Healthy Campus:
A Guide for Making Smart Food Choices

healthytulane 2020
Dear Campus Partners,

Tulane University is committed to creating and sustaining a healthy, safe, and engaging place to live, work, and study. This guide to Healthy Eating on Campus is part of an ongoing effort to create a culture of health at Tulane.

Much of our time on campus is spent in meetings, classes, or other social events. Campus culture, and part of the New Orleans experience, revolves around socializing and eating. This guide is meant to provide the means for students, faculty, and staff to make healthier choices for themselves and to spread that knowledge to meetings and other campus events. Our hope is that by providing tools to offer healthier food options at meetings and events, we will improve the health of the Tulane Community.

This guide has been developed by the Healthy Tulane 2020 coalition and began out of meetings with several departments, including the Newcomb College Institute, Athletics, and Housing and Residence Life. theWELL, part of Student Health Services, saw an opportunity to create this document as part of our larger efforts to improve health on campus. Special thanks to the committee members including Sarah McAllister, Kendra Klebba, Jackie Rouege, Rachel Rubenstein, Julia Bersin, and Kelsey Moran for their initial work on this project. We hope you will find this guide useful and a tool for change in how you host meetings and events on campus.

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Food in the Tulane Community

New Orleans - the city where everyday is a celebration! When you’re in New Orleans, you don’t celebrate without food - gumbo, king cake, beignets, etouffee. . . the list is as long as St. Charles Avenue. Could there be a more fun and delicious place to learn, work, and live than Tulane University?

While our city is known worldwide for being the place to eat and play, it is important that we at Tulane are also committed to leading healthy lives. The Healthy Tulane 2020 Coalition aims to create a healthy environment that will benefit our campuses and the community as a whole. Each day, we are given food choices that impact our health, energy, and overall quality of life. That’s why we’ve created this Healthy Campus Dining Guide. The information in this guide is meant to help the students, staff, and faculty of Tulane gain knowledge and access to healthy food options that will foster wellness for themselves and the Tulane Community.

Choosing for One’s Self

Tulane faculty, staff, and students are busy people. Hectic schedules while living and working on a university campus can make healthy choices seem impossible or too time consuming. Instead of opting for nutritious meals, we may rely on fast food, vending machine lunches, or skipping meals altogether.

In this guide, you’ll find options for dining at many on-campus locations, as well as some of your favorite spots off-campus. There are also tips for making healthy choices at home, so you can shop smart and cook smart for family and friends.

Choosing for One’s Own

Peer-pressure - we all face it. Our social and physical environments play a huge role in shaping our daily choices. We can be either supported or hindered by where and with whom we spend our time. For faculty, staff, and students spending most of their weeks on campus, it is important that the Tulane Community has healthy food options available.

How do you make sure people come to your meeting? Lunch! How do you make sure they leave your meeting feeling and being their best? Healthy lunch! By supporting healthy choices in offices and classrooms, we are supporting behaviors that will ripple through campus and into the homes and lives of the Tulane Community.

Based on a survey of Tulane staff departments and organizations, we reviewed the menus of the most popular vendors and have highlighted healthy options in this guide. Aside from on-campus vendors and our favorite nearby restaurants, we’ve also included some catering options for planning your meeting or event.
Healthy Eating Guidelines

These guidelines were developed as an initiative of the Healthy Tulane 2020 Programming Workgroup, with the assistance of staff and students of the Center for Culinary Medicine and TUWellness. The guidelines represent best practices from other universities and current clinical nutrition evidence to reduce risk for major chronic disease such as heart disease and diabetes.

The basic guidelines are:

1) Eat fewer calories - enjoy what you eat, but in smaller portions
2) Be more active - your food is your fuel
3) Eat more vegetables and fruits - at least half of every meal
4) Eat more whole grains - at least half of the grains you eat should be whole
5) Choose foods that are low in fat - lean meat, low-fat dairy
6) Hydrate well - drink water instead of sodas and other sugary drinks

Healthy Plate

MyPlate has replaced the old USDA food pyramid. MyPlate is an easy way to plan, prepare, and buy meals based on the guidelines listed above. It’s easy to visualize portions of each food group when you consider them as part of your plate as a whole. This method also eliminates the need for tracking grams per serving, servings per day, etc. The MyPlate website has many useful tools for making decisions to eat healthfully everyday at home, at work, and out and about.
Choosing from a Menu
Birthdays, date nights, forgotten packed lunches, Wednesday - all good reasons to go out to eat, but not good reasons to forget healthy eating choices. Use the following suggestions for making healthy choices when ordering off a menu at a restaurant:

