

What Am I Eating?

Nutrition advocate guide to campus eating



Healthy Eats on Campus

Rutgers' campuses offer a wide variety of eateries. Written by the RUHS HOPE Nutrition Advocates, this booklet provides a nutritional analysis of some of the most popular foods offered outside the dining halls, along with suggestions on healthful menu items.



The key nutrients affecting our health are calories, total fat, saturated fat, sodium, and fiber. Proper amounts of these nutrients are vital to our general well being.

Things to think about:

- An excess of calories, total fat, and/or saturated fat may lead to obesity and heart disease.
- High sodium (salt) intake is linked to high blood pressure, which can lead to heart disease and stroke.
- A lack of dietary fiber may contribute to colon cancer and general digestive problems.

Eating can be challenging when trying to follow a healthy, balanced diet. These important dietary recommendations will help you improve and maintain your health:

- Choose from a variety of foods to eat.
- Eat foods in moderation.
- Watch your portion sizes.
- Limit intake of unhealthy fats (saturated and trans fatty acids), cholesterol, added sugars, salt, and alcohol.
- Eat a sufficient amount of foods from each food group.
- Exercise daily.

The RU Nutrition Advocates is a student group that promotes health through nutrition and exercise.

<http://health.rutgers.edu/healthed/advocates.asp>

| KEY | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|--|---------------|-------------------|-------------|----------------|
| Green cell (Healthy Choice) | <3 | <1 | <140 | >5 |
| Regular Font (Okay Choice) | 3.1-19.9 | 1.1-4.9 | 141-499 | 2.5-4.9 |
| <i>Bold Italic font (Poor Choice)</i> | 20+ | 5+ | 500+ | <2.5 |

One Star (*): food item contains moderate to low amounts of total fat and saturated fat

Two Stars (**): food item includes bonus of having low amounts of sodium or high amounts of dietary fiber (4 to 5g)

Busch Campus

Burger King

Location: Busch Campus Center

Hours of operation: Mon- Thurs 8am- 11pm, Fri 8am- 10pm, Sat- Sun 11am- 11pm

Basic Info: Burger King is known for the royal flavors of their burgers and fries. They also offer a value menu, which is perfect for students on a budget.

| Popular Items | Calories | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|------------------------------------|----------|---------------|-------------------|-------------|-----------|
| French Fries (medium)-salt added | 480 | 23 | 5 | 820 | 5 |
| Double Whopper sandwich w/cheese | 1010 | 65 | 24 | 1,530 | 3 |
| Tendercrisp Chicken sandwich | 800 | 46 | 8 | 1,640 | 3 |
| Whopper sandwich w/cheese | 770 | 48 | 16 | 1,450 | 3 |
| Whopper Junior sandwich w/o cheese | 370 | 21 | 6 | 560 | 2 |

Smart Choices: Cheese may be tempting but it is best to leave it off your burger. It will decrease your total fat and saturated fat intake significantly. Also, try to stay away from fried items and calorie containing condiments (e.g., mayo). If you really want those French fries, opt for the small fries or share with a friend. You can visit their website at <http://bk.com> for more nutritional information.

Szechwan Express

Location: Busch Campus Center; Atrium and Food Bazaar, Rutgers Student Center

Hours of operation: Mon- Thurs 8am- 11pm, Fri 8am- 10pm, Sat- Sun 11am- 11pm

Basic Info: If you have a craving for Chinese, Szechwan Express is the place to go. Many of the typical Chinese entrees are offered such as, General Tso's chicken or beef with broccoli, as well as side orders including egg rolls, sushi, soup and chicken wings. They also make items special to order such as, shrimp fried rice or roast pork lo mein. Szechwan Express offers two different sized meal options: a box (bigger) or a bowl. The combo box and bowl includes two entrees with a side of rice or lo mein. The entrée box includes three entrees.

