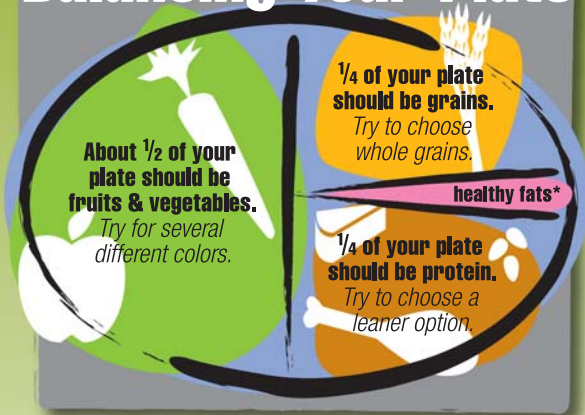


Optimize your health and weight by following these suggestions for

## Balancing Your Plate



Student Health Center

We're here to help you in any way we can.

[healthydevil.studentaffairs.duke.edu](http://healthydevil.studentaffairs.duke.edu) or 681-WELL

Click "Health Promotion" to contact our nutrition staff

# The Devil's Advocate...

## For Smarter Dining Choices on Campus



## Introduction

Do you have trouble choosing good tasting, healthy food to eat on campus? The dining options at Duke are vast and appealing, but not all are healthy. The following booklet contains suggestions to help you choose balanced, healthy choices at each and every Duke Campus eatery. All foods fit into a healthy diet, as long as they are balanced and eaten in moderation. Use this booklet only as it is meant to be, a guide. Several of the well-balanced, nutritious options for each location are noted, but they are not the only options in a healthy diet. Use the tips and suggestions to develop your own style of healthy dining.

## Coffee Guide

Numerous food vendors on campus offer an extensive coffee beverage menu; the following are general tips for not going overboard when you need a quick pick-me-up.

### TIPS

- Best options: Brewed Coffee, Espresso, Café Americano and Café Latte.
- Avoid higher calorie options: blended coffee drinks, drinks with whipped cream.
- Ask for low-fat or skim milk instead of whole milk in beverages.
- Consider ordering a small/tall drink.
- The flavored syrups used in coffee shops, like vanilla or hazelnut, are sugar-sweetened and add 20 calories per pump to a drink (there are 3-5 pumps per drink). Sugar-free flavor options, sweetened with artificial sweeteners, may be available, which are 0 calories.
- Whipped cream can add 70 calories and over 7 grams of fat to your drink. You can ask for “No Whip.”

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## Alpine Atrium

### SNACKS

- Low-Cal Smoothies #16-19
- Yogurt Parfait (made with non-fat yogurt and low-fat granola!)
- Whole Fresh Fruit

### MEALS

- Greek Salad
- Santa Fe Chicken Salad
- Hummus and Tabouli Salad
- Veggie Sandwich
- Thai Chicken Wrap

### TIPS

- Choose a smoothie with a fruit juice base.
- Choose baked chips instead of fried.
- Keep an eye out for vegetarian options, many are offered and noted on boards.
- Soup is offered daily, with the nutrition facts listed.

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## Alpine Bagels

[www.alpinebagels.com](http://www.alpinebagels.com)

### BREAKFAST

- Western Omelet
- Morningstar Veggie Sausage
- Fresh Squeezed Orange Juice or Grapefruit Juice

### BAGELWICHES

- Pilgrim's Pride
- Very Jerry Garcia
- Ham Sammy
- Johnny Roast beef

### SPREADS

- Black Bean Spread
- Tofu Salad
- Note that all cream cheese options are light.

