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**

**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
  - Help us reduce waste by choosing to dine in

**Congaree River Smokehouse**
- **Try**
  - A pulled chicken, beyond® burger or pulled sweet potato sandwich
  - Building your own salad with whole grains such as the quinoa and edamame grain salad, flavorful veggies like the roasted sweet potato and kale mix, and protein options like pulled chicken, hummus, or beyond burger® crumbles
- **Tips**
  - Choose green beans, collard greens or a baked sweet or white potato as a side
  - Select the grilled salmon entree for a protein and omega-3 rich meal
  - Help us reduce waste by choosing to dine in
  - *Note: some menu items change weekly*

**Panera Bread**
- **Try**
  - An avocado, egg white, and spinach breakfast sandwich
  - Whole grain-rich oatmeal with heart healthy pecans and stawberries
  - The mediterranean 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

**Spice**
- **Try**
  - The kung pao chicken or black pepper chicken with brown rice
  - Creating your own stir fry with grilled chicken or tofu, a variety of veggies, a sauce like general tso or kung pao, and hearty brown rice
- **Tips**
  - Select brown rice, a whole grain full of fiber and b vitamins
  - Substitute the protein in any entrée with tofu
  - For a snack, select super greens and whole grain brown rice
### 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

### 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

### southern kitchen

**try**
- cajun brown rice, grilled asparagus, and cajun roasted pork loin
- herb roasted red potatoes, grilled Italian vegetables, and balsamic glazed turkey
- quinoa, butternut squash, and black bean chili
- 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
- help us reduce waste by choosing to dine in

### true balance

**try**
- a sauté 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

### 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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### Residential Dining Halls
- **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

### Gibbes Court, Honeycomb Café, Bates Diner
- **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

### Community Table
- **Try:**
  - A grilled chicken sandwich or black bean burger with a side of asparagus, broccoli, sautéed spinach, or a fruit cup
  - A garden salad with shrimp or chicken
  - An omelet loaded with veggies such as spinach, mushrooms, peppers, and onions
- **Tips:**
  - Stick with oil-based dressings, hot sauce, pico de gallo, or yellow mustard to flavor food
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### Tea Leaves
- **Try:**
  - The spicy red curry shrimp or chicken bowl with brown rice
  - Creating your own bowl with plant-based proteins like tofu or five spice gardein®
  - A signature fruit smoothie, such as strawberry banana (or create your own)
- **Tips:**
  - Boost the flavor of your grain bowl with pico de gallo, cilantro, or grilled pineapple and add a crunch with peanuts or pickled carrot daikon
  - Add protein-rich ingredients such as greek yogurt, soy milk, chia seeds, or flax seeds to a fruit based smoothie

### Global Café
- **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
  - Help us reduce waste by choosing to dine in