| Szechwan Express Popular Items | Calories | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|--------------------------------|----------|---------------|-------------------|-------------|-----------|
| General Tso's Chicken | 733 | 42 | 7 | 2,264 | 2 |
| Chicken w/broccoli* | 273 | 15 | 4 | 1,327 | 2 |
| Beef w/broccoli | 604 | 23 | 6 | 3,677 | 14 |
| Fried Rice* | 390 | 12 | 3 | 740 | 2 |
| Chicken wings (6 pieces) | 400 | 26 | 7 | 660 | 0 |

Smart Choices: Both the combo box and bowl contain more than one serving of food, so split the meal with a friend or save half for later. Choosing an entrée with a mixed vegetable and asking for steamed rice, instead of fried, are additional ways to limit calories and enjoy a nutritious meal. Other strategies to consider when ordering Chinese are to avoid deep fried foods and appetizers by opting for steamed or stir fried items. Try to limit sauces, which tend to have high amounts of sodium.

College Avenue Campus

Wendy's

Location: Atrium and Food Bazaar, Rutgers Student Center

Hours of operation: Mon- Thurs 10am- 12am, Fri 10am- 11:30pm, Sat- Sun, 11am- 11:30pm

Basic Info: When most people imagine a typical fast food restaurant, they picture classic hamburgers, chicken sandwiches, and salads. Wendy's offers all of these selections, as well as additional healthy choices such as, fresh fruit bowls, chili, and baked potatoes served with all of your favorite toppings.

| Wendy's Popular Items | Calories | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|-------------------------------------|----------|---------------|-------------------|-------------|-----------|
| Quarter Pounder | 430 | 20 | 7 | 870 | 2 |
| Chicken Nuggets (5 nuggets)* | 220 | 14 | 3 | 490 | 0 |
| Jr. Bacon Cheeseburger | 380 | 18 | 7 | 810 | 2 |
| Crispy Chicken Deluxe sandwich | 400 | 20 | 5 | 980 | 1 |
| Caesar Side Salad w/caesar dressing | 290 | 23 | 4.5 | 550 | 1 |

Smart Choices: Lighten up your meal at Wendy's with the Ultimate Chicken Grill sandwich, which is lower in total fat than other sandwiches. You can also try a salad with low or reduced fat dressing;

both the Mandarin Chicken and Spring Mix salads are healthy choices. If you are craving a burger, get a Jr. Hamburger with ketchup, lettuce, tomato, and skip the mayonnaise, for 100 fewer calories and only half the fat of its popular counterpart, the Jr. Bacon Cheeseburger. To round out the meal, add a side salad to include extra fiber and nutrients. Two other options that are satisfying and relatively low in fat are a small bowl of chili or baked potato with broccoli and cheese, without the margarine and sourcream. Visit their website for more information at <http://www.wendys.com/food/Nutrition.jsp>.

Gerlanda's Pizza and Café

Location: Atrium and Food Bazaar, Rutgers's Student Center
Hours of operation: Mon- Thurs 8am- 11pm, Fri 8am- 10pm, Sat- Sun 11am- 11pm

Basic Info: Gerlanda's offer a variety of selections to satisfy any appetite. Their menu includes pizzas, calzones, soups, salads, sandwiches and wraps. They have an assortment of pizza ranging from plain to specialty pies such as margarita, classic white, and Sicilian, which can be ordered as a whole pie or by the slice. Sandwiches, wraps, and salads are prepared fresh every day and prepackaged for convenience. They offer a soup and salad deal as well as a sandwich meal deal, which includes soda and a side of pasta salad or potato salad. An extensive catering menu is also available for large parties.

| Gerlanda's Popular Items | Calories | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|----------------------------------|----------|---------------|-------------------|-------------|-----------|
| Plain Pizza (1 slice)* | 475 | 10 | 4.5 | 1,020 | 2 |
| Pepperoni Pizza (1 slice) | 541 | 16 | 7 | 1,273 | 2 |
| Chicken Parmesan Pizza (1 slice) | 664 | 25 | 10.5 | 1,227 | 4 |
| Four Season Pizza (1 slice) | 611 | 22 | 10 | 1,245 | 5 |
| Tuna Pasta Salad* | 373 | 17 | 3 | 657 | 1 |

Smart Choices: There are many ways to make a nutritious meal at Gerlanda's. Simply add vegetable toppings such as spinach, broccoli, peppers, or onions to pizza and stay clear of high fat meat toppings like pepperoni and sausage. For salads, select a "lite" or fat free dressing or use only half your usual amount. Choose sandwiches made with lean deli meats such as turkey, ham, or roasted beef topped with lettuce and tomato. For variety and added fiber, try one of Gerlanda's specialty wraps such as the Rainforest Wrap or Santa Fe Wrap.