### SANDWICHES/WRAPS

- Turkey Sandwich
- Presidential Pardon
- Hummus is Among Us
- Curried Tofu
- Get Your Veggies
- John Wayne

### SALADS

- Alpine House Salad
- Southwestern Cobb Salad

### SNACKS

- Fresh Fruit
- Yogurt

### TIPS

- The Good Morning Camper with cheese is 438 calories, with 15.3 grams of fat. By substituting two veggie links for the sausage or bacon you can cut back on the total fat and calories in the sandwich. You can also ask for egg whites instead of whole eggs.
- Add lots of veggies to your sandwich for an additional boost of vitamins and fiber to keep you satisfied.
- Choose a wrap instead of a bagel or thick bread.
- Vegetarian options are available and noted on their own board.
- Additional nutritional information is available online at:  
[alpinebagels.com/nutritional.html](http://alpinebagels.com/nutritional.html)

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## Alpine Café at DCRI

### MEALS

- Western Omelet
- Oatmeal
- Made-to-order sandwich with turkey, ham, hummus, veggie burger or roast beef on a honey-wheat or sun-dried tomato wrap, wheat bread, with or without cheese, lots of vegetables and light dressing!
- Presidential Pardon
- Hummus Platter

### SNACKS

- Yogurt Parfait (Use as a breakfast option or larger snack: contains 1 cup of fat free yogurt, 1/2 cup of low fat granola, and 1/2 cup of fruit).
- Chicken Noodle Soup (or other non-creamy soup)

### TIPS

- Since the sandwiches are made-to-order, Use your best judgment to avoid adding multiple high fat options such as cheese, mayonnaise, and salad dressing. Consider adding one or maybe two of the options, but not all three. Remember, some fat is o.k., just not too much.
- Try to avoid the cookies the size of the moon as a one serving dessert.
- There are many vegetarian options available and listed on a note board.

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## Armadillo Grill

[www.armadillogrill.com](http://www.armadillogrill.com)

### MEALS

- Burrito
- 2 Soft Tacos
- Tex Mex Salad Wrap (new!)
- Salad

### TIPS

- Be aware of what you are putting in your burrito and tacos. Sour cream, cheese and guacamole add lots of fat. Try salsa and beans for lower fat alternatives.
- Vegetarian options are marked on the menu.
- For sides, choose Mexican Rice or Beans & Cheese.
- Try using a variety of fresh salsas as toppings instead of sour cream or salad dressing.
- Hard shell tacos are generally fried unless otherwise specified (baked), so aim for a soft taco instead. If you opt for the shell, recognize it as eating fried chips.
- Guacamole is made from avocado, which contains lots of healthy fat, and is, therefore, high in calories, so enjoy it in moderation.
- Cheese is a good source of complete protein and calcium, although it tends to be high in fat, so watch the quantity.

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## Blue Express

[www.threeseasonscatering.com](http://www.threeseasonscatering.com)

### BREAKFAST

- Yogurt and Granola Cup
- Eggs and Whole Grain Toast
- Cereal with Low Fat Milk
- Fresh Fruit

### MEALS

- Turkey and Cheese Sandwich
- Hummus and Grilled Vegetables
- Grilled Chicken Breast

### TIPS

- Many daily specials are offered, including a soup, veggie dish, regular entrée, and seafood option. These can add variety to the normal menu and can be balanced, nutritious meals if you watch out for the amount of cheese, thick sauces, and oil.
- Salad options are also available and noted on the board. Include a protein, chicken or beans and starch.
- Choose pretzels or pita chips instead of fried chips.
- Choose your condiments wisely - mustard and balsamic vinegar are your best bets, as opposed to mayonnaise and thick dressings.
- If you are craving a sweet dessert, choose an Italian ice or small ice cream.

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## Chick-fil-A

[www.chick-fil-a.com](http://www.chick-fil-a.com)

### MEALS

- Chargrilled Chicken Sandwich
- Chargrilled Chicken Garden Salad
- Southwest Chargrilled Salad
- Chargrilled Chicken Cool Wrap
- Spicy Chicken Cool Wrap

### TIPS

- The best options for sauces and dressings are BBQ Sauce, Buffalo Sauce and Fat Free Honey Mustard. Use these options and the others as a special treat.
- Visit the Chick-Fil-A website for additional nutritional information, dining tips, and a healthy meal calculator, all of which are located under the Nutrition & Health tab.

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## Cosmic Cantina on the Plaza

### MEALS

- Chicken Burrito
- Chicken Burrito with Cheese
- Bean Burrito
- Bean Burrito with Cheese

### TIPS

- Watch portion control! The sizes tend to be large.
- Cheese is a good source of complete protein and calcium, although it tends to be high in fat.
- Substitute salsa in place of sour cream for a lower fat meal.

