

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 14 campus dining locations.

University Dining Services | 559.278.3904

www.fresnostatedining.com

FRESNO STATE

University Dining Services

Effective January 2024

SUBWAY EXPRESS



Located in the food court at the University Student Union

- Several six-inch sandwich options that are 400 calories or less and contain 2 servings of vegetables and 24 grams of whole grains *when made to standard recipe*
- Make any sandwich into a salad or build your own salad for a gluten free meal option - contains 5 servings of vegetables *when made to standard recipe*
- Choose hearty multigrain bread which is rich in fiber - 6" sub offers 3 grams, or almost 20%, of your daily fiber needs
- Choose from a variety of fresh-cut, locally sourced vegetables for your salad or sandwich

PANDA EXPRESS



Located in the food court at the University Student Union

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

UNION SNACK BAR



Located in the food court at the University Student Union

- Assorted packaged snacks that are gluten free, vegan or vegetarian, kosher, plant-based, keto-friendly and/or healthy including nuts, protein bars, beef jerky, string cheese, trail mix and more
- Cheese and fresh vegetable pizzas, whole or by the slice, available as a vegetarian meal option
- Variety of *Naked Juice* smoothie drinks available which are a good source of vitamins and protein and are vegan and gluten free
- Probiotic kombucha drinks available which are loaded with antioxidants and help maintain gut health



Vegan



Gluten Free



Healthy



Halal



Kosher



Vegetarian

JUICE IT UP!



Located in the University Student Union next to Bulldog Bowl

- Fresh, raw, immunity-boosting fruits and juices blended with nonfat yogurt and/or sorbet
- Raw juice blends to meet your daily needs of vitamins, minerals and micronutrients
- Various acai and superfruit power bowls many of which are vegan, gluten free, high in fiber, protein, antioxidants and healthy omega fats
- Cold pressed juices and shots available all with various health benefits and high in fiber and vitamins
- “Make it green” to add an extra serving of raw spinach and kale for an added boost of vitamins, minerals and fiber

TACO BELL



Located in the food court at the Lynda and Stewart Resnick 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, black beans, potatoes, and/or rice can be substituted on almost all menu items to make them vegetarian. Also order it “fresco style” to make the menu item vegan
- Many menu items are made without gluten, including crunchy tacos, power bowls, hash browns, Doritos Tacos, and more

ME-N-ED'S SLICES PIZZERIA



Located inside The Bucket at the University Center Building, across from the University Student Union

- Locally sourced produce prepared fresh daily
- Substitute a gluten free crust on any whole pizza
- Cheese and fresh vegetable pizzas, whole or by the slice, available as a vegetarian meal option



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THE BUCKET



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

- Substitute a Beyond Meat plant-based vegan patty on any burger
- Get your burger “lettuce wrapped” (eliminate the bun) to reduce carbohydrates and/or make it gluten free
- Choose a side salad instead of French fries or chips with your meal to reduce calories, carbohydrates and saturated fats
- Assorted wraps available using whole wheat and chipotle chile tortillas, which are lower in carbohydrates than bread or hamburger buns
- Variety of salads available that are made with fresh, locally sourced produce, grilled chicken and seasonal vegetables. These are lower calorie meal options and most are high in fiber, protein and vitamins and low in carbohydrates
- Turn any wrap into a salad to make it gluten free and reduce carbohydrates

STARBUCKS COFFEE



Located on the second floor of the Henry Madden Library

- Various protein boxes available, many of which are vegetarian and/or gluten free and include a full serving of fruits and vegetables
- Vegetarian breakfast and lunch items available including steel-cut oatmeal, sous vide egg white and red pepper bites, tomato and mozzarella sandwich and more
- Variety of hot and cold drinks available that are under 200 calories each
- Low or no calorie sweeteners and sugar-free syrups available in any drink
- Variety of dairy replacement options available including almond, coconut, oat and soy milks
- Substitute nonfat milk and less or no whipped cream and save 80-110 calories, depending on the size of drink



