Where can I find healthy options at the Student Union?

Searching for healthy options at the Student Union? Below is a list of “best bets” at Student Union restaurants:

**CACTUS GRILL**
- Sushi
- Salad Bar: Choose fresh vegetables, add beans, edamame, bean salad, egg, or quinoa, fresh fruit
- Noodle Bowl: Choose rice noodles, add vegetables (ask for extra!), add protein (shrimp, tofu, chicken), opt for no sauce or use oil and vinegar
- Fruit Bar: Any
- Omelet Bar (build your own): Add vegetables, add chicken or ham for more protein
- Chobani Bar: Non-fat yogurt with fresh or dried fruit, seeds, honey or agave

**CORE AND CORE PLUS (PSU)**
- Salad Option: Fill your bowl with a variety of fresh vegetables, beans, edamame, bean salad, fruit, avocado; add protein (shrimp, tofu, eggs, chicken); add a few seeds, nuts, dried cranberries, or raisins, get dressing on the side
- Brown Rice Option: build the same as salad option
- Sides: Fruit cup, banana, carrots and celery with peanut butter
- Stir-Fry Option (Core Plus only): choose brown rice or rice noodles then build like the salad option, request no sauce
- Omelet Option (Core Plus only, served all day): choose same as for fajita

**IQ FRESH**
- Entrees: Curry Chicken Kabob, Chicken Kibbeh, Mediterranean Veggie Kabob
- Sides: Tabbouleh, Baba Ghanoush, Fattoosh, Dolmas, House Salad, Greek Salad, Quinoa and Rice, Ancient Grains
- Extras: Fresh fruit, pita bread & hummus
- Smoothies: Champ, Tropical, Back to Basics, Down to Earth, Raspberry Sunrise, Green Monster, Mensa Mango, or build your own using your choice of the following ingredients: any fruit or veggie, flaxseed, soy milk, vanilla yogurt

**ON DECK DELI & ON DECK DELI 2 (PSU)**
- Sandwich: Choose your bread (Organic Whole Wheat, Organic Honey Multigrain, Sourdough), pick your protein (roasted chicken or turkey), add vegetables, add avocado (extra), plain or with one of the following: oil and vinegar, hummus, honey mustard, brown mustard.
- Sides: baked chips, Sun chips

**PSU - OTHER**
- Salad Bar and Chobani Bar (like Cactus Grill)

**NOTE:** This is not a complete list of all healthy options at the Student Union. For more info go to health.arizona.edu/handouts and look for “Healthy Options at the Student Union.”

Food and nutrition services (including healthy eating, cooking skills, weight management, digestive problems, hormonal and cardiovascular diseases, and eating disorders) are offered year-round at Campus Health. Call (520) 621-6483 to make an appointment.

www.health.arizona.edu