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## Dolce Vida (French Science Center Café) [www.saladella.com](http://www.saladella.com)

### SNACKS

- Yogurt Cup
- Fresh Fruit Cup/ Fresh Whole Fruit

### MEALS

- Greek Salad
- Chef Salad
- Turkey Pesto Wrap
- Fresh Summer Roll (Vegan)
- Garbanzo Greek
- Specialty Chicken Platter

### TIPS

- There are numerous vegetarian and vegan options noted.
- Watch out for pastries, they are usually high in fat and sugar and tend to be much larger than one portion.
- Visit the website for additional nutrition information.

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## Duke Coffeehouse

### TIPS

- Think before you drink! Use the coffee tips listed at the front of the booklet for the best choices.
- Fresh fruit is always a healthy option, along with frozen yogurt or a small amount of whole grain snacks.
- Consider sharing a dessert with a friend.

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## Faculty Commons

(open to everyone for dinner)

### TIPS

- The menu at the Faculty Commons changes daily, so use your general healthy dining tips and Balance Your Plate logo as a guide.
- Only eat until you are comfortably full; there are many courses offered but that doesn't mean you have to have all of them!
- Watch out for heavy sauces, fried food, and portion sizes.

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## Fairview Dining Room at the Washington Duke Inn

### BREAKFAST

- Seasonal Fresh Fruit Plate with Cottage Cheese or Yogurt
- Homemade Granola, Fresh Fruit & Yogurt Parfait
- Two Latta Farm Eggs with Whole Wheat Toast
- Egg White or EggBeaters Omelet
- Greek Omelet
- Oatmeal

### SUNDAY BRUNCH

- Baby Greens
- Fresh Fruit
- Wild Scottish Salmon
- Pan Seared Free Range Chicken Breast

### TIPS

- Sunday Brunch options are vast, so focus on balancing your plate.

### LUNCH

- Mixed Field Greens
- Baby Arugula Salad
- Grilled Salmon
- Pan Roasted Organic Chicken
- Spiced Ahi Tuna

### TIPS

- When ordering a sandwich, choose a house salad or fresh fruit as a side item.

### DINNER

- Pan Roasted Scottish Salmon
- Organic Chicken Breast
- Grilled Certified Angus Beef

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## Freeman Center for Jewish Life (Bon Appétit)

### TIPS

- The menu changes weekly and is located online on the Duke Dining website. Click on the Freeman Center for Jewish Life under the Dining Locations Tab. Then, on the top of the Bon Appétit Website, go to Henry's Place and click on menus.
- Follow the general nutrition guidelines under the Bon Appétit sections of this booklet.

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## Grace's Café

### MEALS

- Veggie Omelet made with Egg Whites
- Veggie Burger
- Chicken Sandwich
- Grilled Chicken Dinner with Steamed Rice and Mixed Vegetable Sides

### TIPS

- You can request popular options such as sesame, orange, and General Tso's chicken with grilled chicken instead of fried chicken.
- For a healthier meal, request your order to be made without added salt, cornstarch; you can also request less oil be used in cooking your meal. This will cut back on extra calories and sodium.
- With dinner entrees, choose steamed rice instead of french fries.
- Watch out for sauces that can be high in fat and calories. Ask for your favorite sauce on the side.
- For combination platters, choose rice instead of lo mein and vegetables instead of dumplings.

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## Great Hall (Bon Appetit Dining)

[www.cafebonappetit.com/duke](http://www.cafebonappetit.com/duke)

During the school year, weekly menus are posted on the Bon Appétit website. If possible, check ahead to get an idea of what foods will be available and at which stations. This can help you plan for a healthy meal even when you are pressed for time. As always, if you have any comments or suggestions fill out a comment card or speak with any of the chefs or managers!

Take the time to learn about the wide variety of stations located in the Great Hall and use them to your advantage. Pick foods from more than one station to create your balanced meal! They are here to serve you, so let them know of any special requests or dietary needs.

