**Healthier Eating On & Around Campus: CSUSM**

**\* Denotes a healthy meal choice for pre-workout/competition (2-4 hours prior)**

**\*\* Denotes a healthy snack choice for pre-workout/competition (30 min-1 hour prior)**

**\*\*\* Denotes a healthy meal or snack choice for post-workout/competition**

**Coffee Cart- in front of Academic Hall**

* Fresh bananas, oranges and apples \*\*
* Cliff and power bars \*\*
* Nature Valley granola bars
* Iced teas, unsweetened
* Chobani yogurt \*\*\*
* String cheese & cheddar sticks \*\*\*
* Fresh salads, dressing on the side
* Fresh Fruit Smoothies
* Sandwiches from Tina’s Deli- \*/\*\*\*
  + Whole Wheat bread, Chicken salad/turkey
  + Hold the Mayo
* Coffee-
  + Keep pumps of syrup to a minimum
  + Low fat milk, soy milk
* Mixed nut packages- *pay attention to serving size!* \*\*

**Vending machines**

* Toasted veggie chips (Wheat thins) \*
* Mixed nut packages / trail mix \*\*\*
* Almond crunch packets \*\*\*

**Market at the Union C-Store**

* Pop chips, pretzels & popcorn
* Nutrition bars- watch sugar/ avoid artificial sugars \*\*
* Yogurt \*\*\*
* Hummus packs
* Fresh fruit \*\*
* Salads (watch dressings – aim for lower fat content)
* Sandwiches- lite/no mayo \*/\*\*\*
* Lean Cuisine
* Lean Pockets
* Jerky

**Jamba Juice**

* Fresh fruit smoothies, opt for 16 ounce portions
* Consider adding a protein boost to help keep you stay fuller, longer
* Avoid sherbet in classic smoothies – opt for all fruit and juice

**Caliente**

* Choose grilled chicken vegetarian options; add guacamole for healthy fats

**WOW Café**

* Chicken Biscuit
* Sausage Biscuit
* Scrambled Eggs
* Biscuits and Gravy
* Side salad
* Covington Salad
  + Balsamic vinaigrette
* Grilled Chicken Sandwich
* Garden Fresh Quesadilla
* West Coast Veggie Wrap
* Veggie Burger
* Red beans and rice
* Sweet Potato fries
* Honey Mustard Slaw
* Chicken and Sausage Gumbo

**Sub Connection**

* Build your own salad
  + Order dressing on side
* 6” sub sandwiches, opt for ham with veggies, turkey and cheese, and mixed veggie subs, add a bag of Sun Chips and a cup of water

**Panda Express**

\*Avoid fried or heavily breaded items

(Wok smart options have 300 calories or less and at least 8g protein)

* Sides: Steamed white/brown rice, mixed vegetables
* Broccoli Beef
* Grilled Asian Chicken
* Grilled Teriyaki Chicken
* Mushroom Chicken
* Shanghai Angus Steak (with asparagus or string beans)

**Jazzman’s Café and Bakery**

* Chicken salad sandwich
* Berry Salad
* Caesar Salad
* Strawberry parfait
* Whole wheat bagel
* Bananas and Oranges \*\*
* Mixed nut packages- Watch serving size! \*\*
* Unsweetened Iced tea
* Coffee-
  + Keep pumps of syrup to a minimum
  + Consider milk alternatives (almond milk, etc.)

**Starbucks** 

Healthier Snacks:

* Apple Bran Muffin \*\*
* Parfait \*\*\*
* Sandwiches/\*\*\*
* Wraps \*/\*\*\*
* Dried or Fresh Fruit \*\*
* Yogurt Parfait \*\*\*
* ½ Bagel (Multigrain, Whole Wheat, Plain, Blueberry, Sesame Seed) \*\*
* Oatmeal \*\*

Healthy Tips:

* Use milk alternatives
* Use fewer ‘pumps’ of syrup
* Hold the whipped cream
* Order Tall
* Limit “sugar free” options as this can make you hungrier later in the day!
* Increasing from a grande to a venti latte only increases the milk and sugar, not espresso. Instead of up-sizing, add an espresso shot to the smaller drink.