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THE HABIT BURGER GRILL



Located in the food court at the Lynda and Stewart Resnick Student Union

- Variety of vegetarian menu options including the Impossible Charburger, Grilled Cheese, Garden Salad and more
- The Veggie Burger is vegan as-is, no modifications needed
- Get your burger “lettuce wrapped” (eliminate the bun) to reduce carbohydrates and/or make it gluten free
- Choose a side salad instead of French fries with your meal to reduce calories, carbohydrates and saturated fats
- All shakes and ice cream sundaes are gluten free

TOSS-N-CHOP



Located in the food court at the Lynda and Stewart Resnick Student Union

- Fresh, seasonal, locally sourced produce is used for all menu items
- Multiple vegan and gluten free salad dressing options available including vegan balsamic vinaigrette, herby lemon vinaigrette and chili lime vinaigrette
- Halal certified chicken is used in all salads and wraps
- Vegan, vegetarian and/or plant-based protein options available such as organic tofu, quinoa, edamame and chickpeas
- Choose kale as the base for your salad or wrap which is high in calcium, fiber, vitamins and potassium. Kale is considered a superfood because it is loaded with nutrients and antioxidants, it is fat-free, sugar-free, cholesterol-free, and low in sodium and calories
- Variety of *Naked Juice* smoothie drinks available which are a good source of vitamins and protein and are vegan and gluten free
- Probiotic kombucha drinks available which are loaded with antioxidants and help maintain gut health



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UNIVERSITY DINING HALL



Located next to Fresno State Student Housing

- All-you-care-to-eat salad bar with locally sourced 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
- Dedicated vegan station featuring a rotating menu of hot entrée and side dish selections available at breakfast, lunch and dinner daily
- Made-to-order omelette station with fresh, locally sourced seasonal vegetables, egg whites and assorted meats and cheeses available for breakfast seven days a week
- Build-your-own baked potato bar available daily for lunch and dinner - 14% of daily fiber intake, 30% of daily vitamin intake, 12% of daily carbohydrate intake and 610 milligrams of potassium
- Grilled Halal chicken available at lunch and dinner everyday - add it to your salad, sandwich, pasta and more
- Variety of whole grain options including assorted cereals, rice, pastas and bread which are a good source of fiber, vitamins and minerals

PAWS-N-GO CAFÉ



Located in the Peter's Business Building

- Assorted packaged snacks that are gluten free, vegan or vegetarian, kosher, plant-based, keto-friendly and/or healthy including nuts, protein bars, granola bars, beef jerky, trail mix and more
- Assorted whole fruit, fresh cut seasonal fruit cups and yogurt parfaits available for a healthy snack option on the go
- Variety of fresh salads, sandwiches and wraps available, many made without meat for a vegetarian meal option



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PAWS-N-GO MARKET



Located in the North Gym

- Assorted packaged snacks that are gluten free, vegan or vegetarian, kosher, plant-based, keto-friendly and/or healthy including nuts, multigrain chips, popcorn, protein bars, granola bars, beef jerky, vegan jerky, trail mix and more
- Visit the **Green Zone** inside the market and find a variety of frozen entrees that are certified organic, vegan or vegetarian, soy free, gluten free, plant-based, kosher and/or Halal including vegan noodle bowls, Soyrizo breakfast burritos and more
- Grab an *Amy's Three Cheese and Kale Bowl* made with organic rice pasta and veggies for a gluten free, kosher heat and eat meal - microwave available on site
- Variety of *Naked Juice* smoothie drinks available which are a good source of vitamins and protein and are vegan and gluten free
- Probiotic kombucha drinks available which are loaded with antioxidants and help maintain gut health

RSU CAFÉ



Located in the Lynda and Stewart Resnick Student Union

- Assorted packaged snacks that are gluten free, vegan or vegetarian, kosher, plant-based, keto-friendly and/or healthy like nuts, protein bars, granola bars, beef jerky, string cheese, trail mix and more
- Grab a *Lenny & Larry's Complete Cookie*, available in a variety of flavors, made with up to 16g of plant-based protein and 10g of fiber. They are certified vegan and non-GMO as well. Or grab a *Quest* protein bar, available in a variety of flavors, when you need a kosher snack on the go
- Fresh cut seasonal fruit cups and yogurt parfaits available for a healthy snack option
- Variety of fresh salads, sandwiches and wraps available, many made without meat for a vegetarian meal option



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