- **WEST MARKET** - All the comforts of great home cooking. Bon Appétit serves sustainable seafood choices, hormone free grass fed beef, antibiotic free chicken, along with a variety of other entrees and sides.
- **PI** - Hand tossed Piadinis. House Made Roasted Garlic and Herb Flat Bread topped with Your Choice of Meat, Cheese and Spread topped with a Fresh Tossed Salad. The piadinis are fairly large so try to eat half and save half or share one. Ask for light cheese and spread.
- **BAMBOOZ** - Wok-seared Asian favorites. Load up on vegetables, a lean protein, and choose brown rice to Balance your Plate.
- **SITAR** - Authentic Indian cuisine in the Great Hall; vegetarian entrees are available for lunch and dinner. Best options when available:
  - Chicken or beef tikka (roasted in an oven with mild spices) or chicken or beef tandoori (marinated in spices and baked in a tanoor, or clay oven)
  - Curries with a vegetable or dal base or tandoori chicken or fish
  - Gohi matar tamatar (cauliflower with peas and tomatoes)
  - Chapati (thin, dry, whole-wheat bread) or naanGo easy on curries made with coconut milk and fried items like samosa. Portions may be large so eat half and save half another meal or share a meal.
- **SPICE** - Vegetarian & vegan cuisine. Vegetarian options are not necessarily the healthiest option on the menu, keep and eye out for those choices that are mostly vegetable based with added tofu or legumes and whole grains. If you eat dairy small amounts of cheese will give an added protein and calcium boost to your selection.
- **CUCINA** - Sautéed-to-order pasta bowls. Choose whole wheat pasta to get your whole grains. Choose vegetable based sauces and go easy on cream sauces

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## Great Hall (continued)

- **HEMISPHERES** - All your breakfast favorites served all day! Egg whites and whole grain toast are available daily. Add a piece of fruit for a balanced meal!
- **CAROLINA GREENS** - One of the largest salad bars in the area! A huge selection of lettuces, toppings, and dressings. Regular salad dressings are homemade and fat free dressings are available. Remember to add a good protein source (legumes, cheese, tofu, tuna, ham, eggs) and a slice of whole grain bread to balance your plate.

### TIPS

- Choose exhibition stations where you can “have it your way”. Cooks are able to reduce or eliminate the oil, substitute broth or water in cooking and include other ingredients and sauces of your choice.
- The Great Hall always offers a variety of salad bar and deli options that are low in fat.
- Pair small portions of your higher fat favorites with low-fat grain, fruit and vegetables selections.
- Choose low-fat condiment and salad dressing selections.

### PROTEIN

- Choose lean protein options such as skinless chicken, fish and lean beef.
- Consider protein options from all stations - the salad bar often includes several protein-rich foods such as eggs, cheese, beans, cottage cheese and tuna.
- Try the vegetarian selections, even if you are not vegetarian, to complement and balance your protein options.
- Eggs are a great source of protein; if you prefer, egg substitutes are also available at Hemispheres.

### CARBOHYDRATES

- Choose less refined carbohydrates such as bran cereals, unsweetened cereals, oatmeal, brown rice, beans and whole grain breads.
- Don't forget to include color-that means fruits and vegetables at all meals.
- Include sweets as an occasional treat... not a daily habit.
- Take steps to reduce simple sugars from beverages. Choose more water, unsweetened tea, milk (regular and soy) and dilute fruit juices with water.

For additional information on healthy and sustainable dining at the Great Hall, visit [circleofresponsibility.com](http://circleofresponsibility.com)

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## The Loop

[www.looppizzagrill.com](http://www.looppizzagrill.com)

### MEALS

- Crunchy Broccoli Salad
- Grilled Chicken Salad
- Grilled Veggie with Couscous Salad
- Teriyaki Chicken Sandwich
- Cajun Fish Wrap
- Spicy Black Bean Burger
- Grilled Vegetable Sandwich
- Mediterranean Pizza
- Veggie Pizza
- Artichoke & Roasted Red Pepper Pizza
- Soup and Salad Combo

### TIPS

- For salads, try adding grilled chicken or fish/salmon/ahi tuna for extra protein and choose a light (Italian) or low fat (Raspberry Vinaigrette, Ranch, Honey Dijon) option as your dressing.
- When ordering a Fire-Grilled Selection, try out steamed vegetables, fresh fruit, or a side salad as your side dish, instead of the fries or chips.
- Ask for the grilled fish options on the low-fat tortilla wrap.
- Ask for your salad/wrap sauces on the side and dip instead
- It is possible to switch out a LOOP Burger with their Black Bean Burger.
- With pizza, order thin crust instead of thick crust, marinara based options instead of pesto-based sauce, and loads it up with fresh vegetables and chicken. Pepperoni and sausage are high fat choices opt for vegetables when possible.

