California State University
Northridge

Healthy Eating On Campus!

1 Matador Food Court at the Bookstore Complex

These choices are lower in fat and calories

El Pollo Loco — Flame-Grilled Mexican Chicken

Skinless Chicken Breast Meal
BRC Burrito • Pinto Beans • Black Beans
Small Chicken Tortilla Soup • Spanish Rice
Garden Salad • Pollo Bowl • Taco al Carbon • Fresh Vegetables

Juice It Up!

Choose 16 oz. cup • Add Protein Power or Calcium Plus Boost
Be aware that the calories in larger sizes are often equal to a full meal so choose wisely!

Panda Express — Gourmet Chinese Food

Split a 2 entrée plate with a friend or order a Panda Bowl
Beef and Broccoli • Mushroom Chicken • Mixed Vegetables
Steamed Rice • Sushi

Burger King

Tender grill Chicken Sandwich or Salad• BK Veggie Burger
Side Garden Salad with Light Italian or Fat Free Ranch dressing

2 The Marketplace at the Sierra Center

Checkers Deli

Sandwiches- turkey or vegetarian, with all vegetables, lite on mayo or no mayo, add mustard Side salad: Asian Slaw, Greek Salad, Green Salad, Tossed Salad, Fruit Salad

Pizzazz

Pasta Marinara (portion may be enough for two!)
Pizza- order a slice with a side salad.

Bamboo Terrace

Sushi, Any item from the SOUP & SALAD menu, Miso soup, Veggie or Chicken Fun Noodle, Spicy Chicken Noodle, Shrimp Thai Basil Noodle

3 University Student Union

SUBWAY

6" Sandwiches with 6 grams of fat or less
To reduce fat, request no cheese, no mayo or lite mayo, mustard.
To increase fiber request wheat bread, a variety of vegetables.
Ham (Black Forest) • Oven Roasted Chicken Breast
Roast Beef • Subway Club • Sweet Onion Chicken Teriyaki
Turkey Breast • Turkey Breast & Ham • Veggie Delite
Order apple slices, yogurt, raisins, baked chips as a side.

PUB Sports Grill

To make a Burger Lite, order turkey or Gardenburger, request dry (no sauce), add mustard, ketchup with side of fruit or salad
Spaghetti Marinara • Garden Salad • Ceasar, Sante Fe, Greek Salad or Wrap *Order dry and request dressing on the side.*
Lower fat dressings and condiments are available and include Italian, Balsamic, Lite Ranch, Pico de Gallo and Salsa
For Breakfast order Egg Whites • English Muffin • Fruit

4 The Arbor Grill at Arbor Court

Grill & Greens

Daily Salads (Ceasar everyday) *request lite dressing on side*. Daily Grill Items: Chicken, Salmon, Tofu comes with a vegetable and starch; Stuffed Potato with Broccoli and Cheese
Request mozzarella cheese to go lighter.
Turkey or Gardenburger, comes with lettuce, tomato, onion
Request dry and add mustard, ketchup.

Healthy Options

Healthy breakfast options available at most campus eateries
Oatmeal or Cream of Wheat • Bagel • Yogurt Parfait
Fresh Fruit • Fresh Squeezed Fruit Juices
Vegetable Cups

Campus Convenience Stores

Mercantile Exchange — The Arbor grill Convenience Store — West Side Store — The Edge

Snacks: Fruit or Vegetable Cups • Organics to Go Grab and Go Sandwiches and Salads • Sushi • Starkist To Go • Cereal: Cheerios, Raisin Bran Crunch, Frosted Mini Wheats • Yogurt • String Cheese Cheese Sticks • Cottage Cheese • Nuts • Trail Mix Cereal, Nutrition, and Sports Bars • Pretzels • Baked Chips
Beverages: Water • Aquafina Flavor Splash • Sobe Lifewater 0 Calories • Gatorade G2 • Propel Low Fat and Nonfat Milk • 100% Fruit and Vegetable Juice

Freudian Sip Coffeehouses

Freudian Sip

To reduce total fat and calories in beverages: order the smallest size, use fat free milk for all drinks, use sugar free syrup, order flavored coffee with half the syrup, request no whipped cream, sweeten with Splenda, sprinkle in cinnamon, chocolate, nutmeg, vanilla
0 calorie beverages: Coffee of the Day, Espresso, Americano, Herbal Tea

Want more information on how to choose campus food to fit your personal nutritional needs? Do you have any nutrition concerns? Call the Klotz Student Health Center at 818-677-3666. The Registered Dietitian and Peer Nutrition Counselors provide one on one nutrition consultations for all currently enrolled students at no charge!

