Eating Healthy on Campus with Selected Transfers

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| Place | Calories | Points | Comments |
| **Turnip The Greens**  Strawberry Dandelion Salad  Or  Sesame Mandarin Salad | 662  680 | 830  Or  1,064 | Salads here are a great source of carbs/fat/protein  Add bok choy to any salad, high in points |
| **Essential Blends**  Any 24 oz smoothie | 350 | 300 | Avoid yogurt and juice in blending |
| **Green Scene**  The Classic  or  Roasted Vegetable and Quinoa Wrap | 420-460  538 | 134  >500 | Piece of fruit will increase points and energy |
| **Jamba Juice** | 100-980 | >500 | Strive for smoothies mixed with vegetables |
| **QDoba Mexican Eats**  Burrito with chicken | 520 | 500 | Request brown rice if available |
| **Cobrizo**  Fajita Naked Burrito with chicken | 890 | 337 | Chicken, peppers, onions, lettuce, mayo, salsa |
| **Subway**  Carved Turkey 6” sub  or  Rotisserie-style chicken 6”sub | 247  350 | >500 if add variety of veggies | No artificial preservatives in turkey/Chicken raised without antibiotics |
| **The Coupe**  Grilled Chicken Sandwich  or  Flagstaff melt with side of fries | 600  700 | 94  348 | Avoid fried foods |
| **Denny’s**  Breakfast: Original Grand Slam  Lunch/Dinner: Veggie Mashup Burger/ Cali Chicken Sandwich | Breakfast: 830  Lunch/Dinner: 370/570 | 82/100/94 | Piece of fruit on side will increase points and energy |
| **Einstein’s**  Turkey Sandwich/Chicken Salad Sandwich | 212  179 | 134  144 | Piece of fruit will increase points and energy |
| **Pizza Hut**  Personal Cheese Pizza | 600 | 34 | Piece of fruit will increase points and energy |
| **Chick-Fil-A**  8-piece chicken nuggets with side of fries | 660 | 55 | 36 g fat  52 g carbs  33 g protein |
| **Star Ginger**  Thai BBQ Chicken Rice Bowl  or  Chicken Vietnamese Pho | 400  410 | 68  50 | Pho is high in protein  Points based from using brown rice |