

# TIPS FOR EATING HEALTHY ON CAMPUS



**HEALTHY U**

*A healthy U is a healthy UT*



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# Healthy Eating

## CROUTONZ

Avoid cream based dressings like ranch  
Chicken is a good lean protein choice  
Load up on vegetables

## MAGIC WOK

Chicken Vegetable bowl or the Broccoli Chicken for low calorie choices.

Brown rice or steamed broccoli for a side.

## PIZZA HUT

Turn the one topping personal pizza into two meals

## AGAVE

Burrito bowl with chicken or portobello mushrooms

Load up on vegetables

Avoid sour cream and cheese

## STARBUCKS

Request nonfat milk  
Skip out on whip cream  
Ask for sugar-free syrup

## SUBWAY

Multigrain or wheat bread, load up on vegetables  
Be careful with sauce choice: Deli Mustard is a good option

Ham, Turkey, or oven roasted Chicken great meat choices