Eating healthy as a college student may seem difficult, especially when you’re in a new environment.

The purpose of this guide is to simplify eating healthy. The first part will address general nutrition information for college students. The second part of this guide has specific nutrition information about eating healthy here at Azusa Pacific University.

Azusa Pacific University Dining Services' goal is to help nourish, educate, support and empower the students, faculty and staff through various nutritional services that help produce healthy lifestyles.

Whether you prefer a vegetarian, gluten-free, or other special diet, there are various options on our menus to meet your dietary needs.

If you have food allergies, please request help from the dining venue manager to assist you with choosing safe options. You can access nutrition facts for every menu item on the APU Website and APU Mobile App.

If you have further questions, email the APU Campus Dietitian/Nutritionist at dietitian@apu.edu.
Just like a car needs fuel to go from point A to point B, your body needs food to function! The healthier the food, the better your body will function both physically and mentally. Some general guidelines are:

**Eat regular meals**…eat until you’re full. Start with breakfast. This prevents cravings and overeating later in the day.

**Eat foods that are sustaining** (like oatmeal), and make sure that when you grab a salad, you’re also including some protein (i.e. turkey) and not just a big bowl of greens that will leave you wanting more in an hour.

**Eat small, frequent amounts** including protein-rich and high fiber foods every time. Keep healthy snacks on hand.

**Eat plenty of whole grains, fruits, and vegetables** to boost your fiber intake - brown rice instead of white rice, whole wheat pasta or pizza crust instead of white.

**When eating fast food, choose wisely!** For example, choose grilled instead of fried. Have a side salad with oil & vinegar instead of french fries.

**Avoid eating “empty calories”** which are high in calories, usually from fatty, sugary foods that have very few vitamins and minerals. (i.e. candy bars, chips, desserts, fried foods). Alcoholic beverages are high in empty calories also. Instead, choose “nutrient dense” foods that offer lots of vitamins, minerals, fiber, antioxidants but few calories. When having salads, sandwiches and burgers, avoid adding too much creamy salad dressings/sauces.

**Maintain a healthy weight.** If you need to lose weight, do it sensibly. Quick-fix diets usually backfire and may be harmful to your health.

**Drink plenty of water.** Hunger comes in different forms and sometimes thirst can feel like hunger.

**Eat a variety of foods** - you need many different nutrients. The food groups (to the right) and number of servings are what most people (average 2000 cal/day) require for good health.

**GRAINS/STARCH: 6 SERVINGS PER DAY**

Whole grain is best.
1 SERVING = 1 slice of whole wheat bread, 6” tortilla, ½ English muffin, 1 c. dry cereal, ½ c. brown rice, 1/3 c. pasta, ½ c. oatmeal, 3 c. popcorn, Starchy vegetables - ½ c. corn or peas, ½ c. potato or yams

**VEGETABLES (NON STARCHY): 2 ½ SERVINGS PER DAY**

Deeper color vegetables have more vitamins.
1 SERVING = 1 c. raw or cooked vegetables, 2 c. raw green leafy vegetables

**FRUIT: 2 SERVINGS PER DAY**

It’s best to eat the fruit rather than drink the juice.
1 SERVING = 1 c. diced fresh fruit, 1 medium fruit, 6 oz. fruit juice, ½ c. dried fruit

**PROTEIN/MEAT: 5 ½ SERVINGS PER DAY**

The leaner the better. Avoid fried meats. When choosing poultry remove skin and choose white meat (breast) instead of dark meat (drumstick, thigh).
1 SERVING = 1 oz cooked lean meat, poultry, fish, 1 egg, 1 Tbsp peanut butter, ½ oz nuts or seeds

**MILK: 3 SERVINGS PER DAY**

Low-fat or non-fat milk, yogurt, and cheese are preferable.
1 SERVING = 1 cup (8 oz.) low-fat/fat-free milk (or milk substitute such as Almond or Soy), 6 oz. yogurt, 1 oz. cheese (size of a dice)

**OILS: 6 SERVINGS PER DAY**

Limit saturated and trans-fats.
1 SERVING = 1 tsp. butter, 1 tsp. olive oil, 2 Tbsp. avocado, 2 Tbsp. salad dressing
NUTRITION FOR COLLEGE STUDENTS

Although the “freshman 15” might be an exaggeration, weight gain during college is common.

