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**

- A grilled chicken, salmon, or"bello" sandwich on a whole wheat bun with a side salad
- The impossible burger for the iconic meaty texture but with more plant protein

**CAROLINA CREAMERY**

***Try***
- A lemon twist sorbet
- A ripe raspberry sorbet
- A rainbow row sorbet
- A green vitamin smoothie
- A berry good smoothie

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

**WICKED EATS**

***Try***
- A chickpea couscous bowl with baked falafel, Greek zucchini slaw and tahini

***Tips***
- Make your meal colorful with cauliflower tabbouleh, tomato cucumber herb salad, roasted eggplant romesco and Greek zucchini slaw

**CONGAREE RIVER SMOKESHOP**

***Try***
- Request a whole wheat bun for sandwiches
- Choose collard greens, a side salad, or baked beans as a side

***Tips***
- Teriyaki chicken with steamed chicken, brown rice, and a variety of veggies
- Edamame or Thai wonton soup for a satisfying snack

**PEI WEI**

***Try***
- Substituting white rice with brown rice, a hearty whole grain
- Replace fried chicken with steamed chicken, or with extra veggies for a vegetarian version

***Tips***
- Add extra veggies to your meal

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**PANERA BREAD**

***Try***
- An avocado, egg white, and spinach breakfast sandwich
- Whole grain-rich oatmeal with toppings
- A soba noodle broth bowl with edamame or chicken for a protein boost
- A you-pick-two with Mediterranean veggie sandwich and ancient grain & arugula salad

***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

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### chick-fil-a

**Try:**
- Oatmeal with mixed nuts and fruit
- 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

**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 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

### 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 grilled chicken or turkey sandwich with whole wheat bread loaded with veggies
- A grilled vegetable and hummus wrap on a whole wheat hoagie

**Tips:**
- Complete your meal with a piece of fresh fruit
- 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

**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

### Sushi with Gusto

**Try:**
- A poke bowl with brown rice, cucumbers, avocado, seaweed salad and choice of tuna, salmon, or shrimp

**Tips:**
- Ask for sauces to be placed on the side when customizing a poke bowl or sushi
### Residential Dining Halls
- Gibbes Court, Honeycomb Café, Bates Diner

#### Tips
- Check out weekly menus with nutrition information at sc.edu/dining

### Colloquium

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<td>- Cajun rice, collard greens, and roasted herb turkey&lt;br&gt;- Couscous with raisins and parsley, green beans and almonds, and morrocan stew with chickpeas&lt;br&gt;- Creating your own deli sandwich or salad with a variety of ingredients to choose from</td>
<td>- Bulk up your sandwich with protein-rich hummus and top it off with mustard or oil and vinegar&lt;br&gt;- In a rush? Grab a pre-made salad or sandwich</td>
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### Global Café

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<td>- Red beans and rice, caribbean vegetables, and mahi with mango salsa&lt;br&gt;- Sofrito black beans and rice, southwest green beans, and turkey mole&lt;br&gt;- A mediterranean vegetable wrap&lt;br&gt;- Customizing your own wrap or ramen bowl (seasonal)</td>
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### Community Table

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<td>- Shrimp or vegetable tacos with pico de gallo on corn tortillas&lt;br&gt;- A grilled chicken sandwich with a side salad</td>
<td>- Order whole-grain rich corn tortillas instead of flour tortillas for tacos&lt;br&gt;- Stick with oil-based dressings, hot sauce, pico de gallo, or yellow mustard to flavor food</td>
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### Special Diets
If you have a gluten allergy/intolerance, celiac disease, or prefer to eat vegetarian/vegan, please refer to the special diets guide for additional information.

### Questions?
Feel free to contact our dietitian, Tanya Miceli at miceli-tanya@aramark.com

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