- Choose healthy portions instead of “supersize” or “jumbo.” (Lots of fresh veggies are OK!)
- Choose meal items with at least 2 servings of fresh, unprocessed vegetables or fruits.
- Opt for snack items with at least 1 serving of fresh, unprocessed vegetables or fruits.
- Choose cheese, cream, or butter in moderation. “Loaded” usually means extra butter, sour cream, cheese, bacon, etc., which can mean more fat.
- Choose lean meats instead of high fat options such as ham and bacon.
- Select items that are grilled, sautéed, baked, or steamed.
- Avoid food that is fried, breaded, or battered.

Let’s practice by ordering from Reginelli’s.
Look at the menu options below and make your selection based on the guidelines above.

Example 1: Reginelli’s Pesto Tortellini
Description: Cheese-filled tortellini with creamy pesto sauce
Healthy choice? No, due to “cheese-filled” & “creamy” sauce.

Example 2: Reginelli’s Chicken Pita
Description: Marinated chicken breast with roasted red peppers, roasted garlic and mozzarella, brushed with a sun dried tomato and calamata olive pesto
Healthy choice? Maybe, if there are two vegetable servings; preparation method is most likely grilled. If portion is enough for two meals, split with a friend or take half home.

Example 3: Reginelli’s Chicken Salad
Description: Marinated chicken breast served warm on a bed of mixed greens with green apples, topped with gorgonzola, vine ripened roma tomatoes and roasted pecans, tossed in a balsamic citrus vinaigrette
Healthy choice? Yes! Salad has at least 2 servings of vegetables; marinated chicken breast is most likely baked/grilled; order vinaigrette dressing on side.
Dining On Campus
We have lots of healthy dining options on campus. Try some of these, or use the guidelines to explore your own.

Baja Fresh
Cut carbs and calories by ordering a salad, or choose a burrito and save half for dinner.
Try:
Shrimp Baja Ensalada
Mango Chipotle Salad
2 Baja Steak Tacos

Byblos
A Mediterranean diet is one of the best ways to eat healthy because of all the delicious, lower fat options, such as:
Falafel and hummus pita
Greek Salad
Healthy sides like tabouli or baba ghanoush

Einstein Bros. Bagels
Bagel Thins and light cream cheese spreads will cut calories, fat, and carbs. Also try:
Turkey Sandwich
Skinny Vanilla Latte

City Diner
Control portion sizes by asking for half-orders of potatoes and bread, or asking for extra vegetables. Try:
Veggie Lovers Omelette
Blackened Chicken with seasonal vegetables
Turkey Burger
Dining On Campus

**Freshens**
Order small yogurt-based smoothies with fruit and no added sugar, like:
- Mango Beach Smoothie
- Peach Breeze Smoothie
- Strawberry Oasis Smoothie

**Le Gourmet**
Order whole grain breads, light or no cheese, and condiments on the side.
For example:
- Turkey sandwich on whole wheat French bread, pepperjack cheese, extra veggies, and no mayo

**Panda Express**
Load up on veggies and low-fat protein like chicken and tofu, but avoid battered and fried items. Try:
- Sauteed or steamed mixed vegetables
- Tofu with string beans
- Small portion of broccoli and beef with a side of brown rice

**Quiznos**
There are lots of salad options here, but use dressings sparingly to cut calories and fat.
Try:
- Harvest Chicken Salad with light dressing (order dressing on the side)
- Cup of chili or chicken noodle soup
Dining Off Campus
Headed out? We’ve still got you covered!

Cafe Freret

*Practice portion control—go with a friend and split a meal!* Try:
- U-Decide Omelet: 1 meat, 1 cheese, 3 veggies, and wheat toast
- Spinach and mushroom quesadilla with light cheese and no sour cream
- House salad for side

Crepes a la Cart

*Go light on spreads, cheese, and add no extra sauces or cream. Make it a meal:*
- A La Carte Crepe - extra veggies, 1 meat, and light cheese

Felipe’s

*Select healthy sides and smaller entrees for a complete meal:*
- Chips and guacamole (2 oz. portions)
- 2 Fish or shrimp tacos
- Side of beans (4 oz.)
Dining Off Campus

Five Happiness

Order half portions of rice/noodles and meat, double the vegetables, and sauce on the side:
- Shrimp and assorted veggies
- Minced chicken lettuce wraps
- Combination seafood soup