**Freshmen gain an average of 3.3 pounds during their first semester**, while **1 in 4 freshman gains at least 5% of her body weight.**

Whether you eat in the dining hall, dorm or apartment, regular exercise and a healthy diet can help prevent weight gain.

**DINING HALLS**

In general, college dining halls are all-you-can-eat venues, meaning portion control is very important. The only unlimited items should come from the salad bar – other than dressing, of course. Begin your meal with a hearty salad filled with a variety of vegetables, and assess your hunger when done. If you're still hungry, return to the serving line for small portions of lean protein (such as poultry, fish, beans) and complex carbohydrates (brown rice, whole-wheat pasta, baked potato). The dessert buffet might look tempting, but limit indulgence to once or twice a week.

**DORMS**

Buy healthy foods with a long shelf life, like nuts, seeds, peanut butter, whole/dried fruit, rice cakes, multi-grain bread, crackers and cereal. If you have access to a microwave, oatmeal, canned soup (low sodium & fat) and whole-grain popcorn are healthy options. For those with a fridge, stash veggies (baby carrots, grape tomatoes, celery), low-fat cheese, low-fat milk and hummus. A quick bowl of cereal makes a great breakfast or snack. Choose a breakfast cereal that is high fiber and low in added sugar.

*According to a study in a 2009 issue of “Nutrition Journal.”

**MEAL AND SNACK SUGGESTIONS**

**BREAKFAST**

In a hurry you can grab some fruit and nuts, peanut butter on wheat toast, or a hard-boiled egg with wheat toast. If you have a little time, some oatmeal and fresh fruit or scrambled eggs with wheat toast will fuel you for the next few hours. In a time crunch, remember to go for something filling that is high in fiber and protein.

**LUNCH**

Try not to skip lunch. A salad and hearty soup combination or a wrap (check the calorie count though—it should hover around 500) will fill you up and keep you running at full power.

**SNACK**

Plan ahead for snacks. Throw a bag of walnuts, breakfast cereal, celery and carrot sticks in your backpack.

**DINNER**

A serving (about the size of a deck of cards) of salmon, chicken, steak, or tofu with a side of complex carbohydrates such as brown rice or whole-wheat pasta or baked potato and roasted veggies.

**LATE-NIGHT SNACK**

Keeping some peanut/almond butter, apples, whole wheat crackers, microwave light popcorn in your room is a good plan for when hunger strikes.
HEALTHY OPTIONS | EAST CAMPUS

1899 DINING HALL
1899 Dining Hall is an all-you-care-to-eat dining hall that is open for breakfast (6:30-9:30am), lunch (11am-2pm) and dinner (5-7:30pm) most days. You will find hot entrées, a salad bar, rotisserie meats, panini press, stir-fry station and an omelet bar. It is the only all-you-care-to-eat dining venue on campus.

Gluten-free baked items are available upon request.
Almond and soy milk are available upon request.

GRAINS
Available are a wide selection of whole grain wheat and white breads, gluten-free breads, breakfast cereals, French toast, waffles, a noodle bar with variety of gluten-free noodles (and gluten-free soy sauce), pasta dishes, brown rice and quinoa. Our own Glendora Café and Bakery produces preservative-free breads, muffins, pastries, and desserts.

MILK
Available are whole, low-fat, and non-fat. For those who may need a cow’s milk alternative, almond and soy milks are available upon request. There is a lactose-free soft serve frozen dessert for lunch and dinner.

FRUITS
There are baskets of fresh whole fruits such as apples, bananas and oranges. The salad bar has chopped fresh fruit.

VEGETABLES
The salad bar is stocked with green leafy vegetables, beets, and a variety of toppings. Hot entrées and stir-fry stations have steamed, roasted, and stir-fry vegetables.

