

Healthy Meal Options on Campus



Einstein's Brothers Bagels

● Bagel Combinations

Bagel

Plain	Blueberry
Cinnamon Raisin	Cranberry
Potato	Asiago
Chocolate Chip	Honey Whole Wheat
Egg	Sun-dried Tomato
Onion	Garlic

Shmeers

Plain
Maple Raisin and Walnut
Honey Almond
Strawberry
Blueberry
*All 25% reduced- fat shmeers

*Adding meat (listed under seahawk grill section) and vegetables to a bagel, paired with a side from above is a good meal combination as well.

Campus Cafés(School House, Fair Trade Market, Java City, Courtside Café)

● Bagel Combinations

All of the bagels listed above under Einstein's with light cream cheese or peanut butter.

● Sushi

All of the sushi available is a great choice. Brown rice is preferred over white rice because of the additional fiber it provides and the minimal processing.

● Cold Case

Chick-fil-a grilled chicken wrap with no or light dressing (try mustard instead of dressing), salads with light dressing, Hummus and a pita, Veggies and hummus on a bagel.

● Side Items

Sun Chips, Baked Lays, Light Doritos, sliced fruit, apple slices with no caramel dip (or used sparingly), whole fruit, Balance Bars, Nature Valley Granola bars, Snickers Nutrition Bars, veggie packs

Bagel sandwiches are fine, they are not the best option, but remember if consumed, they are about 4 of your recommended servings of grains per day.

Helpful Hints

- Remember to try and incorporate fruit and vegetables whenever possible.
- Watch your drink choices. 64 oz. of water is recommended each day. Regular soft drinks and juices can add additional calories to any meal.
- With bagels, to avoid getting so many carbohydrates in one serving, you can Eat half of the bagel at a meal and save the other half for a snack a little later.



Health Promotion
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