This handy guide will help you identify **healthy** options that are available on campus. Eateries are listed in alphabetical order and display menu items that fall under the following

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vegan: ( ) n fruit, grains, vegetables milk products, eggs)



lo-carb: (•) c less than 20 grams of carbohydrates

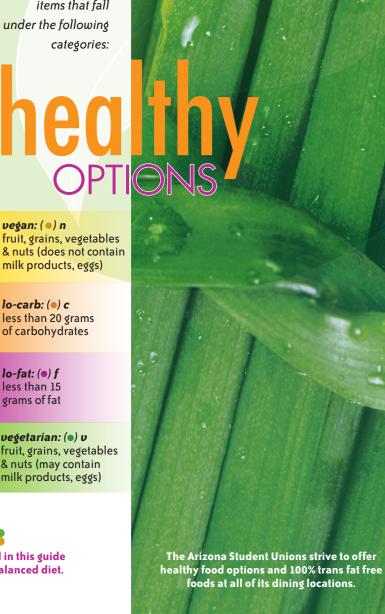


less than 15 grams of fat



vegetarian: (•) v fruit, grains, vegetables & nuts (may contain milk products, eggs)

All foods listed in this guide are part of a balanced diet.



3 Cheeses & a Noodle (SUMC, Main Level)

Chicken caesar salad or side caesar salad

Low-fat, low-carb, vegetarian special

Meatless sauce

Pasta w/marinara sauce (no bread)

Veggie panini without cheese

### **Bookend Café** (Main Library)

Bagel or sandwich

Fresh fruit

Juice

Protein bar

Sushi

V-8, milk, IQ juice, bottled water

### Bruegger's Bagels (PSU)

Bagel sandwich

Egg and cheese bagel

Fresh salad

Low-carb wrap

### **Burger King** (SUMC, Food Court)

BK Chicken fries (6 pc., no sauce)

Garden salad

Hamburger

Tendergill chicken sandwich

Tendergrill chicken salad

Veggie burger

Whopper Jr. (w/o mayo)

# Cactus Grill (SUMC, 3rd Level)

Baked potato bar w/veggies & salsa

Betty's Buffet (select protein & steamed vegetables)

Eggs & meat (breakfast)

Egg sandwich

Hard boiled egg (at salad bar)

IQ smoothie bar (make your own)

Salad bar and fruit bar

### Location key:

**SUMC: Student Union Memorial Center** (located on the mall, center of campus)

**PSU**: Park Student Union (located on University Blvd. & 4th)



Cactus Grill (Continued) (request no bun or extra lettuce)

Bagel

Garden veggie burger

IQ juice, skim milk

Low-carb wrap

Make your own wrap

Omelet bar (made w/fresh egg, can make w/egg whites, ask for light on the oil)

Soup (non-cream based)

Sushi

Vegetarian wrap

WOX stir-fry noodles & veggies

Yogurt

### Café Sonora (SUMC. Main Level)

Build your own salad (no shell)

Chicken soft taco

Fresh sauteéd veggies

Bean & cheese burrito

Chicken burrito Spanish rice, refried beans, empanadas Vegan tacos

### Canyon Café (SUMC, Main Level) (omit sugar & flavor syrups)

Black coffee

Café au lait (w/low fat or skim milk)

IQ juice

Latte or cappuccino (low fat or skim milk) Soy based latte, soy chai tea, pastries

Teas

# Cellar (SUMC, Lower Level)

(request no bun or extra lettuce)

Black bean burgers

Chicken pita

Chicken sandwich

 Egg and cheese breakfast burrito Veggie pita

## Chick-fil-A (SUMC. Food Court)

Chargrilled chicken salad

Chargrilled chicken sandwich (hold the mayo, no fries) Fresh squeezed lemonade







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On Deck Deli (SUMC & PSU)

Green salad/Build your own salad

Whole-wheat sandwich (choice of lean

Oy Vey Café (2nd Street & Mountain)

egg, plus many other veggies)

Chicken or tuna salad

Citrus chicken salad

Fresh fruit or yogurt

Hard-boiled egg

Low-carb wraps

Bagel or low-fat muffin

Israeli plate

Juice and V-8

Veggie burger

Side of tuna

Beef broccoli

Bread sticks

Protein bar

Juice

**Buffalo** wings

Cheese sticks

Wrap, sandwich, or fresh fruit

Black pepper chicken

Stir fry & steamed rice

One slice of cheese pizza

Vegetarian groceries

**PSU Food Court** (PSU)

IQ smoothie bar: bottled smoothies

Salad bar, fruit bar, or pasta bar

One slice of Garden Fresh pizza

Park Avenue Market (PSU)

• V-8, milk, juice, IQ juice, bottled water

Mixed vegetables

Mandarin chicken bowl

Spicy chicken with peanuts

Panda Express (SUMC & PSU)

Salads

Lettuce wraps

**PSU Food Court** (Contnued) Route 66 Grill: black bean burger or Santa Ana sandwich Sunset Strips: teriyaki & lo-carb/lo-fat wraps **Rec. Center Food Stop** 

(Highland & 6th)

- Fruit
- Juice and bottled water
- Protein bar
- Sandwiches
- Smoothies and protein shakes
- Yogurt

Redington Restaurant (SUMC 3rd Level) (all you can eat - choose moderate portions)

- Salad bar
- Salad, lean protein entrée, & veggies
- Soup

### U-Mart (SUMC Main Level)

- V-8, bottled water
- Beef jerky, sliced turkey
- Canned tuna or chicken w/crackers
- Frozen yogurt
- Fruit cup or fresh fruit
- Granola bars and high fiber cereal
- Hard or soft pretzels
- IQ smoothie & juice
- Lean Cuisine
- Nuts & peanut butter
- Protein bar
- Slim Fast
- String cheese
- Sushi
- Tuna or chicken salad
- Turkey hot dog
- Turkey or tuna sandwich
- Vegetarian sandwich

This is a diet guideline. If you have special nutritional needs, please consult a physician.

THE UNIVERSITY OF ARIZONA



www.union.arizona.edu/healthy

