

R'Guide to

Healthy Eating on Campus



The UCR Wellness Program for Academic and Staff and the Campus Health Center has partnered with UCR Dining Services to identify a few healthy recommendations on campus. These recommendations are based on CA Dept. of Public Health's *Healthy Entrée Guidelines*. Any variation to serving sizes or ingredients will change the nutrition content of the item, making it more or less "healthy." Please use this only as a guideline, and refer to the Dining Services Nutrition Information site at <http://138.23.42.246/foodpro/location.asp> for more detailed information.

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The HUB

Restaurants	Healthy Picks	Portion	Calories	Fat (g)
El Sol	Flame Grilled Baja Citrus Chicken Salad	8 oz.	271	15
El Sol	Blackened Tilapia Salad	1 each	294	15
La Fiamma	Classico Pizza Slice	1 slice	432	17
La Fiamma	Primo Pizza Combo One	1 slice	429	15
Honor Roll	California Sushi Roll	6 pieces	112	7
Honor Roll	Asian Tofu Vermicelli Sandwich	8 oz.	197	11
Honor Roll	Sushi Bento Box	1 serving	386	20
Honor Roll	Drunken Noodle Salad	4 oz	260	18.9
Gourmet to Go	Hard Boiled Eggs	2 each	135	9.1
Gourmet to Go	Chicken Caesar Salad	1 Serving	365	19
Gourmet to Go	Tossed Green Salad	1 Serving	109	3.8
Gourmet to Go	Tuna Sandwich	1 Serving	367	17.2
Taco Fresco	Cheese Mulita	1 each	323	16
Taco Fresco	Beef Tamale	1 each	274	20.3
Taco Fresco	Bean and Cheese Burrito	1 Serving	405	23

The Barn

Healthy Picks	Portion	Calories	Fat (g)
Cilantro Caesar	6 oz.	383	17
Spinach Salad	6 oz.	358	22
Deli Smoked Turkey Sandwich	8 oz.	643	16
Southwest Garden Burger	8 oz.	193	5
Orange Serrano & Jicama Salad	4 oz.	53	1
Fresh Grilled Vegetables	3 oz.	82	7
Fresh Fruit	4 oz.	83	.4

Arroyo Vista Café

Healthy Picks	Portion	Calories	Fat (g)
Caprese Napoleon Salad	8 oz.	223	21
Nicoise Salad with Ahi Tuna	8 oz.	274	8
Braised Short Ribs	8 oz.	660	21
Chilled Lime Quinoa Salad with Tempura Scallops	1 oz.	228	18
Mahi-Mahi with Pineapple Salsa	8 oz.	346	18
South Border Turkey Sandwich	8 oz.	395	15

Spinelli's To Go

Healthy Picks	Portion	Calories	Fat (g)
Three Cheese Pizza	¼ pan	233	7
French Onion Soup	6 oz.	159	5
Salad Greens	6 oz.	74	4

A-I Residential

Restaurant	Healthy Picks	Portion	Calories	Fat (g)
	Eggs any Style	4 oz.	174	14
	Salad Bar	4 oz.	119	7
	Chicken Fajita	5 oz.	224	11
	BBQ Pulled Pork Sandwich	½ each	189	10
Bamboo	Bahn mi	1 each	244	11
Bamboo	Pho Soup	12oz	226	6

Lothian Residential

Restaurant	Healthy Picks	Portion	Calories	Fat (g)
	Minestrone Soup	6 oz.	76	1
	Pasta Salad Primavera	3 oz.	131	8
	Chayote Squash	2 oz.	26	3
Wholesome Garden	Teriyaki Tofu Bowl	8oz	386	23
Wholesome Garden	Stuffed Peppers w/Wine Risotto	1 each	327	18
Wholesome Garden	Edamame Shumai	1 Serving	229	6
Wholesome Garden	Ramen Bar	1 Serving	200	7

LoGO! Café

Healthy Picks	Portion	Calories	Fat (g)
Roll Hoagie Wheat 6"	1 each	115	3
Jalapeno Cilantro Tortilla	1 each	129	3
Antipasto Vegetarian Salad	8 oz.	158	10
Roast Garlic Hummus & Cucumber	8 oz.	518	15
Garden Veggie Sandwich	8 oz.	116	2

Healthy Dining Entrée Guidelines

Entrees/meals that meet Healthy Dining's nutrition guidelines for calories, fat, cholesterol and sodium. The entrée guidelines also include an emphasis on fruits and vegetables.

Calories	Excellent Choice:	0 to 450 calories/ entrée
	Good Choice:	451 to 750 calories/ entrée
Fat	Excellent Choice:	0 to 15 grams (g)/ entrée
	Good Choice	16 to 25 (g)/ entrée
Cholesterol	Excellent Choice:	0 to 75 milligrams (mg)/ entrée
	Good Choice:	76 to 150 milligrams (mg)/ entrée
Sodium	Excellent Choice:	0 to 300 milligrams (mg)/ entrée
	Good Choice:	301 to 600 milligrams (mg)/ entrée

Healthy Dining Guidelines for Side Dishes, Appetizers, and Desserts

Side dishes, appetizers, and desserts that meet Healthy Dining's nutrition guidelines for calories, fat, cholesterol and sodium. The guidelines for side dishes, appetizers, and desserts also include an emphasis on fruits and vegetables.

