

Registered Dietitian Approved Healthy Meals!

sdsu dining



About this Guide

Dietitian Approved Healthy Meals!

The meals within this guide are thoughtfully crafted by our Registered Dietitian to ensure they:

- *Remain under 700 calories*
- *Consist of no more than 30 percent of the recommended daily intake for both fat and sodium, based on a standard 2,000-calorie diet.*

Smart Swaps are recommendations designed to enhance the nutrient density of the meals served throughout the SDSU campus.

Curated by SDSU Dining's Registered Dietitian, the information in this guide is designed to assist the SDSU community in making informed and health-conscious choices that align with their wellness goals while enjoying meals on-campus.

There are many opportunities to build healthy, balanced meals with a wide variety of on-campus options available to you—including freshly prepared food, grab-n-go items and ingredients that you can purchase and prepare on your own. These recommendations are just some examples of how to build a complete and nutritious plate for yourself.

For more information about our food locations, menus and options, please visit eatatsdsu.com.

sdsu *dining*



SDSU Dining's Registered Dietitian



Amanda Nazario

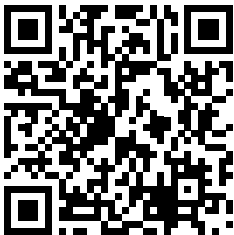
Our registered dietitian is here for you!

Mission:

Helping the campus community manage food allergies and special diets, so that everyone can enjoy delicious meals through SDSU Dining while staying healthy.

Promote balanced eating habits on-campus.

Support collaborative dietary conversations between SDSU Dining and the campus.



Book a meeting with Amanda today!

Email: aashbynazario@sdsu.edu

Scan the QR Code to Book Online!

Dietary Preferences Key

Use this key as a reference when reviewing your available dining options.



DF | Dairy-Free • **GF** | Gluten-Friendly

V | Vegan • **VEG** | Vegetarian

Healthy Meals Curated by Our Registered Dietitian!

AZTEC MARKET'S^{†1} MARKET FRESH

- All Fruit Cups **V**
- Butter Chicken **GF**
- Cheese, Cracker, & Grapes Snack Pack **VEG**
- Chicken Caesar Salad
- Chicken Taco Salad **GF**
- Miso Tofu Bowl **DF, V**
- Orange Chicken **DF**
- Penne Meatball
- Power House Salad **DF, GF, V**
- Protein Pack **VEG**
- Small Tossed Salad **DF, GF, V**
- Spiced Tomato Falafel **DF, GF, V**
- Strawberry Parfait **GF, VEG**
- Teriyaki Chicken **DF**
- Vanilla Parfait **GF, VEG**

BROKEN YOLK²

- Acai Bowl **DF, GF, V**
- Avocado Toast **DF, VEG**
- Berry Yogurt Parfait **VEG**
- Bowl of Chicken & Veggie Soup
- Feta Avocado Toast **VEG**
- Greek Omelet **GF, VEG**
- Greek Salad **GF, VEG**
- House Salad **DF, VEG**
- Steel Cut Oats **DF, GF, V**
- Two Eggs, Fresh Fruit, Black Beans, Corn Tortillas **DF, GF, VEG**
- Wellness Wrap **VEG**

Smart Swap:

- *Sub black beans for any meat to increase the fiber content of your meal.*
- *Ask for dressing on the side for any salad.*

EPIC WINGS N' THINGS²

- Garden Salad with Vinaigrette Dressing **DF, GF, V**

EUREKA!²

- Crispy Glazed Brussel Sprouts **DF, GF, V**
- Crispy Veggie Beet **V, DF**
- Eureka Salad **DF, GF, V**
- Grilled Broccoli **VEG, GF**
- Roasted Veggie Tacos **DF, F, V**

Smart Swap:

- *Sub a bun for a lettuce wrap as a health-conscious alternative.*
- *Ask for dressing on the side for any salad.*

EVERBOWL²

- The Berry Boost Bowl **DF, GF, V**

HABIT BURGER & GRILL²

- Garden Salad **DF & V**
- Side Caesar Salad
- Side Salad **DF & V**
- Tempura Green Beans **DF & V**

Smart Swap:

- *Sub a bun for a lettuce wrap as a health-conscious alternative.*



PANDA EXPRESS²

- Black Pepper Chicken **DF**
- Chow Mein **DF, V**
- Mushroom Chicken **DF**
- String Bean Chicken **DF**
- Super Greens **DF, GF, V**
- White Rice **DF, GF, V**

PLANT POWER²

- Chicken Nuggets **DF, V**
- Side Caesar Salad **DF, V**
- Superfood Salad **DF, V**

RUBIO'S COASTAL GRILL²

- Atlantic Salmon Taco **GF**
- Chicken Street Taco **DF**
- Classic Chicken Taco
- Grilled Gourmet Veggie Tacos **GF, VEG**
- Impossible Classic Taco **GF, VEG**
- Mango Avocado Salad **DF, GF, V**
- Salsa Verde Shrimp Taco
- Wild Mahi Mahi Mango Taco

