

# HEALTH WISE

*A guide to eating healthy at Fresno State*

University Dining Services offers a wide variety of options when dining on campus. Whether you are vegan, vegetarian, gluten free or simply trying to eat healthy, you can find what you are looking for in one of our 15 on campus dining locations.

University Dining Services | 559.278.3904

[www.fresnostatedining.com](http://www.fresnostatedining.com)

**FRESNO STATE**

University Dining Services

Effective July 1, 2021

## USU SNACK BAR



Located in the University Student Union next to Bulldog Bowl - *temporarily closed for the fall semester*

- Fresh cut seasonal fruit cups and yogurt parfaits
  - Various salads, sandwiches and wraps - many without meat
  - Assorted healthy snack items including hummus cups - high in fiber and vitamins and is a great source of plant-based protein
  - Various frozen entrees most of which are organic, vegetarian or vegan, soy free, gluten free, plant-based and/or Halal
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## SUBWAY EXPRESS



Located inside the Food Court in the University Student Union

- Fresh Fit Menu - 8 six-inch subs with 400 calories or less and when made to standard recipe contain 2 servings of vegetables and 24 grams of whole grains
  - Make any sandwich into a salad or build your own salad - when made to standard recipe, contains 5 servings of vegetables
  - g-grain and honey oat bread are both rich in fiber - 6" sub offers 5g, or 20%, of your daily fiber needs
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## PANDA EXPRESS



Located inside the Food Court in the University Student Union

- Option of brown or white steamed rice instead of fried rice
  - WOK Smart Menu – Selection of entrées that are 300 calories or less and at least 8g of protein
  - No added MSG
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Vegan



Gluten Free



Healthy



Vegetarian

## JUICE IT UP!



Located in the University Student Union next to Bulldog Bowl

- Whole fruits and juices blended with nonfat yogurt and/or sorbet
  - Substitute Greek yogurt in any smoothie - contains twice the protein of regular yogurt and has probiotic cultures
  - Raw juice blends - meet your daily needs of vitamins, minerals and micronutrients
  - Acai and pitaya superfruit power bowls - many of which are high in fiber, protein, antioxidants and healthy omega fats
  - Cold pressed juices and shots - all with various health benefits and high in fiber and vitamins
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## TACO BELL EXPRESS



Located in the University Center Building across from the University Student Union

- 75% of menu items are 500 calories or less
  - Most menu items can be ordered "fresco style", replacing mayo-based sauces, cheeses, reduced-fat sour cream and guacamole with fresh diced tomatoes - this reduces fat by up to 25%
  - Refried beans and/or rice can be substituted on tacos, nachos, burritos and/or quesadillas to make them vegetarian
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## JULIO'S TAQUERIA—**COMING SOON**



Located inside the Food Court in the University Student Union

- Napal (grilled cactus) available as a vegetarian option on any taco, burrito or bowl
  - Low carb "Taco Lite" which comes wrapped in lettuce instead of a tortilla
  - Vegetarian breakfast burritos
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## THE BUCKET



*Located in the University Center Building across from the University Student Union*

- Substitute a Beyond Beef plant-based vegan patty on any burger
- "Lettuce Wrap" any burger to reduce carbohydrates or make it gluten free
- Choose a side salad instead of French fries or chips with your meal - reduces calories, carbohydrates and saturated fats
- "Healthy Eats" menu launched in fall 2018
  - \* Vegan Kale Crunch Salad with shaved brussels sprouts, dried cranberries and sliced almonds - rich in minerals and vitamins and gluten free
  - \* Vegan Fajita Bowl made with brown rice, avocado and black beans - high in fiber and vitamins, good source of whole grains
  - \* Assorted wraps using whole wheat and chipotle chile tortillas - lower carbohydrates. You can turn any wrap into a salad or bowl to make it gluten free and eliminate carbs
  - \* Variety of bowls and salads made with fresh produce, grilled chicken, seasonal vegetables, brown rice and more - lower calorie meal option, most menu items are high in fiber, protein and vitamins and low in carbohydrates

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## ME-N-ED'S SLICES PIZZERIA



*Located inside The Bucket at the University Center Building*

- Locally sourced produce delivered and prepped fresh daily
- Substitute a gluten free crust on any whole pizza
- Cheese or fresh vegetable pizza can be ordered as a vegetarian option



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Healthy



Vegetarian



Located inside the Henry Madden Library and inside Kennel Marketplace at Campus Pointe

- Various protein boxes - many are vegetarian and/or gluten free
- Packaged salads and sandwiches - vegetarian and gluten free options available
- Variety of hot and cold drinks under 200 calories
- Sugar substitutes - low or no calorie sweeteners and sugar-free syrups available
- Dairy replacement options - almond, coconut, oat milk, and soy milk
- Substitute nonfat milk and less or no whipped cream and save 80-110 calories, depending on size of drink



Located next to Fresno State Housing

- All-you-care-to-eat salad bar with locally sourced, delivered daily produce, fruits and vegetables as well as specialty signature salads. Includes light and gluten free salad dressing options
- Make-your-own grain bowls which include quinoa, legumes and seasonal roasted vegetables
- Made-to-order deli station with a variety of vegan and vegetarian options including grilled tofu and seasonal vegetables, soy cheese, tempeh, vegan mayonnaise and more
- Vegan main entrée at lunch and dinner everyday
- Made-to-order omelet station with fresh seasonal vegetables, egg whites and assorted meats and cheeses
- Baked potato bar - 14% of daily fiber intake, 30% of daily vitamin intake, 12% of daily carbohydrate intake and 610 milligrams of potassium
- Halal certified meats used in some entrees, check weekly menus for dates offered
- Variety of whole grain options including assorted cereals, rice, pastas and bread



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## PAWS-N-GO CAFE



Located in the Peter's Business Building and the Kremen Educational Building - *Kremen location is temporarily closed for the fall semester*

- Assorted packaged snacks that are gluten free, vegan, vegetarian and/or healthy - Nuts, multigrain chips, popcorn, granola bars, trail mix and more
  - Fresh cut seasonal fruit cups, yogurt parfaits, hardboiled eggs and hummus cups
  - Assorted whole fruit
  - Various salads, sandwiches and wraps - many without meat
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## PAWS-N-GO MARKET



Located in the North Gym

- Assorted packaged snacks that are gluten free, vegan, vegetarian and/or healthy - Nuts, multigrain chips, popcorn, protein bars, granola bars, beef jerky and trail mix
  - Fresh cut seasonal fruit cups, yogurt parfaits and hummus cups
  - Vegan noodle bowls
  - Naked Juice and Kombucha drinks - gluten free and vegan
  - Various frozen entrees most of which are organic, vegetarian or vegan, soy free, gluten free, plant-based and/or Halal
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## PAWS-N-GO SNACK BAR



Located in the Satellite Student Union - *temporarily closed for the fall semester*

- Assorted packaged snacks that are gluten free, vegan, vegetarian and/or healthy - Nuts, multigrain chips, popcorn, granola bars, trail mix and more
  - Fresh cut seasonal fruit cups, yogurt parfaits and hummus cups
  - Various salads, sandwiches and wraps - many without meat
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