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## The Marketplace (Bon Appetit Dining)

[www.cafebonappetit.com/duke](http://www.cafebonappetit.com/duke)

See the Great Hall section of the of this booklet for nutrition dining tips regarding balancing fats, proteins, and carbohydrates in your diet and using all of the dining stations and the dining website to your advantage.

The dining stations at The Marketplace vary from those at the Great Hall, but the exact same healthy dining principles are used.

- **Durham Market** - Home-style cooking with all your favorite entrees and sides. Choose lean meats, poultry or fish a vegetable or two and a grain or potato for a balanced meal.
- **Nu Degrees** - Grill cooking featuring fresh, local, grass fed beef burgers, antibiotic free chicken sandwiches, garden burgers, veggie sandwiches, and grilled cheese add veggies and fruit to a grilled sandwich or burger for a balanced plate.  
For breakfast, made-to-order omelets are available with egg whites and egg substitute. Try adding veggies to omelets and a piece of fruit and whole grain toast for a delicious balanced plate.

- **Pi** - Fresh, hand-tossed pizzas made with homemade whole grain crust. During lunch, an assortment of toasted deli sandwiches are also available at Pi, opt for whole grain bread and wraps.
- **Pacific Rim** - Southeast Asian cuisine. Load up on a selection of fresh vegetables and choose a lean protein and brown rice for a healthy balanced meal!
- **Earth's Fare** - Vegan and vegetarian options. Vegetarian options are not necessarily the healthiest option on the menu, keep an eye out for those choices that are mostly vegetable based with added tofu or legumes and whole grains. If you eat dairy small amounts of cheese will give an added protein and calcium boost to your selection.
- **Cucina** - A deluxe build-your-own salad station with a large selection of gourmet toppings and dressings for lunch. Be sure to get a good protein source (lean meat or poultry, tofu or legumes) and a slice of whole grain bread or a roll to balance this meal.  
Cucina transforms into a chef-prepared pasta station for dinner—be sure to add in veggies or a salad and a good lean source of protein to balance a pasta meal.

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## McDonald's

[www.McDonalds.com](http://www.McDonalds.com)

### MEALS

- Classic Grilled Chicken Sandwich (no mayo)
- Single Hamburger
- Big N' Tasty
- Salads with Grilled Chicken

### SNACKS

- Grilled Snack Wrap
- Fruit and Yogurt Parfait
- Nonfat Latte

### TIPS

- Opt for grilled instead of fried chicken.
- Just because you got a sandwich doesn't mean you need to order the meal. Skip the fries and regular soda.
- Watch out for heavy dressings on the salads. Ask for a low fat option and choose how much to eat.

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## Nasher Museum Café

### MEALS

- Spicy Roasted Tomato Soup
- Chilled Organic Salmon Salad
- Field Green and Squash Salad
- Hummus Sandwich
- Roasted Organic Salmon Repast
- Korean BBQ Tofu Repast
- Mezze: "Hummus" Share
- Fresh Fruit Granita Sweet

### TIPS

- Nasher Café works alongside several local food vendors.
- The menu changes seasonally.

