

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 many on-campus dining locations

University Dining Services | 559.278.3904

www.fresnostatedining.com

FRESNO STATE

University Dining Services

Updated 1.2022

USU SNACK BAR



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

- 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



Halal Certified



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
 - Corn shells and nacho chips are gluten free
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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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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

STARBUCKS



Located on the second floor of 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



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UNIVERSITY DINING HALL



Located next to Fresno State Student Housing

- All-you-care-to-eat salad bar available everyday
 - * Locally sourced fresh seasonal fruits and vegetables prepared daily
 - * House made specialty salads and dressings
 - * Low fat, vegan and/or gluten free salad dressings available
- Make-your-own grain bowls available everyday
 - * Includes a rotating variety of grains and legumes like quinoa, cous cous, farro and chickpeas
 - * Healthy vegan protein options like edamame, avocado, tofu, and more
- Made-to-order deli station available everyday
 - * Includes a variety of vegan and vegetarian options like grilled tofu and tempeh
 - * Soy cheese, vegan mayonnaise, and gluten free bread available
- Made-to-order omelet station available at breakfast
 - * Includes egg whites and vegan, plant-based JUST egg
 - * Fresh seasonal vegetables and a variety of proteins and cheeses
- Baked potato bar available everyday - 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
- Vegan main entrée featured at lunch and dinner everyday
- Beyond Beef hamburger patties available at lunch and dinner everyday
- Gluten free bread, hamburger buns, cereal, and pasta available



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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*

- 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

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

PAWS-N-GO SNACK BAR



Located in the Satellite Student Union - *temporarily closed*

- 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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