

U OF M HEALTHY FOOD GUIDE

for
UDS LOCATIONS

Coffman Memorial Union

Chick-fil-A *Avoid the fried items, watch your sides & condiments*

Chargrilled chicken sandwich, 270 cal
8-count chicken nuggets, 260 cal
Chargrilled chicken salad with fat-free honey mustard, 240 cal
Large fruit cup, 100 cal
Side salad with fat-free honey mustard dressing, 120 cal
Breast of chicken soup, 250 cal
Small Icedream cone, 160 cal

Baja Sol *Skip the tortilla, get the tacos baja-style and pass on the chips*

Especial chicken burrito bowl, 294 cal
Vegetable baja-style taco, 128 cal
Rice and beans, 248 cal
Turkey chili, 267 cal

Jamba Juice *Choose the smallest size, skip the boosters*

16 oz. strawberry nirvana, 150 cal
16 oz. mango mantra, 160 cal
16 oz. berry fulfilling, 150 cal

Panda Express *Ask for half the rice (1 cup of rice=380 cal)*

Mushroom chicken, 322 cal
Broccoli beef, 343 cal
Mixed vegetables, 283 cal
12 oz. hot and sour soup, 110 cal

Coffee Shops

The Cup, Java City, Wise Owl Café *Choose nonfat milk, the smallest size, sugar-free flavorings and skip the whip*

12 oz. nonfat latte, 120 cal
12 oz. nonfat cappuccino, 80 cal
12 oz. light Frappuccino, no whip, 110 cal
12 oz. Tazo green tea latte, 130 cal
16 oz. Italian soda, 120 cal

St. Paul Student Center

Subway *Skip the mayo, oil and cheese*

6" Ham sandwich, 290 cal
6" Roast beef, 290 cal
6" Roasted chicken breast, 320 cal
6" Subway club, 320 cal
6" Turkey breast, 280 cal
6" Turkey breast & ham, 290 cal
6" Veggie Delight, 230 cal

Nutrition information is from company websites

For locations with a rotating menu, such as:

- Bistro West (West bank – Hubert H. Humphrey Center)
- The Terrace Café (St. Paul student center)
- Carlson Dining (West bank – Carlson School of Management)
- Nolte Dining (East bank)
- Outside In (East bank – Phillips-Wangensteen)
- All Residential Restaurants

Nutritional information is available at: www.UnivofMinnesota.campusdish.com

RESTAURANTS NEAR CAMPUS

For a comprehensive list of restaurants near the U of M, visit
www.ima.umn.edu/visitor-folder/dining/dining.html

Dinkytown

Kafe 421 *Menu is online at www.kafe421.com*

Hummus with pita bread

Salads with low-fat or fat-free dressing

Entrees: grilled salmon, any of the chicken breast entrees, shrimp santorinin, penne campestre

The Loring Pasta Bar *Menu online at www.loringcafe.com*

Shrimp cocktail appetizer

House salad with low-fat or fat-free dressing

Pastas: Linguine with clam sauce, saffron chicken linguine, vegetarian orzo

Entrees: grilled salmon, stir-fry

Vescio's Italian Restaurant *Menu online at www.vescioscucina.com*

Appetizers: Bruschetta crostinis, mushrooms parmesan, minestrone soup

Salads: Italian salad, tomato salad, spinach salad, balsamic salad

Pasta: any type of noodle with red meatless or marinara sauce

Entrees: chicken marsala, shrimp scampi

Restaurant Alma *Menu online at www.restaurantalma.com*

Starters/salads: winter greens & fennel, beef carpaccio

Grains/pastas: saffron sweet potato gnocchi, risotto

Entrees: roasted trout, wild mahi & king crab

Erbert & Gerberts *Menu online at www.erbertandgerberts.com*

Skip the oil, mayo and cheese. Order your sandwich as a club instead of a sub and save ~200 calories

Comet Morehouse Club, 333 cal

Comet Club, 324 cal

Billy Club, 223 cal

Geeter Club, 243 cal

Stadium Village

Applebee's *Menu online at www.applebees.com*

Any "Weight Watchers" branded menu item

Grilled Greek chicken salad

Grilled Italian chicken Caesar salad

Fiesta lime chicken

Parmesan tilapia

Fajitas (go easy on the cheese, sour cream & tortillas)

Chicken fajita roll-up sandwich

Sally's Saloon & Eatery *Menu online at www.sallyssaloon.com*

Appetizers: fresh veggie tray, red pepper hummus dip

Salads: Santa Fe BBQ chicken, spring chicken, grilled chicken Caesar, oriental chicken, seared ahi tuna

Wraps: Ranch chicken, BBQ chicken

Burgers: garden burger, turkey burger

Sandwiches: Veggie, Portobello mushroom, slow-roasted beef, grilled chicken breast

Chicken stir-fry

The Manhattan Loft *Menu online at www.campusfood.com*

Any pizza with half the cheese and thin crust

Panini box lunches

Pita sandwiches

Salads with low-fat dressing

Rotisserie chicken

Grilled chicken or vegetable sandwich

Big 10 Restaurant & Bar *Menu online at www.big10restaurant.com*

Grilled chicken sandwich

House or Cajun chicken salad

Turkey, roast beef, tuna or cheese sub without mayo or oil

Noodles & Company *Menu online at www.noodles.com*

Bangkok Curry

Indonesian Peanut Sauté

Pad Thai

Whole Grain Tuscan Fettuccine

House Marinara

Chicken Noodle or Thai Curry Soup

Chinese Chop or Med or Caesar Salad with fat-free Asian dressing

Chipotle *Menu online at www.chipotle.com*

Burrito Bowl

Salad

Grandma's Saloon & Eatery *Online at www.grandmasrestaurants.com*

Southwest Chili

Wild Walleye Cakes

Any salad with low-fat dressing and grilled (not fried) chicken

Chicken Cesar Wrap (easy on the dressing)

California Chicken Sandwich (no mayo)

Honey Mustard Chicken Sandwich

Asian Un-Burger

Wild Mushroom Chicken & Vegetables

Penne

Spaghetti

Grilled Double Chicken Breast (box up half for home)

The Grill Room *Menu online at www.metrodome.com/dining*

Any salad with fat-free dressing

Entrees: Grilled chicken sandwich, Glazed Pork Chop (take half home), Norwegian

Salmon

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