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## Panda Express

[www.pandaexpress.com](http://www.pandaexpress.com)

### ENTREES

- String Bean Chicken Breast
- Broccoli Beef
- Tangy Shrimp
- Black Pepper Chicken
- Mushroom Chicken
- Mongolian Beef
- Kung Pao Chicken
- Mandarin Chicken

### SIDES

- Steamed Rice
- Mixed Vegetables

### TIPS

- Portion control is key here, so order the Panda Bowl with only one entrée and one side. Single sides or entrees are also available a la carte.
- Choose the mixed vegetables as a side dish with entrees that do not include many vegetables, such as the mandarin chicken. Otherwise, look for entrees that come with vegetables, such as Broccoli Beef or String Bean Chicken Breast.
- Avoid deep fried items such as spring rolls, sweet and sour chicken, orange chicken, or other chicken dishes that appear battered and fried. Fried items are often denoted by the word “crispy,” and “sweet and sour” items are almost always fried.

- All entrees are prepared with a chicken base, so meals are not vegetarian.
- Entrees and sides are pre-prepared, so custom preparation of menu items is not available, but with careful ordering, healthy meals can be found.
- Detailed nutrition information can be found on the website. From the home page, click on “Nutritional Info” for complete menu information, or on “Healthy Eating” for some specific healthy recommendations or from the “Healthy Eating” page, click on “menu suggestions” for meal combinations that are low fat, low calorie, and low cholesterol.

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## Pauly's Dogs

### MEALS

- Veggie Dogs
- Chicken Dogs

### TIPS

- Top hot dogs with sauces, veggies and spices, while avoiding high fat toppings.
- Hot dogs are not the healthiest of meal choices, because of their high fat content.
- Try balancing high-fat meal items with low-fat ones, for example, instead of pairing your dog with chips and a regular soda, opt for baked chips and diet soda.

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## The Perk

[www.saladelia.com](http://www.saladelia.com)

### SNACKS

- Yogurt Cup
- Fresh Fruit Cup/ Fresh Whole Fruit

### MEALS

- Greek Salad
- Chef Salad
- Turkey Pesto Wrap
- Fresh Summer Roll (Vegan)
- Garbanzo Greek
- Specialty Chicken Platter

### TIPS

- There are numerous vegetarian and vegan options noted.
- Watch out for pastries, they are high in fat and sugar and tend to be much larger than one portion.
- Visit the website for additional nutrition information.

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## Quenchers

### SNACKS

- Fresh Fruit
- Trail Mix or Mixed Nuts (watch out for portion sizes read the label and stick to one serving)
- Classic Smoothies with Fruit or Yogurt Base
- Granola/Nutrition Bars: Know the purpose of your bar. High carb bars are good for carbohydrate replenishment post workout. Lower calorie bars may be a better option if it's just something to tide you over to the next meal. All bars are not created equal.

### TIPS

- Meal replacements, such as smoothies, bars, and shakes, are not meant to be used daily. They are best used as a good size snack to tide you over to your next meal or for refueling after intense workouts.
- Use when needed for convenience. You should eat your meals, not drink them!
- It is best to have fresh fruits and vegetables in your diet.

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## The Refectory

[www.bonvivantcatering.com](http://www.bonvivantcatering.com)

### SNACKS

- Fresh Fruit
- Trail Mix
- Yogurt
- Soy Milk
- Pirate's Booty and Veggie Booty
- Pita Chips and Sesame Blue Chips

### MEALS

- Hummus with Pita
- Veggie Wrap
- Vegan Chili
- Vegan Dal and Rice (nutritionally analyzed to be "most nutritious meal at the Refectory")
- Student Special – half wrap, cup of a side, and dessert bite.

### TIPS

- The Refectory tries to use as many organic products as possible. It is an 85% green operation!
- There are many vegetarian and vegan options noted, as well as gluten-free choices.
- Substitute a house salad to any of the meals instead of chips.
- The nutrition booklet located in the eatery contains portion sizes and caloric content of most popular menu items.
- Visit their website, it offers helpful menus and nutrition tips for the Refectory. Join their mailing list to receive the weekly menu!

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## Sanford Deli

### MEALS

- Garden Gala Wrap
- Mideast Scholar
- Greek Salad
- TexMex Santa Fe Wrap
- Prime Minister (ask for no mayo)

### TIPS

- There are specials daily, including two soups (one which is vegetarian) and one sandwich.
- Use your best judgment when choosing a sandwich-turkey, ham, and roast beef are your best lean meat options. Add plenty of vegetables to your sandwich. Use mustard or low fat dressing instead of mayo and choose whole grain bread.
- The sandwiches are made-to-order, so you can easily ask for substitutions.
- Skip the chips as a side.
- Make your salad a healthy alternative to a sandwich - watch out for large amounts of cheese, creamy dressings, croutons and high fat meats.