**Examples of Pre- and Post- workout/competition meals/snacks**

***Pre-workout/competition meal examples (2 hours prior):***

* *Turkey sandwich from “The Dome”, light with mayo*
* *Big Cat Bistro low fat sushi rolls*

***Pre-workout/competition snack examples (30 mins – 1 hour prior):***

* *Coffee Cart fresh fruit or yogurt*
* *Starbucks muffins*

***Post-workout/competition snack example:***

* *Chocolate milk and piece of fruit*
* *Yogurt parfait (or just plain yogurt)*

***Post-workout/competition meal example:***

* *Healthy sandwich w/ chocolate milk*

**Healthy Eating Off-Campus: CSUSM**

**Subway**

-Black forest ham \*/\*\*\* 

-Roast beef \*/\*\*\*

-Subway Club \*/\*\*\*

-Turkey breast \*/\*\*\*

-Oven roasted chicken breast \*/\*\*\*

-Baked chips \*\*

**Wings-N-Things**

(Request for dressing on the side for all salads)

* Buffalo Chicken Salad
* Garden Salad

**Chef’s Pho & Grill**

\*Avoid fried or heavily breaded items

* Spring rolls (shrimp, grilled chicken, veggie)
* Pho (chicken, grilled pork, seafood, tripe, steak)
* Soup (Veggie, beef, duck, crab, shrimp)
* Rice entrees; come with steamed rice, tomato slices, cucumber slices, and choice of protein (Grilled chicken, grilled shrimp, grilled pork & beef)

**Flippin’ Pizza**

\*pay attention to serving size of dressing

* Side of oven roasted broccoli
* Garden salad
* Caesar salad
* Oh Baby Salad (Dressing on the side)
* Build your own personal pie or calzone with lots of veggies
* Garden pizza (sold by the slice)
* Add a side salad to calzone or pizza

**Dickey’s Barbecue Pit**

* Chicken breast or turkey plate (choice of 2 sides & a roll)
* Sides: Caesar salad, green beans, jalapeno beans, potato salad
* Turkey or Chicken breast sandwich
* Topping options: pickles, onions, jalapeno peppers
* Chicken breast & cheese taco
* Chicken spinach taco
* Turkey or chicken breast slider

**Taqueria Chispa Mexican Grill**

* Garden salad
* Chispa salad
* Azteca Salad
* Build your own taco, burrito (whole wheat tortilla) or bowl
* Protein options: grilled chicken, cactus, shrimp, potato, vegetarian, fish
* Toppings: pico de gallo, guacamole, cabbage, onion, salsa, cilantro, jalapeno,
* Sides: chips & salsa, white or brown rice, black beans, Peru beans, guacamole, garden salad, salsa fresca and chips & guacamole

**Tapioca Express**

(Some drink flavors may have up to 80g of sugar)

Drinks:

* Americano (limit the amount of sugar & creamer added)
* Teas
* Milk teas

Snacks:

* Fried String Beans
* Sausage

**Urge Gastropub & Common House**

* Spicy edamame
* Ahi Poke
* Soup & salad combo (add chicken, salmon, steak or ahi for protein)
* Seasonal vegetables
* Side salad
* Roasted Vegetable flatbread
* Urge Street tacos

**Players Sports Bar**

* Vegetable platter
* Chips & salsa
* Salad (dressing with fewer calories, dressing on the side)
* Sandwich on wheat bread (Swap mayo for avocado)
* Veggie Pizza
* Build your own pizza with lots of veggies and a bit of protein

**Mr. Taco**

-Low carb burritos: (choose whole wheat tortilla or spinach tortilla wrap)

-Salads:

* Cachanilla
* Grilled chicken salad
* Caesar salad (add chicken or beans for protein)
* Avocado green salad

-Soups: Caldo de Camaron (shrimp). Caldo 7 mares (7 seas).

-Breakfast plates: low-fat cheese on them

**Ralphs Deli**

-Any of their pasta options or fruit (around 1-1.5 cups) and

combine w/ lean deli meat (few slices) \*/\*\*\*

- Deli sandwich w/deli meat \*/\*\*\*

-Granola bar \*\*

-Nutri-Grain Bar \*\*

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**Examples of Pre- and Post- workout/competition meals/snacks**

**Pre-workout/competition meal examples:**

- Subway 6” Black Forest Ham on white bread w/ backed chips and water \*/\*\*\*

- Prime Cut Grill Cajun pasta w/ water \*/\*\*\*

**Pre-workout/competition snack examples:**

- Granola or Nutri-Grain Bar from Ralphs\*

**Post-workout/competition meal examples:**

* Smoothie King’s The Shredder shake \*\*
* Subway Oven Roasted Chicken Breast with baked chips, water \*/\*\*\*