Subway

Location: Atrium and Food Bazaar, Rutgers's Student Center
Hours of operation: Mon- Thurs 8:30am- 12am, Fri 8:30am- 12pm, Sat- Sun 11am- 12pm

Basic Info: Subway is a great place for custom-made sandwiches. Subs are made to order by selection from a variety of rolls, deli meats, or chicken breast strips, cheeses, and toppings. Besides subs, Subway has many different types of wraps, meats, salads, and even breakfast sandwiches. They also offer special meal deals, which include the Fresh Value Meal and the Soup Combo.

| Subway Popular Items | Calories | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|--|----------|---------------|-------------------|-------------|-----------|
| Turkey sub (6 inches)* | 280 | 4.5 | 1.5 | 1,020 | 4 |
| Sweet Onion Chicken Teriaki sub (6 inches)* | 370 | 5 | 1.5 | 1200 | 5 |
| Italian BLT (6 inches) w/pepperoni, salami & ham | 450 | 21 | 8 | 1,790 | 4 |
| Tuna sub (6 inches) | 530 | 31 | 7 | 1,030 | 4 |
| Veggie Delight sub (6 inches)** | 230 | 3 | 1 | 500 | 5 |

Smart Choices: Make smart choices at Subway by selecting from their "Six Grams or Less" menu. When creating a sandwich, opt for the six-inch sub instead of the foot-long and choose a honey oat or wheat roll for added fiber. Select lean deli meats (e.g., turkey, ham, roast beef) and don't forget to add lettuce, tomatoes, peppers or olives for a nutritious bonus. Cutting back on creamy condiments/dressings (e.g., mayonnaise) and even cheese is another strategy to limit unwanted saturated fats and calories. Replace fountain soda for water or low fat milk, and opt for soup (non-cream based) instead of the side of potato chips or cookies. You can check out their website for additional nutritional information at the following:

<http://www.subway.com/subwayroot/MenuNutrition/index.aspx>

Au Bon Pain

Location: 126 College Avenue (adjacent to Rutgers's Student Center), 732-873-9845
Hours of operation: Mon-Fri 7am- 1am, Sat 8am- 1am, Sun 8am- 1am

Basic Info: Au Bon Pain is your source for delicious coffee drinks plus a whole lot more. Besides an array of beverages, you'll find a varied breakfast menu, baked goods, soups, salads, wraps, and sandwiches. You can check the nutrition facts of each item inside the store on their computer located next to the cashier counter or visit their website at <http://aubonpain.com>.

Au Bon Pain (cont'd)

| Au Bon Pain Popular Items | Calories | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|-----------------------------|----------|---------------|-------------------|--------------|-----------|
| Chicken Caesar Asiago Wrap | 610 | 28 | 9 | 1,140 | 5 |
| Bagel w/bacon, egg & cheese | 560 | 18 | 7 | 1,100 | 3 |
| Mozzarella Chicken sandwich | 680 | 24 | 8 | 1,140 | 2 |
| Blueberry Muffin* | 490 | 17 | 2 | 500 | 2 |
| Tuna Melt | 670 | 29 | 10 | 1,120 | 5 |

Smart Choices: If you are a coffee drinker, order your coffee with low-fat frothed milk instead of whipped cream and hold or limit the amount of sugar you add. Try to avoid cream cheese, bacon, croissants, and doughnuts. For lunch or dinner, any broth-based soup with half a sandwich is a nutritious combination. Opt for their multigrain baguettes and loaves for added fiber to your meal. The Oriental or Thai chicken salads are healthy choices as well, but make sure you choose a “lite” or fat-free dressing. In the mood for a wrap? The Fields and Feta wrap are good options because they contain moderate amounts of healthy unsaturated fats and 14 grams fiber.

