Nutrition and wellness are priorities for CSUN Dining. In our locations, chefs utilize their expertise in creating flavorful, nutritious, and well-balanced daily menus. Vegan/vegetarian options are always available and we hope that you’ll ask us any questions you may have about the food we serve. Our Healthy Eating 101 signage and brochures have been designed to assist guests in making healthful selections.

You’ll notice the following symbols on price tags around the store:

- Great Snack (these include snacks that are high in protein, natural, high in fiber, and/or low in calories)
- Gluten Free
- Kosher
- Vegan

For more information, please visit: http://www.csun.edu/csundining

Grilled Entrees:
- Tofu, Chicken, Steak, or Salmon

Daily Veggies:
- Roasted, Grilled, or Sautéed

Daily Starches:
- Rice, Quinoa, and Couscous

Daily Salads:
- Add a protein
- Request light dressing or dressing on the side
- Skip the croutons, tortilla strips, and/or cheese

Baked Potatoes:
- Order with veggies and easy cheese
- Avoid adding butter and consider a sauce or dressing

Burgers and Sandwiches:
- Substitute ketchup and/or mustard instead of mayonnaise
- Substitute salad, fruit, or vegetables for fried sides (like chips or French fries)
- Go easy on mayonnaise or mayonnaise based sauces
- Try a lettuce wrap
- Order your sandwich/ burger with sauce on the side
- Order your sandwich or burger without cheese

Vegan Options:
- Roasted Vegetable & Hummus Sandwich
- Portobello Burger
- Veggie Burger
- Chinese Salad
- Tofu and side
- Herb Roasted Veggies

Vegetarian Options:
- Baked Potatoes
- Southwest Salad
- Caesar Salad
- Three Cheese Melt
- Cheese Pizza
- Vegetarian Pizza

Food Choices:
- Grab & Go Fruit Cup
- Grab & Go Protein Plates
- Grab & Go Salads
- Grab & Go Sandwiches
- Grab & Go Veggies and Hummus
- Grab & Go Yogurt Parfait
- Oatmeal - Petite Pastries - Taos Bars
- Whole Fruit - Whole Grain/ Vegan Pastries

Ordering Tips:
- Skip the whipped cream
- Go easy on sugar in your beverage
- Consider ordering your drink with half the syrup
- Consider using sugar free syrups or sweeteners
- Add flavor without calories by adding a sprinkle of cinnamon, chocolate, nutmeg, or vanilla from the condiment counter
- Order smaller sizes of higher calorie drinks like mochas or frappes
- Order your beverage with fat free, almond or coconut milk

Snack Choices:
- Cottage Cheese
- Cheese Sticks
- Grab & Go Fruit Cup
- Grab & Go Protein
- Grab & Go Sandwiches and Salads
- Grab & Go Veggies and Hummus
- Grab & Go Yogurt Parfait
- Hard Boiled Eggs
- Hummus Snack Cup
- Naked Juice Smoothies
- Nutrition and Protein Bars
- Nuts
- Trail Mix
- Vegetables
- Whole Fruit
- Yogurt

Beverages
- Low calorie drinks like: SoBe LifeWater, Gatorade G2, Propell
- Milk – Lowfat or Nonfat
- Naked Juices
- O.N.E. Coconut Water
- Water
- 100% Fruit and Vegetable Juices
**Burgers and Sandwiches:**
- Try a lettuce wrap
- Add avocado
- Go easy on mayonnaise/mayonnaise-based sauces
- Order your sandwich or burger with sauce on the side
- Order your sandwich or burger without cheese
- Substitute ketchup and/or mustard instead of mayonnaise
- Substitute salad, fruit, or vegetables for fried sides (like chips or French fries)

**Vegan Options:**
- Mediterranean Sandwich
- Portobello Burger
- Veggie Burger

**Vegetarian Options:**
- Cheese Pizza
- Vegetarian Pizza
- Caesar Salad
- Pasta
- Vegetable Lasagna

**Salad Building Tips:**
- Go easy on dressing or get your dressing on the side
- Skip the creamy dressings
- Skip the croutons and/or tortilla strips
- Add protein to your salad – like hardboiled eggs/cottage cheese from the salad bar or a side of grilled meat from Cilantro's

**Salads and Wraps:**
- Request light dressing or dressing on the side
- Skip the croutons, tortilla strips, and/or cheese
- Add a protein

**Burgers and Sandwiches:**
- Try a lettuce wrap
- Add avocado
- Order your sandwich/burger with sauce on the side
- Order your sandwich/burger without cheese
- Go easy on mayonnaise/mayonnaise-based sauces
- Substitute ketchup and/or mustard instead of mayonnaise
- Substitute salad, fruit, or vegetables for fried sides (like chips or French fries)

**Vegan Options:**
- Cheese Pizza
- Santa Fe Salad or Wrap
- Spaghetti Marinara
- Santa Fe Salad or Wrap

**Ordering Tips:**
- Choose grilled proteins like chicken, beef, tofu, or fish.
- For salads, request light dressing or dressing on the side
- Skip toppings like croutons, tortilla strips, and/or cheese
- Order your sandwich or burger with sauce on the side
- Order your sandwich or burger without cheese
- Go easy on mayonnaise or mayonnaise-based sauces
- Substitute ketchup and/or mustard instead of mayonnaise.
- Substitute salad, fruit, or vegetables for fried sides (like chips or French fries)

For the latest nutritional information please refer to the following website link.
http://www.bk.com/menu

**Ordering Tips:**
- Get mixed or steamed vegetables as a side
- Consider brown rice instead of white
- Consider getting a single entrée
- Consider an entrée that includes vegetables
- Be sure to ask what vegetarian options are available at each location

For the latest nutritional information please refer to the following website link.
http://www.pandaexpress.com/menu

**Ordering Tips:**
- Order smaller sizes of higher calorie drinks
- Consider Raw Juice Blends
- Smoothies can be considered meal replacements, depending on the ingredients
- Consider adding a boost depending on your dietary needs

For the latest nutritional information please refer to the following website link.
http://www.juiceitup.com/our-menu/nutritional-info

For the latest nutritional information please refer to the following website link.
http://www.elpolloloco.com/our-food