **quinoa**, **chickpeas**, **hard-boiled egg**, and **fresh berries**

grilled **salmon** with **baked beans** (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

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chick-fil-a

...try...

a **grilled market salad** with **chicken** and a **fruit cup**

a **yogurt** parfait with a **fruit cup**

a **grilled chicken** cool wrap

a **grilled chicken** sandwich

grilled chicken nuggets

...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 chili lime vinaigrette, italian dressing, and buffalo sauce

oath pizza

...try...

a half pizza loaded with your favorite **veggies** and topped with 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

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twisted taco

...try...

a burrito bowl with **rice**, **black beans**, **lettuce**, **tomatoes**, **pico de gallo**, and **grilled chicken**, or **tofu**

a **hills chicken** taco with a **hard corn shell**, **grilled chicken**, **lettuce**, **salsa**, and **queso** on the side

...tips...

request to swap out fried protein sources with **grilled** versions

for a vegetarian alternative, select **seasoned** **tofu**

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

ask for **creamy** **sauces** and **condiments** on the side

swap **flour** **tortillas** for **whole-grain** **corn shells**

horseshoe deli

...try...

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

a **grilled vegetable** and **hummus** wrap

creating a **salad** with protein options like **hummus**, **grilled chicken**, or plant-based **gardein®** **chicken**

...tips...

complete your meal with a piece of **fresh fruit**

add **black bean spread** or **hummus** to your sandwich for extra protein and flavor

select **regular** or **spicy** **mustard** or **vinegar** and **oil** to top off sandwiches



true balance

...try...

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


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

a refreshing **acai bowl** with your choice of **fruit**

...tips...

select **salmon** or **avocado** for a good dose of healthy omega-3 fats

add extra spice or your own twist of flavors to your meal with dried herbs and spices available at the register



OTHER CAMPUS LOCATIONS

residential dining halls

gibbes court, honeycomb café, bates diner,
& the community table

...try...

a composed **grain** and **veggie** salad or a made-to-order **whole-grain pasta** bowl or **stir-fry** at gibbes court or bates diner

a plant-based entree served daily

...tips...

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

try covering half of your plate with vegetables and/or fruit

check out weekly menus with nutrition information at sc.edu/dining

global cafe

...try...

red beans and rice and **mahi mahi** with **mango salsa**

thai curry chicken with **zucchini stir-fry**

a half **grilled vegetable** and **hummus** wrap or **buffalo chicken** wrap with a side of soup

customizing your own salad or ramen bowl (seasonal)

...tips...

check out weekly menus with nutrition information at sc.edu/dining

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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 grains such as **farro** or **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**

village juice & kitchen

...try...

the Mediterranean grain bowl with **spiced chickpeas**, feta, **cucumber**, **tomatoes**, **whole grain quinoa**, and fresh herbs

the Pinky Swear bowl made with oat milk, **strawberries**, **banana**, dates and topped with fruit and **almonds**

...tips...

add avocado to your grain bowl or salad for a boost of fiber and healthy fats

fresh greene's

...try...

a specially prepared Chef's Table dish such as **Peri Peri shrimp** with **Spanish rice** and **zucchini slaw**, or **Korean bbq flank steak** with **cilantro pilaf**

...tips...

a variety of local produce is available based on seasonality. Check out the signage around the dining hall to see what local items are on the menu!