Smart Swap:

- *Sub black beans for any meat to increase the fiber content of your meal.*

SHAKE SMART⁺²

- Almond Butter Toast **DF, V**
- Avocado Toast **VEG**
- Banana Split **GF, VEG**
- Chocolate Frosty **GF, VEG**
- Grammy's Goods **VEG**
- Greens To Go **GF, VEG**
- PB Squared **GF, VEG**
- Peanut Butter Toast **DF, V**
- Strawberry Fields **GF, VEG**
- Vanilla Thrilla **GF, VEG**
- Veggie Delight **DF, V**

Smart Swap:

- *Ask for any shake with ½ or no agave as a health-conscious alternative.*
- *Ask for plant protein or non-dairy milks to make shakes **DF, V***

STARBUCKS⁺³

- Berry Trio Parfait **GF, VEG**
- Cheese Trio Protein Box **VEG**
- Egg & Cheddar Protein Box **VEG**
- Egg White & Roasted Red Pepper Egg Bites **GF, VEG**
- Egg, Pesto, & Mozzarella Sandwich **VEG**
- Kale & Mushroom Egg Bites **GF, VEG**
- Oatmeal **DF, GF, V**
- Potato, Cheddar & Chive Bake **GF, VEG**
- Turkey Bacon, Cheddar & Egg White Sandwich

Please contact our registered dietitian regarding any specific nutritional inquiries for the following venues:

- Carbonaro's²
- The Garden Restaurant¹
- The Halal Shack²
- Oggi's Pizza Express²
- Olive Oil²
- Primo's Mexican Food²
- Subway²
- Sushi One N Half²
- University Towers Kitchen (UTK)¹
- Which Wich²



[†] Indicates Multiple Locations

¹ SDSU Dining Owned-and-Operated Unit

² Third-Party Owned-and-Operated Unit

³ Third-Party Licensed Unit

SDSU Dining Nutritional Disclaimer

At SDSU Dining, our team is committed to clearly identifying our menu items with respect to:

- **their nutritional information**
- **relevant dietary considerations such as whether the items are gluten-friendly, vegan, vegetarian, etc.**
- **their ingredients which may cause allergic reactions**

While SDSU Dining is committed to providing accurate nutritional information, because our recipes are prepared to order, there may be differences between the actual nutritional content of your order and the nutritional values provided. The values provided are derived from standardized recipes and serving sizes, and some minor variance from the standard nutritional information provided is unavoidable. We will further do our best to accommodate special requests to prepare your meal just the way you like it. Any such modifications, however, will cause the nutritional value of your meal to vary from the nutritional values provided.

Our team undergoes regular training to ensure accurate labeling and proper food preparation methods aimed at minimizing cross-contact risks. Even with us employing such labelling and food preparation methods, however, some degree of cross-contact is unavoidable. Please note that our dining centers are not certified allergy-free or gluten-free, as some items served may contain allergens. Our self-operated units/kitchens (*UTK — University Towers Kitchen, The Garden Restaurant, Faculty-Staff Club, Aztec Markets, SDSU Catering, and Concessions*) strive to consistently offer some allergen-friendly options.

Menu items from our third-party dining partners may have different allergen management practices. SDSU Dining does not design the menus of any of our third-party dining partners and shares them with guests for informational purposes only. Consequently, Aztec Shops, Ltd. and SDSU Dining accept no liability for menu items from our third-party dining partners, cannot independently validate any nutritional information provided by our third-party dining partners, and cannot guarantee that any menu items prepared by our third-party dining partners are free from allergens or safe from cross-contact. Guests should contact each third-party venue directly with any relevant nutritional and allergen-related questions.

For additional questions about building a personal meal program focused on specific dietary needs and preferences, we strongly recommend scheduling a meeting with our registered dietitian, Amanda Nazario (aashbynazario@sdsu.edu) using this [LINK](#).



* Indicates location does NOT participate in Meal Plans.

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|---|---------------------------------------|--------------------------------------|------------------------|
| <p>A. CHARLES B. BELL JR. PAVILION</p> | <p>B. ELLEN OCHOA PAVILION</p> | <p>C. CUICACALLI</p> | |
| <p>D. UNIVERSITY TOWERS</p> | <p>E. HEPNER HALL</p> | <p>F. COLLEGE AVENUE</p> | |
| <p>G. CHAPULTEPEC</p> | <p>H. EDUCATION</p> | <p>I. AZTEC SHOPS TERRACE</p> | |
| <p>J. LOVE LIBRARY</p> | <p>K. PETERSON GYM/ARC</p> | <p>L. GATEWAY CENTER</p> | <p>M. MUSIC</p> |
| <p>N. AZTEC STUDENT UNION</p> | <p>O. SOUTH CAMPUS PLAZA</p> | <p>P. EIS BUILDING</p> | |