Subway

Build your own sandwich or salad as healthy as you want!
Order a 6” or a 12” and save half for later:
- Turkey breast with light American cheese on whole grain bread; light oil and vinegar
- Veggie delight—all the veggies you want with avocado and mustard
- Spinach salad with oven roasted chicken, dressing on side
Dining Off Campus

**Fresco’s**  
*Lots of options for pizza, sandwiches, and salads. Try:*  
Roasted eggplant dip  
Small Greek salad  
Portabella mushroom pizza on whole wheat dough, light cheese (1 slice)

**Juan’s Flying Burrito**  
*Opt for grilled meat or veggie entrees with no sour cream. Have water or unsweetened tea to save calories for your meal. Try:*  
Wicked Garden Fajita Plate  
Pollo Verde Enchiladas  
Tijuana Caesar with dressing on side

**Pita Pit**  
*Ask for whole grain pita bread and load up on veggies.*  
*Build your own or order off the menu:*  
Resolution Solution pita, like the Light Chicken Crave  
Gyro Pita with tzatziki sauce on side  
Spicy black bean with chipotle sauce on side
Dining Off Campus

Pyramids Cafe
There are a lot of vegetarian choices here, but also plenty of meat options:
Grape leaves stuffed with meat or veggies (small as appetizer or large as meal)
Eggplant sandwich with hummus
Lamb chops

Reginelli’s
Have a salad as a meal, or split a heavier dish with a friend. Try:
Avocado and Asparagus Salad, honey dijon vinaigrette on side
The Mad Capper sandwich
Chicken Calzone - split with a friend

Roly Poly
Choose 6-inch subs on wheat bread and opt for reduced fat dressings and cheeses.
Roll your own or try:
Cape Codder
Popeye’s Tuna
Garden Vegetable Soup
Catering Services

There are a lot of delicious, healthy options for planning big meetings or events. Ask your vendor for healthy items and request grilled vegetables, lean proteins, salads with dressings on side, and whole grains, if available. If ordering boxed meals, request a fruit or vegetable side instead of chips.

Robert’s

Breakfast
Bagel breakfast tray (ask for whole wheat bagels and light cream cheese or peanut butter)

Platters and Entrees
Antipasto tray
Spinach salad with grilled chicken
Turkey wrap tray (ask for spreads on the side)
Sushi platter

Sides and Snacks
Vegetable tray with dips on side (ask for light dips)
Green beans almandine
Artichoke balls

Whole Foods

Prepared Foods
Grilled chicken/tofu lettuce wraps
Classic shrimp cocktail
Whole wheat penne pasta with tomato, spinach, and garlic
Mediterranean feast
Cranberry tuna salad
Portobello mushroom petite baguette sandwiches

Catering Options
Salsa medley
Seasonal fruit tray
Seasonal vegetable crudites
Smoked salmon tray
Grilled veggies and lemon hummus sandwich box
Spinach and mushroom breakfast tacos
Choose THIS, Not THAT!
It’s all up to you. Whether you’re at school, work, or play, you can make healthy choices in the things you eat all day.

**Breakfast**
*Choose This:*
- Oatmeal with fruit and nuts
- Whole wheat bagel thins or English muffins
- Veggie egg white omelette
- Greek yogurt or cottage cheese with fruit

**Lunch and Dinner**
*Choose This:*
- Lean meats, poultry, and fish
- Whole wheat pasta or brown rice
- Salad or steamed vegetables

**Snacks and Desserts**
*Choose This:*
- Fresh vegetables with salsa or hummus
- Fresh fruit salad with yogurt
- Low-fat popcorn
- Small cookies

**Drinks**
*Choose This:*
- Water—still or sparkling, naturally flavored
- Unsweetened iced tea with lemon
- Coffee or hot tea with skim milk
Choose THIS, Not THAT!

**Breakfast**

*Not That:*
- Boxed sugar cereals
- Muffins, donuts, pastries
- Eggs with butter, cheese, or meat
- Sweetened yogurt with sugar or high-fructose corn syrup

**Lunch and Dinner**

*Not That:*
- Fried or marbled meats and fish
- Pastas in cream or cheese sauces
- Fried vegetables or heavy dressings/sauces

**Snacks and Desserts**

*Not That:*
- Corn chips and cheese or sour cream dip
- Cobblers, pies, and tarts
- Potato chips
- Cake, brownies, and baked goods

**Drinks**

*Not That:*
- Soda, sports drinks, and energy drinks
- Sweet tea with sugar or artificial flavors
- Half-and-half or heavy cream