Fresh Frites (Authentic Belgian Waffle)

Location: Rutgers Student Center, Red Lion Café
Hours of operation: Mon- Sun 11am-12am

Basic Info: Have an urge for Belgian fried potatoes? They have over ten tasty sauces to accompany the frites. Fried in canola oil that does not contain peanuts or Trans fats! All of their ingredients are fresh.

| Fresh Frites Popular Items | Calories | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|---|----------|---------------|-------------------|--------------|------------|
| Fresh Frites w/out sauce (regular size)* | 442 | 35 | 3.5 | 582 | 4 |
| Fresh Frites w/buffalo blue cheese sauce (regular size) | 800 | 72 | 11 | 1,357 | 4 |
| Fresh Frites w/cheddar cheese sauce (regular size) | 535 | 40.5 | 5.5 | 1,121 | 4 |
| Fresh Frites w/chipotle pineapple sauce (regular size)* | 505 | 40 | 6 | 714 | 5 |
| Fried Oreos (4) | 434 | 35 | 3 | 140 | 0.5 |

Smart Choices: Skip the cream based sauces and go for a lighter variety. Enjoy your frites with the traditional ketchup or marinara sauce. They offer a salsa for a nice twist and jalapeño cilantro for a

tasty kick. The best part is that you can try the sauces before you order them to ensure you like it. If you have a craving for fried oreos, split the order with a friend or save for later. The frites can be ordered in different sizes so opt for the smallest size.

Grease Trucks

Location: Corner of College Avenue and Hamilton Street.
Hours of operation: Mon- Sun 7am- late night

Basic Info: The Grease Trucks are known for their famous Rutgers Fat Sandwiches. However, they also offer a variety of other items including a number of breakfast specials, subs, sandwiches, salads, and various Middle Eastern dishes.

| Grease Trucks Popular Items | Calories | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|-----------------------------|----------|---------------|-------------------|--------------|-----------|
| Fat Darrell | 1,483 | 71 | 23 | 2,569 | 6 |
| Fat Beach | 1,462 | 69 | 24 | 2,987 | 9 |
| Fat Cat | 1,988 | 118 | 39 | 2,792 | 4 |
| Fat Knight | 1,415 | 68 | 25 | 2,408 | 10 |
| Fat Sam | 1,495 | 76 | 23 | 3,300 | 9 |

Smart Choices: The notorious Fat sandwiches are not a late night snack to be taken lightly. They are extremely high in total and saturated fat, sodium, and calories. For most people, one sandwich exceeds their daily requirements for sodium, total and saturated fats. If you feel the need for a Fat sandwich, opt for a Veggie Fat Cat, without the fries, marinara sauce instead of mayonnaise, or share with a friend. Better choices include the chicken or turkey wrap or a roast beef, turkey or ham sub. Remember to hold the mayo and cheese. Other healthy alternatives are a tossed salad or grilled lemon chicken platter, minus the cole slaw and macaroni salad sides. If you are feeling adventurous, try the chicken kabob sticks. For breakfast ask for scrambled egg whites or an egg white omelet with mushrooms and spinach rather than omelets with bacon or sausage. To avoid additional unwanted fat, forget the home fries. Don't let those trips to the Grease Trucks lead to excess pounds!

