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 categories:

- **Vegan**: (v) fruit, grains, vegetables & nuts (does not contain milk products, egus)
- **Low-carb**: (c) less than 20 grams of carbohydrates
- **Low-fat**: (f) less than 15 grams of fat
- **Vegetarian**: (n) fruit, grains, vegetables & nuts (may contain milk products, egus)

All foods listed in this guide are part of a balanced diet. The Arizona Student Unions strive to offer healthy food options and 100% trans fat free foods at all of its dining locations.
Core (SUMC, Main Level)
- White rice
- Custom salads
- Fresh juices
- Steamed vegetables
- Sweet potatoes

Eller Deli (McClelland Hall)
- Fresh fruit cup
- Low-carb wraps
- Pre-made salads
- Sandwiches (see menu)
- Yogurt

Food Stops/Coffee Carts
- Vending Machines: Granola bars, Hard or soft pretzels, Milk, juice, V-8, bottled water, Nuts, Slim Fast, Turkey hot dogs

Highland Market (Highland & 6th St.)
- Highland rotisserie chicken
- Salad bar/veggie sandwich on wheat
- Smoked turkey sandwich on 9-grain
- Vegetarian groceries

IQ Fresh (SUMC Food Court)
- Caesar wrap
- Chinese grilled chicken salad
- Couscous salad
- Greek salad wrap
- Grilled chicken greek wrap
- Grilled veggies wrap
- Oriental noodle wrap
- Portobello mushroom wrap
- Side salad
- Smoothies (vegan/w/o yogurt)
- Southwest grilled chicken salad
- Tequila lime shrimp wrap
- Thai chicken lettuce wrap
- Tropical salad
- Waldorf chicken salad
- Wraps (see menu)

On Deck Deli (SUMC & PSU)
- Chicken or tuna salad
- Citrus chicken salad
- Fresh fruit or yogurt
- Green salad/BUILD your own salad
- Hard-boiled egg
- Lettuce wraps
- Low-carb wraps
- Whole wheat sandwich (choice of lean protein, lettuce, tomato, mustard, avocado, egg, plus many other vegetables)

Oy Vey Café (2nd Street & Mountain)
- Bagel or low-fat muffin
- Hummus & pita or eggplant salad & pita
- Israeli plate
- Juice and V-8
- Salads
- Side of tuna
- Veggie burger
- Wrap, sandwich, or fresh fruit

Panda Express (SUMC & PSU)
- Beef broccoli
- Black pepper chicken
- Mandarin chicken bowl
- Mixed vegetables
- Spicy chicken with peanuts
- Stir fry & steamed rice

Papa John’s Pizza (SUMC, Food Court)
- Breadsticks
- Buffalo wings
- Cheese sticks
- One slice of cheese pizza
- One slice of Garden Fresh pizza

Park Avenue Market (PSU)
- Protein bar
- V-8, milk, juice, IQ juice, bottled water
- Vegetarian groceries

PSU Food Court (PSU)
- IQ smoothie bar: bottled smoothies
- Juice
- On Deck Deli (make your own sandwich)
- Salad bar, fruit bar, or pasta bar

Redington Restaurant (SUMC 3rd Level)
- (all you can eat – choose moderate portions)
- Salad bar
- Salads, lean protein entrée, & veggies
- Soup

On-Deck Deli (make your own sandwich)
- Salad bar, fruit bar, or pasta bar
- Smoothies and protein shakes

Rec. Center Food Stop (Highland & 6th)
- Fruit
- Juice and bottled water
- Sandwich bar
- Sandwiches
- Smoothies and protein shakes
- Yogurt

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
- Soy
- 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.

www.union.arizona.edu/healthy