klotz student health center

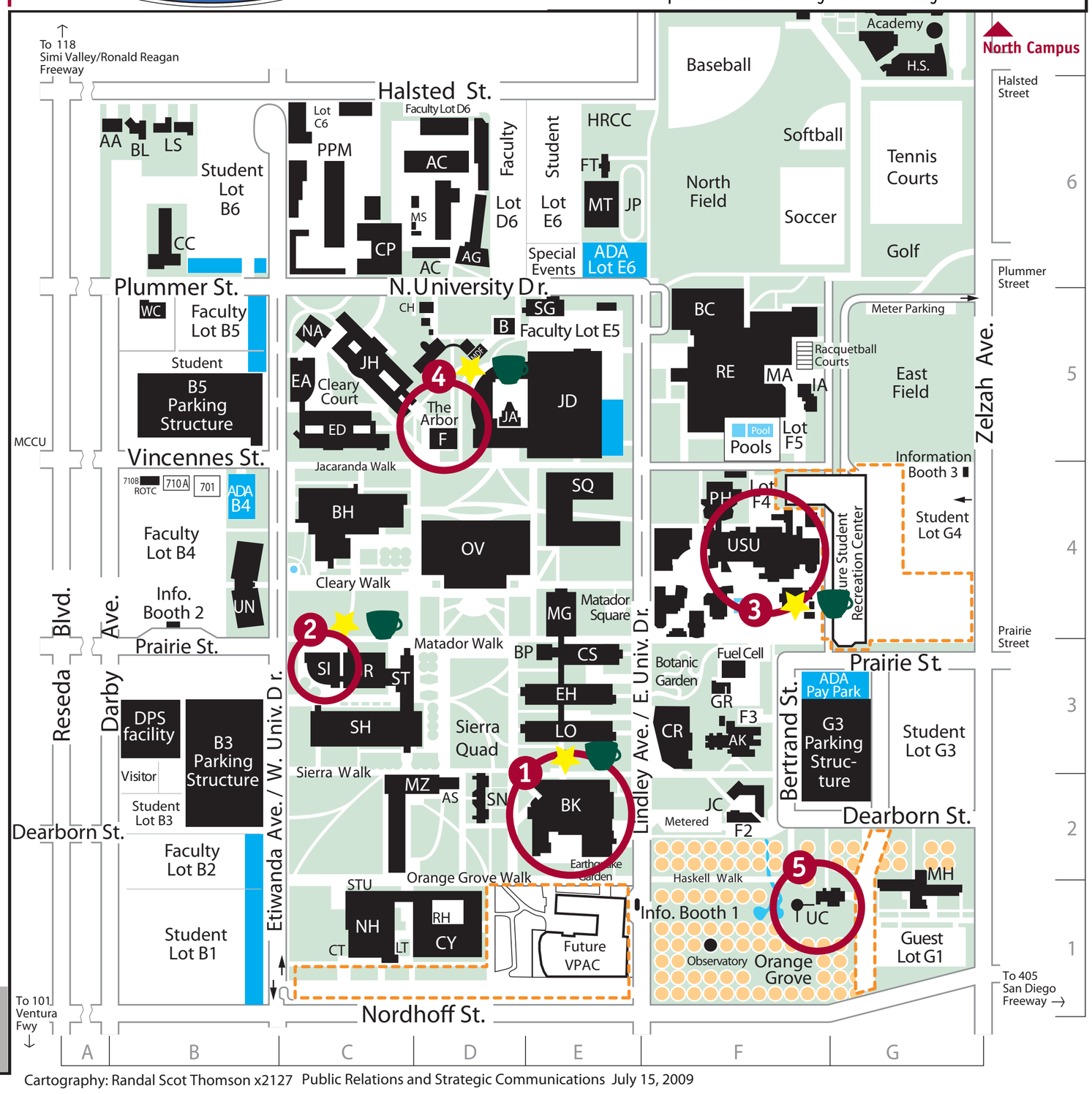
www.csun.edu/studenthealthcenter

The University Corporation

www.csun.edu/tuc

5 Orange Grove Bistro

Lunch Buffet: salad, soup, carving station, fresh vegetables, Salad and Chili (Vegetarian) Bar. *Check www.csun.edu/tuc/weeklymenu.html for availability.* All Salads on Daily Menu *Request dressing on the side or try olive oil, vinegar, lemon wedges, fresh cracked pepper.* Blackend Salmon Sandwich served with house salad or fresh fruit. Fish specials on Monday and Tuesday.



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