King Pita Palace

Location: Atrium and Food Bazaar, Rutgers Student Center
Hours of operation: Mon-Thurs 9am- 12am, Fri- Sun 11am- 11pm

Basic Info: King Pita Palace offers students both Middle Eastern and American Favorites, including soups and appetizers, pita sandwiches, combo platters, as well as a dessert and breakfast menu. The platters

include salad, hummus, and pita bread, while curly fries are included with the more traditional American cuisine. They also have many exotic juices, such as hibiscus and mango. King Pita Palace is a notable establishment if you are a vegan or vegetarian, as they offer many tasty vegetarian choices that are clearly labeled as such on the menu.

| King Pita Popular Items | Calories | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|-------------------------|----------|---------------|-------------------|-------------|-----------|
| Hummus appetizer** | 210 | 10 | 1.5 | 300 | 6 |
| Gyro wrap | 417 | 22 | 9 | 299 | 1 |
| Grilled chicken kabob** | 290 | 12 | 3 | 105 | 0 |
| Chicken fingers (5) | 570 | 30 | 8 | 1,010 | 2 |
| Falafel | 525 | 21 | 3 | 531 | 3 |

Smart Choices: For a healthy light lunch or snack, try the hummus appetizer or the lentil or vegetarian soups. Better choices for entrees include the grilled chicken kabob, turkey breast, or eggplant. Be sure to have a salad and hummus with pita bread on the side if ordering a platter. Avoid ordering the curly fries, which can add an additional 500 calories and 25 grams of fat to your meal; instead, add a side salad or fresh fruit to your meal. As an alternative to soda or sweetened iced tea choose water or hot mint tea. If you must order dessert, try splitting it with a friend or try the fresh fruit salad.

George Street

Douglass Pizza & Grill

Location: Outside Rockoff Hall, George Street
Hours: 7 days a week 11am-12pm

Basic Info: Your chance to taste real home-style pizza and other great foods. A community hotspot located underneath Rockoff, the Douglass Pizza and Grill offers quality food made on site for dine-in, pick-up, or take-out. If you want something off the grill or even a slice of their best, give them a call and they'll give it to you hot, fresh, and delicious.

| Douglass Pizza Popular Items | Calories | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|------------------------------|----------|---------------|-------------------|-------------|-----------|
| Fat Cat | 961 | 42 | 10 | 2,271 | 7 |
| Cheeseburger | 614 | 21 | 9 | 1,346 | 4 |
| Chicken Philly Cheesesteak | 1071 | 42 | 10 | 2,009 | 6 |
| Buffalo Pizza | 623 | 28 | 11 | 1,503 | 6 |
| Chicken Caesar Wrap | 774 | 42 | 7 | 1,104 | 6 |

Smart Choices: Don't let the words chicken or wrap fool you into thinking that it will tip the scales in your favor. A chicken Caesar wrap contains creamy dressing and a chicken Philly Cheesesteak includes about twice the calories of TWO hamburgers. Here's a recipe for success: bite into a grilled chicken wrap with balsamic vinegar for a savory and convenient meal to go. Feeling pizza instead? Have them cut you out a slice of plain or vegetable pizza to get the flavor you crave without the unwanted saturated fat and calories. If you're going to get sides (e.g., French fries), share with a friend and enjoy!

Starbucks

Location: George Street

Hours: Mon-Fri 6-11pm, Sat 7-12am, & Sun 7-10pm

Basic Info: This George street hotspot boasts the rich roasts and light refreshments of the iconic Seattle coffee chain, Starbucks. With its array of coffees, teas, syrups, and spices you can conjure up Starbucks classics that will surely match the mood of the evening. To accompany the drink, Starbucks offers a variety of light snacks ranging from fresh fruit and cheese to danishes and coffecake.

| Starbucks Popular Items | Calories | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|--|----------|---------------|-------------------|-------------|-----------|
| Caffe Latte Grande w/ 2% milk* | 190 | 7 | 4.5 | 150 | 0 |
| Caramel Macchiato Grande w/ 2% milk** | 240 | 7 | 4.5 | 130 | 0 |
| Mocha Frappucino Grande w/whip cream | 380 | 15 | 9 | 240 | 0 |
| Classic Coffee Cake | 420 | 18 | 11 | 530 | 1 |
| Banana Chocolate Blend Grande w/ 2% milk** | 270 | 5 | 2.5 | 170 | 6 |

Smart Choices: Starbucks drinks can be made to include especially healthy choices with the option of substituting skim for whole milk and/or half and half. Although some may complain about the aftertaste of artificial sweeteners, the fact that it may sweeten your drink without the extra calories is a no brainer. If you are thinking of grabbing lunch, remember to portion your meals, and choose fresh fruit over baked goods that contain a high amount of calories with little nutritional value. But if your sweet tooth craves an occasional indulgence, share, treat a friend, or save it for later.