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## Subway

[www.subway.com](http://www.subway.com)

### MEALS

- Any of the 6" 6 gram of fat or less sandwich or salad options, including ham, oven roasted chicken breast, roast beef, subway club, sweet onion chicken teriyaki, turkey breast, and veggie.
- Create a balanced meal by choosing yogurt, fresh cut apples, raisins, or baked chips/pretzels as a side item.

### TIPS

- Add lots of fresh veggies to your sandwich to increase the fiber content and make it more satisfying.
- The best options for low-fat sauces and dressings are Sweet Onion, Honey Mustard, regular mustard, and oil & vinegar.
- Adding cheese and full fat dressing will add to the fat and calorie content of your sandwiches, even the low fat sandwiches.
- Not everything at Subway serves is low fat and healthy; take time to look at the ingredients!
- Visit the Subway website for additional nutritional statistics and FAQs.
- Subway notes their vegetarian options on a small board; take a glance!

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## Terrace Café

### SNACKS

- Whole Fruit/Fruit Cup
- Nutrition/Energy Bars

### MEALS

- Blackened Chicken Salad
- Fresh Fruit Salad (with yogurt)
- Vegetarian Sandwich
- Smoked Turkey & Cheddar Sandwich

### TIPS

- Ask for salad dressing on the side and use only what you need.

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## Tommy's

### MEALS

- Veggie Burgers
- Grilled Chicken
- Grilled Veggie Panini Sandwich
- Grilled Chicken Salad
- BBQ Salad

### TIPS

- For sides choose Stanley's Organic Greens, BBQ Baked Beans or Organic Sweet Mashed Potatoes.
- Try to avoid fried options (See if you can get two sides instead of deep-fried hush puppies).
- Choose Balsamic Vinaigrette for the best-option salad dressing.

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## Trinity Café

### SNACKS

- Fresh Whole Fruit
- Chef-prepared fruit cups and parfaits
- Veggie Plates
- Baked Chips
- A variety of freshly prepared smoothies

### MEALS

- Grab-and-go salads, including Chef Salad, Chicken Caesar and Greek Salads (use only as much dressing as you need)
- Chicken and Turkey Wraps.
- Veggie Plates, Pita and Hummus, Tomato and Mozzarella Plates.
- Sushi

### TIPS

- Ask for Skim Milk instead of Whole.
- Soy milk and sugar free flavor shots are available upon request.
- While the Odwalla Juices are all natural, they also are high in calories. 16 oz of the Odwalla Berries GoMega has 320 calories. Read the labels!

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## Twinnie's

### SNACKS

- Yogurt
- Fresh Fruit

### MEALS

- Hummus with Pita
- Sushi
- Chicken Wrap
- Veggie Wrap
- Spinach Wrap
- Smoked Salmon Wrap

### TIPS

- Twinnie's has a variety of vegetarian options.
- Choose baked chips
- For breakfast, try Kashi cereal, which is high in fiber and protein, instead of sugary alternatives.
- Watch out for creamy dressings.
- Twinnie's offers very thick breads, such as foccacia, which add calories to your meals. Try whole grain bread or a wrap instead.
- Portion sizes tend to be large. Save some of your meal or share with a friend.

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## Helpful Links

### Duke Student Health:

<http://healthydevil.studentaffairs.duke.edu>

### Duke University Dining:

<http://dining.duke.edu>

### Bon Appetite Dining Management:

[www.circleofresponsibility.com](http://www.circleofresponsibility.com)

### American Dietetic Association:

[www.eatright.org](http://www.eatright.org)

### My Pyramid:

[www.mypyramid.gov](http://www.mypyramid.gov)

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## Advice

If you have nutrition questions or would like additional guidance in choosing balanced meals, you can meet with a Student Health Dietitian; call Student Health at **681-WELL (9355)** to make an appointment.



Student Health Center

