

## wildfact

**COOKING ON CAMPUS: COOK OUT** – Tuesday, 9/6,  
5:15-6:30pm • UA Campus Rec, Outdoor Adventures. Buy a meal, learn  
to cook for only \$5! Visit [cookingoncampus.arizona.edu](http://cookingoncampus.arizona.edu) for more info.

## Where can I find food that's good for me at the Student Union?

Searching for nutritious foods among the Student Union's many restaurants may seem like a challenge, but you'll get off to a good start with this quick guide to some of the best bets for healthy, delicious meals.

### Cactus Grill

- Sushi
- Garden omelet or egg white omelet with added vegetables and lean meats like chicken or ham for extra protein
- Noodle bowl: Choose rice noodles with extra vegetables and lean protein choices like shrimp, tofu or chicken. Limit additional sauces and oils.
- Fruit bar: Any
- Salad bar: Choose any variety of fresh vegetables, fruit and added protein including beans, edamame, egg, quinoa or a small portion of nuts or seeds
- Broth-based soups
- Steamed vegetables with baked chicken or fish

### Core & Core Plus (Park Student Union)

- Salad Option: Fill your bowl with any variety of fresh vegetables, beans (including bean salad or edamame), proteins like sautéed shrimp, marinated tofu, chicken or hardboiled egg, and a drizzle of oil and vinegar dressing
- Sides: Fruit cup, any fresh vegetables, celery with peanut butter
- Core Plus only: Build your own grilled fajitas, noodle bowl, or salad with addition

of any fresh vegetables, lean meats or tofu. Limit additional sauces and oils.

### IQ Fresh

- Build your own breakfast bowl with added vegetables
- Kale or spinach salads (listed as Naked Wraps on menu) or Garden of Eden lettuce wrap
- Smoothies: 12 ounce sized CHAMP, Monster or Back to Basics varieties, or build your own using the following ingredients: any fruit or vegetable, flaxseed, soy milk or vanilla yogurt
- Fruit Whips

### On Deck Deli

- Multigrain, marble rye or whole wheat sandwich bread or bagel
- Lean meats including roasted turkey or chicken
- Any variety of vegetables and avocado
- Grab n' Go fruit

### Bear Down Kitchen

- Steel cut oatmeal, fresh fruit, yogurt, turkey sausage or veggie egg white omelet
- Salad bar, steamed vegetables, baked lean proteins, pizza on whole grain crust, whole grain pasta

### U-Mart

- Red & Blue Line: Salads, wraps, sandwiches, vegetables with hummus or peanut butter, any variety of fruit, yogurt parfaits



## CAMPUS HEALTH

NutriNews is written by Gale Welter Coleman, MS, RDN, CSSD, Sarah Marrs, RDN, and Christy Wilson, RDN, Nutrition Counselors at the UA Campus Health Service.

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.