Cold Stone Creamery

Location: Outside Rockoff Hall, George Street

Hours: Mon-Sat 12pm-10:30pm Sun 1pm-10pm

Basic Info: Have these strong armed ice cream artists carve you out a scoop or two of the ultimate indulgence. From unique ice cream creations to smoothies and cakes/shakes, Cold Stone uses the highest quality ingredients and ends with their signature process of preparing your custom creation on a frozen granite stone. Check out their food establishment website for healthier options:

http://www.coldstonecreamery.com/icecream/healthy_indulgences.html

| Cold Stone Popular Items | Calories | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|---|----------|---------------|-------------------|-------------|-----------|
| Cake Batter Ice Cream (Like it)* | 340 | 19 | 12 | 180 | 0 |
| Chocolate Devotion (1/2 cup)* | 200 | 11 | 6 | 80 | 1 |
| Savory Strawberry (Like it) | 1,000 | 55 | 35 | 240 | 2 |
| Cake & Shake (Like it) | 1,140 | 60 | 36 | 700 | 1 |
| Strawberry Bananza Smoothie (Like it)** | 220 | 1 | 0 | 30 | 3 |

Smart Choices: Substitute lighter options into your favorite cold Stone dessert - Sinless Sans Fat Sweet Cream, Sinless Cake Batter, Tart and Tangy yogurt or dairy-free sorbet (lemon or raspberry). Tart and Tangy yogurt, available in plain or berry and a Like It size, is the better serving choice and can be enjoyed for as little as 140 calories with zero grams of fat. Swap the regular ice cream such as the Oh Fudge Shake, with the Sinless Sweet Cream for a treat that has 61% fewer calories and contains 97% less fat. Choose fruit mix-ins instead of candy add-in's to save on calories. You can have dessert in a balanced diet by choosing wisely.

Cook/Douglass Campus

Douglass Café- Grill & Deli

Location: Douglass Student Center (DSC)

Hours of Operation: Mon-Thurs 7:30am - 8:00pm, Fri 7:30am - 10:00pm

Sat & Sun 10:00am - 10:00pm

Basic Info: The Douglass Café offers a variety of meals made to order or pre-made for a quick takeout. Sample some of their fresh-baked items such as bagels, muffins, Danishes, and cookies early or late with their “breakfast anytime.” Also take advantage of their variety of deli sandwiches, sizzling “Hot Spot”, grill favorites, soup-salad bar, and

Ancho grill, conveniently located in the DSC. The “hotspot” features specially prepared entrees that range from soul food American classics to international cuisine. Look out for their swipe period for a chance to exchange meal swipes for a great meal.

| Douglass Café Popular Items | Calories | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|-----------------------------|----------|---------------|-------------------|-------------|-----------|
| Cheesesteak | 612 | 20 | 8 | 1,240 | 3 |
| Buffalo wrap | 791 | 44 | 9 | 1,642 | 6 |
| Buffalo salad | 594 | 51 | 10 | 1,247 | 4 |
| Turkey BLT on croissant | 644 | 41 | 15 | 2,081 | 2 |
| Chicken Quesadilla | 516 | 21 | 13 | 1,022 | 2 |

Smart Choices: The Douglass Café has a lot to offer. For breakfast, have a low sugar cereal (e.g., cheerios) with low-fat milk, hearty oatmeal, or Greek Yogurt with fruity jam on whole wheat toast. Grilled chicken and lean cold-cut sandwiches (with turkey, ham or roast beef) are always available (hold the mayo) for lunch, with a daily soup special (avoid cream soups). For vegetarians, take advantage of the hummus wraps, veggie burgers, fresh salad bar, and grilled veggie sandwiches instead of quesadillas and mozzarella sticks. Opt for water, low-fat milk, or 100% fruit juice when you're offered a deal with a medium fountain drink. If you want to indulge in high-fat items such as fries, chips, and cookies, split an order with a friend to cut your calories in half.