MEATS/PROTEIN
Hot entrées feature beef, poultry and fish cooked in a variety of ways. Stir-fried and grilled meats are much lower in fat than fried meats. The omelet bar is open throughout the day with many nutrient-dense ingredients from which to choose. The liquid eggs that are used are made with real, whole eggs which are pasteurized to destroy bacteria and ensure safety.

HEALTHY BREAKFAST SUGGESTIONS:
Wheat toast with peanut butter, low-fat milk and fresh fruit
Scrambled eggs, breakfast ham*, and paprika rustic potatoes
Made-to-order omelets with spinach, cheese, red bell pepper and wheat toast
Whole grain cereal/oatmeal with low-fat milk and fresh fruit
Yogurt with granola & fresh fruit
Oatmeal with low-fat milk or almond milk and fresh fruit
Cottage cheese, hard-boiled eggs

*NOTE: If you would like to have a breakfast meat, ham has much less fat and calories than bacon or sausage.

Here is a nutritional comparison of Paprika Rustic Potatoes and Triangle Hash Browns. Notice the huge difference in calories and fat grams. Paprika Rustic Potatoes is a very healthy choice!

### Triangle Hash Browns
4 oz

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>370</td>
</tr>
<tr>
<td>Total Fat</td>
<td>9g</td>
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<tr>
<td>Saturated Fat</td>
<td>2g</td>
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<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 5 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>36g</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
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</table>

### Paprika Rustic Potatoes
4 oz

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>80</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
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<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 5 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>7g</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
</tr>
</tbody>
</table>

INGREDIENTS: Russet Potatoes #2, Fresh Dill, Whole Perkett Garlic, Hungarian Paprika Spice, Kosher Salt, Black Pepper.

INGREDIENTS: Tater Triangle Frozen Potatoes Wedge.
**1899 DINING HALL**

<table>
<thead>
<tr>
<th>HEALTHY LUNCH &amp; DINNER SUGGESTIONS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stir-fry Beef Broccoli and brown rice</td>
</tr>
<tr>
<td>Roasted chicken, mashed potatoes and roasted vegetables</td>
</tr>
<tr>
<td>Panini with turkey breast, tomato, cheese on wheat bread</td>
</tr>
<tr>
<td>Gluten-free noodles and vegetables with Sweet and Sour Pork</td>
</tr>
<tr>
<td>Turkey Roast, red potatoes and roasted vegetables</td>
</tr>
<tr>
<td>Salad Bar - green leafy vegetables, beans, carrots, corn, cheese, beets, hard-boiled eggs, broccoli, bell peppers, cucumbers with olive oil and balsamic vinegar</td>
</tr>
</tbody>
</table>

**STARBUCKS®** is open from 6:30am - 1am most days and offers handcrafted beverages, premium teas, and delectable treats. Artfully roasted high-quality arabica coffee is brewed and served one cup at a time.

- Gluten free breakfast sandwiches, Sous Vides (egg bites) and Kind Bars are regularly available.
- Almond milk, soy milk and coconut milk are available.

<table>
<thead>
<tr>
<th>HEALTHY DRINK SUGGESTIONS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plain iced or hot black coffee. Instead of heavy cream, add lowfat or nonfat milk. Avoid adding flavored syrups.</td>
</tr>
<tr>
<td>Iced Tea Infusion or plain hot tea</td>
</tr>
<tr>
<td>Fruit smoothie has vitamins and protein</td>
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<table>
<thead>
<tr>
<th>HEALTHY FOOD/SNACK SUGGESTIONS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oatmeal</td>
</tr>
<tr>
<td>Egg white and red pepper Sous Vides (egg bites)</td>
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<tr>
<td>Breakfast sandwich without bacon</td>
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<tr>
<td>Paninis</td>
</tr>
<tr>
<td>Kind Bars (gluten free), nuts, popcorn or string cheese</td>
</tr>
<tr>
<td>Almond or peanut butter</td>
</tr>
</tbody>
</table>

*Note: Avoid foods with a high amount of sugar and fat like pastries, candy, chocolate bars, yogurt parfaits and chips.*
COUGARS’ DEN CAFE is open for lunch and dinner (11am - midnight most days). Here you can create your own burgers, hot sandwiches, pizzas, pastas, salads, smoothies and crepes. Items from Glendora Café and Bakery are also available along with a variety of gelato.

- Gluten-Free hamburger buns, pasta, and pizza dough available upon request
- Dairy free cheese available upon request

HEALTHY LUNCH & DINNER SUGGESTIONS:

- Salad - spinach, cheese, carrots, tomatoes, diced chicken with balsamic dressing
- Grilled chicken sandwich on whole wheat bun with lettuce and tomatoes
- Veggie Burger on whole wheat bun with half a salad
- Personal pizza topped with chicken, vegetables, and mozzarella cheese
- Smoothie with almond milk, strawberries, mango and kale with a scoop of whey protein
- Whole wheat pasta with chicken, veggies, and marinara sauce

Here is a nutritional comparison of The Big Den Burger and the Grilled Chicken Sandwich. Notice the huge difference in calories and fat grams! The chicken sandwich is a much healthier choice!
PAWS N’ GO is open 7:30am - 1am most days. It is a convenience store that offers a variety of snacks, beverages, refrigerated and frozen foods as well as frozen meals like Udi’s, Amy’s brand health foods, Glutino Crackers, premade refrigerated breakfast sandwiches, burritos, mixed fruit bowls, yogurt parfaits, sushi, salads, sandwiches and wraps.

HEALTHY SUGGESTIONS:

- Hard-boiled eggs
- Oatmeal cup with lowfat milk and fresh fruit bowl
- Yogurt (choose Greek for more protein)
- Almonds, peanuts
- Hummus with pretzels or carrots
- Fresh fruits and avocado, locally sourced
- Pre-made salads/sandwiches/wraps - chicken or turkey
- Frozen Pizza (gluten free available)
- Whole grain crackers (gluten free available)
- Carrots with lite ranch dressing dip
- Bare Chips

MEXICALI GRILL, open 8am - 8pm most days serves a variety of Latin American foods made fresh daily, such as burritos, tacos, bowls, salads, nachos, quesadillas, grilled vegetables, slow-cooked beans, homemade salsa and guacamole. **Corn tortillas and corn tortilla chips have no gluten containing ingredients.

HEALTHY BREAKFAST SUGGESTIONS:

- Eggs, Soy Chorizo and grilled veggies with corn tortilla
- Breakfast burrito on a wheat tortilla and grilled veggies
- Breakfast quesadilla with soy chorizo

*NOTE: If you want meat, soy chorizo has much less fat and calories than bacon or sausage.

HEALTHY LUNCH & DINNER SUGGESTIONS:

- Bowl with pollo asado, brown rice, black beans, grilled veggies, corn salsa
- Soft tacos (corn tortillas) with carne asada, grilled veggies, salsa
- Quesadilla on wheat tortilla with grilled veggies
- Salad with grilled veggies, black beans, guacamole and salsa
- Nachos with carnitas, beans, cheese, guacamole and fresh salsa

*Note: Hold sour cream and chipotle ranch sauce as they are high in fat and calories. Salsas are a healthy choice.
**SAM’S SUBS** has eggs, bacon, ham flatbread for breakfast. For lunch/dinner Sam’s offers a variety of made-to-order sandwiches, salads and flatbread pizzas. They are open 9am - 8pm most days.

- Gluten free rolls are available upon request.
- Dairy Free cheese available upon request.

**HEALTHY BREAKFAST SUGGESTIONS:**

- Scrambled egg with ham on flatbread

**HEALTHY LUNCH & DINNER SUGGESTIONS:**

- Breads: Whole Wheat, Honey Oat, Italian Herb, Flatbread
- Proteins: roast beef, turkey, oven roasted chicken, tuna salad, hummus, and
- Vegetables: load up! Spinach, tomatoes, onion, cucumber, olives, pickles, jalapeños and guacamole
- Cheese: American, Cheddar, Swiss, Provolone, Pepper Jack
- Make any sandwich into a salad.
- Flatbread Pizza* topped with veggies and ham
- Sides: whole fruit instead of chips, cookie or candy

*NOTE: If you would like to have meat on flatbread pizza, oven roasted chicken has much less fat and calories than pepperoni.

