Finding Healthy Options at SJSU!

You have many food choices to make each day, so why not pick items that help you function at your best? We’ve searched the campus (and nearby) to identify delicious healthy options. To be considered “healthy” we used the following checklist, which you can use at any time to find your own healthy options:

Are your food choices “healthy”?  

☑ Does it come from a core food group (grain, vegetable, non-fat or low-fat dairy, fruit, or LEAN protein)?

☑ Was it steamed, baked, or prepared with minimal amounts of fat (< 3g/serving)?

☑ Is it broth-based, NOT cream-based, soup?

☑ Does it contain minimal added sugars (<8 g/serving), for cereals, snack foods (excluding milk and fruit products)?

☑ Is it a frozen meal with less than 650 mg sodium and 4 grams saturated fat?

☑ Is it a snack that is between 100-200 calories?

Reading food labels leads to conscious & empowered eating!

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**On Fourth Café (Tully’s)**

**Breakfast**

- Oatmeal.
- Bagels.
- Non-fat or 1% yogurt.
- Hard-boiled eggs (cage free!).
- Whole fruit such as bananas or pre-packaged sliced fruit.
- Try a breakfast sandwich such as the "Egger" Allan Poe or the Morning Eye Opener.

**Beverages**

- **Water** is always available (and should be your first choice).
- Try coffee with nonfat or low-fat milk. Reduce creams, sugars/syrups, or other high calorie additions. Try Silk soy milk.
- Juice can also be a good source of calcium, vitamin D, and phosphorous. Look for 100% juice and keep your serving size to 6oz. Simply Orange, Tropicana, Ocean Spray (Cranberry), and Odwalla are great choices.

**Lunch**

*Healthier sandwiches and wraps:*

- Moby Dick (light on mayo).
- The Secret Garden.
- Washington Square (light on the aioli).
- Under the Tuscan Sun (light on pesto mayo).
- Roma Sub Rosa Wrap (light on the Caesar).
- Paradise Lost Wrap.

**Snacks**

Try Baked Lays or fruit as a snack.

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**Student Union Food Court**

**Panda Express**

- Look for “wok smart” options under 250 calories.
- Try mixed vegetables, veggie spring roll, or hot and sour soup on the side.

**Salad Bar**

- Freshly prepared salads – try Italian or oil/vinegar dressing (2 Tbsp. is a serving).
- Add tuna, tofu, beans, or veggies to increase the protein in your own salad.

**Cactus Café & Quesadilla Corner**

- Grilled chicken, salsa chicken, or carne asada burritos, tacos or taco salad.
- Limit sour cream.
- Add salsa and veggies when possible.

**Jamba Juice**

- Breakfast: steel-cut oatmeal.
- Smoothies: Look for smoothies close to 200 calories such as Peach Perfection, Mega Mango, and Strawberry Whirl.
- Try to order size “sixteen” and all-fruit smoothies. Many smoothies can also be made light—just ask!

**General Area**

*The Student Union also features the Fruit Stop, with fresh produce including apples, bananas, oranges, and much more!*

- **Soups**: Choose broth-based over cream-based soups to reduce the calories.
- **Pre-made Section**: For a fast choice, look for the pre-made foods in the food court. These items include: sushi, salad, sandwiches, fruits, and hard-boiled eggs.
- **Snacks**: Popchips, Special K bars, Nutri-Grain bars, KIND bars, yogurt, yogurt parfaits, and fruit cups.
Just Below
Just Below is the marketplace below MacQuarrie Hall. Many foods are USDA certified organic.

Breakfast
★ Hard-boiled eggs (cage free).
★ Fage, Wallaby, or Stonyfield yogurt.
★ Cereals with less than 8 g sugar/serving: Cheerios, Raisin Bran, Special K.
★ Steel-cut oatmeal.
★ Breakfast sandwiches can be made with egg whites instead of whole eggs. Choose an English muffin or bagel.

Lunch
★ Pre-packaged salads (avoid creamy dressing), Lean Cuisine, Evol Burritos, Annie Chun’s soup, Amy’s microwaveable food (such as Sweet & Sour Asian Noodle), Garden Lites souffles, Barilla Microwavable Meals.
★ Visit the deli and choose lots of veggies, whole grain bread, and a low-fat spread. (The Peter Piper sandwich is spicy and delicious!)
★ Fresh soup from the deli area.

Snacks
★ Yogavive chips, Sabra hummus, string cheese, Taylor Farms Trios (e.g., apples or carrots w/ dip), Kashi bars, KIND, jerky, baked chips, pita chips, Terra (veggie chips), Sahale snacks (nut mix), Kopali, Late July, Bumble Bar, Clif Mojo, Nature Valley, Sunspire.
★ Trail Mix, fruit snacks, dried fruit.
★ Visit the Smart Cart (in front of Just Below) every Thursday for fresh fruit and veggies.

OFF CAMPUS
La Victoria Taqueria
La Vic is located near the Fourth St. and San Carlos campus entrance.

For tacos, enchiladas, and quesadillas:
★ Choose corn tortillas.
★ Sides: rice, salsa, whole pinto or black beans.
★ Meats: chicken, carne asada, buche/pork (“asada” means grilled).
★ Veggies: lettuce, tomatoes, salsa, onions, and peppers.
★ Limit added guacamole, sauces, and sour cream.

Togo’s
Togo’s sandwiches range from 400-1300 calories, menu information available online.
★ Order a “regular” size turkey & avocado, chicken salad, hot chicken, or BBQ beef.
★ On salads, try low-fat balsamic or fat-free serano grape vinaigrette.
★ Salads and salad wraps all fall under 700 calories (Santa Fe Chicken).
★ Moroccan lentil, garden vegetable, and chili, and old fashioned chicken noodle are great snack or side options.

Café Pomegranate
Café Pomegranate is located on San Fernando, across the street from Hugh Gillis Hall and Dudley Moorhead Hall.
★ Chicken, salmon, and tofu are healthy protein choices.
★ For sauces, try Pomegranate (contains nuts) or Shallot Balsamic.
★ Soup, salad, shirazi (cucumber and tomato salad), lentils, or rice make good side choices.

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SJSU’S GUIDE TO DELICIOUSLY HEALTHY OPTIONS