Calories	Excellent Choice:	0 to 150 calories/ serving
	Good Choice:	151 to 250 calories/ serving
Fat	Excellent Choice:	0 to 5 grams (g)/ serving
	Good Choice	6 to 8 grams (g)/ serving
Cholesterol	Excellent Choice:	0 to 25 milligrams (mg)/ serving
	Good Choice:	26 to 50 milligrams (mg)/ serving
Sodium	Excellent Choice:	0 to 100 milligrams (mg)/ serving
	Good Choice:	101 to 200 milligrams (mg)/ serving

For more information go to <http://138.23.42.246/foodpro/location.asp>

Eating Healthy @ UCR— What are my options?

Use these guidelines to practice navigating the UCR menus and beyond...

Whether you are at the HUB, on campus, in residential dining or beyond, you can learn to eat for health, energy, and enjoyment.

Italian

Pizza — Cheese and veggies are the best choices. Ask for whole wheat crust and low-fat cheese.

Pasta — Is there a whole wheat option? Whole wheat pasta is delicious and provides you with a lot more energy and fiber.

Lasagna, ravioli, manicotti, and tortellini — Watch your portions and ask for low-fat cheeses.

Sauce — When possible stick with sauces that are made with tomatoes. Lighten up on the cream, pesto, and meat sauces; they tend to be a lot higher in calories and saturated fat.

Mexican

Going whole grain — Pick whole wheat or corn tortillas and brown rice when available. Lighten up on fried tortilla chips and nachos.

Protein — Choose white meat chicken, seafood, or beans and grilled vegetables. Lighten up on the red meat or pork.

Beans are great for you — Be sure to opt for pinto or black beans. Lighten up on refried beans.

Cheese/Condiments — Ask for no cheese or only half the normal amount. Lighten up on sour cream and guacamole (get it on the side so you can add it in small quantities).

Breakfast

Whole grain cereals — Try plain oatmeal, Kashi cereals, Shredded Wheat, Cheerios, Grape Nuts, etc.

Whole grain breads — Go for whole grain bread, English muffins, bagels, etc.

Watch portion sizes

Dairy — Select skim, 1%, or 2% milk, yogurt, or cottage cheese. Lighten up on butter and whole fat cream cheese. Instead, add low sugar jam, natural peanut butter, or low fat cream cheese.

Egg sandwiches — Ask for just the egg white. Lighten up on the meat and cheese and ask for a whole grain toast or English muffin.

Sandwiches

Bread — Whole grain is the best choice. You should be looking for breads with the following descriptions: whole wheat, whole grain, whole oat, rye, pumpernickel. Try whole grain bread, rolls, buns, tortilla, and pita.

Meat — The leaner the better; go for sliced turkey, chicken, ham. Try to avoid some of the overly processed or high fat options (roast beef, salami, pastrami, or bologna).

Cheese — Always ask if there is a lower fat version. Limit yourself to one or two slices.

Pile on the Veggies — This is a good chance to get your servings.

Condiments — Lighten up on the mayonnaise if possible. Instead go for mustard, ketchup, relish, etc.

At the Grill

Protein — Ask for grilled chicken, fish, or a veggie burger. Lighten up on red meat.

Watch your buns — Is there a whole grain option?

Add Veggies — Lighten up on the cheese and high fat condiments like mayonnaise.

Fries or salad? — If you choose to have a burger, choose the salad in order to have a balanced meal.

Soup & Salad

Soup — Look for soups with a broth or vegetable base. You can also get a lot of protein and nutrients from black bean soup or veggie chili. Lighten up on cream based soups that have a lot of ground meat and/or cheese in them.

Salad — Start with a foundation of fresh greens. Lighten up on salads made with mayonnaise, pasta, or potatoes.

Veggie Variety — Color is key; add peppers, tomatoes, cucumbers, broccoli, carrots, etc.

Protein — Add white meat turkey, chicken, or tofu, cottage cheese or low fat cheese.

Dressing — Ask for it on the side. When possible, select low fat, low calorie, or olive oil and vinegar.

Asian

Stir-fry — Ask if it can be sautéed in broth or water.

Spring rolls, dumplings, egg rolls — Go for fresh or steamed (as opposed to fried) and opt for the vegetarian or seafood versions.

Rice and noodles — Pick the whole grain. Try to avoid the fried rice or fried noodle dishes.

Meat — Go for the seafood, chicken, tofu, or tempeh. Lighten up on the red meat and entrees described as crispy or fried.

Watch the sodium — Ask for low sodium soy sauce.

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