Uno's Pizzeria

Location: Douglass Student Center (DSC)

Hours of operation: Mon-Thurs 11am-8pm, Friday-Sunday 11am-10pm

(Closed in Summer)

Basic Info: Chicago's Uno Pizzeria has a new home at the Douglass Student Center. They offer crispy crusts and bubbly cheese pizzas for Rutgers students looking to enjoy a change from the dining hall's pizza food experience. You can get a variety of toppings ranging from plain to pepperoni, which can be ordered as a whole pie or by the slice. Not feeling pizza? Cheese sticks and Stromboli are available for purchase as well.

| Uno's Pizzeria Popular Items | Calories | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|------------------------------|----------|---------------|-------------------|-------------|-----------|
| Cheese Pizza (1 slice) | 580 | 40 | 12 | 920 | 2 |
| Pepperoni Pizza (1 slice) | 610 | 42 | 12 | 1,040 | 2 |
| Cheese Sticks (1) | 280 | 16 | 6 | 830 | 1 |
| Stromboli with ham | 1,220 | 65 | 27 | 2,274 | 4 |

Uno's (Cont'd)

Smart Choices: You don't have to skip this Italian American classic to make smart choices. Add vegetable toppings such as spinach, broccoli, peppers, or onions to pizza, and stay clear of high-fat meat toppings like pepperoni and sausage. The key to eating pizza is moderation and innovation. Add something that will complement the order such as a piece of fruit that will leave you feeling satisfied.

Cook Café & Market

Location: Cook Campus Center (CCC)

Hours: Mon - Thurs 7:00am-12:00am, Fri-Sun 7:00am-11:00pm

Basic Info: The Cook Café and Market offers a variety of wraps, sandwiches, quesadillas, burgers, gyros, subs, and other grill items as well as vegetarian selections. They serve breakfast all day and include a wide range of nutritious snack items in their market. Eat your meal there and hang out with friends, watch TV, or check your e-mail. You can always get your meal to-go and enjoy it at home too.

| Cook Café Popular Items | Calories | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|----------------------------|----------|---------------|-------------------|-------------|-----------|
| Buffalo Chicken wrap | 753 | 41 | 19 | 1,786 | 4 |
| Buffalo Chicken Quesadilla | 888 | 47 | 23 | 791 | 6 |
| Cheesesteak | 948 | 46 | 14 | 1,383 | 5 |
| Grilled Veggie wrap** | 443 | 13.5 | 3 | 729 | 7 |
| Cheeseburger | 734 | 34 | 14 | 1,731 | 5 |

Smart Choices: Some healthier alternatives at the Cook Café include a veggie or turkey burger, grilled chicken sandwich, grilled veggie sandwich, veggie gyro, and grilled chicken and broccoli pita. Also available are sandwiches such as turkey, ham and roast beef (hold the mayo). Ask for whole-wheat bread or wraps for added fiber. Make the cheese and mayonnaise optional and try vinegar if you want to highlight flavor. As for drinks, try water, low-fat milk, or 100% fruit or vegetable juice instead of soda, sweetened ice tea, or Powerade. If you are craving Ben and Jerry's, eat only some and save the rest for later. Sharing is caring so offer some to a friend. While you're there you can purchase low-fat milk, whole-wheat bread, and a variety of fruits to bring home as well.

Livingston Campus

Rock Café

Location: Livingston Student Center (LSC)

Hours: Mon - Thurs. 9am-9pm, Fri 9am - 7pm, Sat 12pm - 12am, Sun 5-11pm

Basic Info: The Rock Café offers a large deli as well as grilled specialties, soups, and salads. Breakfast is also offered Monday through Saturday.

| Rock Café Popular Items | Calories | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|-------------------------|----------|---------------|-------------------|-------------|-----------|
| