THE BASICS

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
### 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

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

### Panera Bread

**Try**
- An avocado, egg white, and spinach breakfast sandwich
- Whole grain-rich oatmeal with heart healthy pecans and strawberries
- 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

### 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
### 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**
  - 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

- **Tips**
  - 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

### 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
### Residential Dining Halls

- **Try**
  - Gibbes Court, Honeycomb Café, Bates Diner, & the Community Table
  - 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

### Other Campus Locations

#### 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

### 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!