**UMAI SUSHI** features a variety of freshly made sushi rolls, edamame, miso soup, teriyaki chicken bowls and poke bowls. Hours are 11am - 8pm most days.

**HEALTHY LUNCH & DINNER SUGGESTIONS:**

- Rolls: California, Alaska, Avocado, Cucumber, Salmon, Veggie, Spicy Tuna, Tuna, Dragon, Rainbow with rice
- Chicken teriyaki bowl (go light on sauces/spicy mayo)
- Poke Bowl
- Bento Box: half roll and half chicken teriyaki with brown rice
- Sides: Miso soup, side salad, seaweed salad, edamame

**THE GRILL AT HERITAGE** is open for breakfast, lunch and dinner from 7am - 8pm most days. Served here are breakfast burritos, a wide variety of hot entrées, burgers, veggie burgers, chicken sandwiches, paninis, sliders, pizza, and Chinese food.

- Gluten free hamburger buns are available upon request.
- Dairy free cheese available upon request.

**HEALTHY LUNCH & DINNER SUGGESTIONS:**

- Rotisserie Chicken, carrots & celery or side salad
- Grilled chicken sandwich on whole wheat bun with a side salad
- Veggie burger lettuce wrapped, carrots & celery
- Fuse Burger on whole wheat bun with a side salad
- Pizza topped with cheese and veggies
- Chinese Express: Kung Pao chicken, stir fry tofu, broccoli beef, grilled Asian chicken with steamed vegetables, yakisoba noodles
THE MARKET AT HERITAGE offers oatmeal, breakfast sandwiches and burritos, muffins, bagels, pre-packaged fruit bowls, salads, sandwiches, and a fresh salad bar with hot soups. There are a wide variety of snack items. Hours are 7am - 8pm most days.

HEALTHY BREAKFAST SUGGESTIONS:
- Oatmeal, low-fat milk (almond and soy) and fresh fruit cup
- Cream of Wheat, low-fat milk (almond and soy) and an apple
- Hardboiled egg (refrigerator) with whole wheat toasted bagel
- Toasted bagel with peanut butter

HEALTHY LUNCH & DINNER SUGGESTIONS:
- Salad Bar: Romaine/spring mix lettuce, turkey, kidney beans, corn, broccoli, hard-boiled eggs, tomatoes, bell pepper, cucumber, carrots, olives, cheese, hummus, olive oil and vinegar for dressing
- Chicken or turkey wrap with fresh fruit cup
- Any broth based soup
- Chicken or turkey sandwich (pre-made) on whole wheat with mustard (instead of mayonnaise)

HEALTHY SNACK SUGGESTIONS:
- Fresh fruit (banana, apple or orange) or fruit cup
- Hard-boiled eggs, Greek yogurt, cheese sticks (mozzarella)
- Hummus with pretzels or carrots
- Combo packs with whole grain crackers, cheese, grapes, lunchmeat, breadsticks

HILLSIDE GROUNDS proudly serves Starbucks™ coffee, teas, juice & yogurt smoothies, açai bowls, ice cream, oatmeal, pastries and fresh baked items from Glendora Café and Bakery. They are open from 6:30am - 9pm most days.

- Gluten-Free muffins, bagels and bread are available upon request.
- Almond, soy, and coconut milk available upon request.

HEALTHY SUGGESTIONS:
- Teas and coffee (hot or iced) without added flavors or creams
- Oatmeal with low-fat milk
- Açai bowl

A grande iced vanilla latte has 190 calories, 4 grams of fat and 30 grams of carbohydrates*. A grande iced coffee with no milk or sweetener has only 5 calories and 0 fat grams*. The iced coffee is the lower calorie choice!

* According to Starbucks™ Nutritional Facts
QUESTIONS: 
Please email APU’s Dietitian/Nutritionist, Julie Negron, R.D., at dietitian@apu.edu.

NUTRITION FACTS: 
Visit apu.edu/diningservices or use the APU Mobile App.