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

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 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
- Salad Option: Fill your bowl with any variety of fresh vegetables, beans (including bean salad or edamame), proteins like 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 (Park Student Union)
- Build your own grilled fajitas, rice noodle bowl, or salad with addition of any fresh vegetables, lean meats or tofu.

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

Source: Christine Carlson, MS, RD, CSSD, CDE

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 for more info.

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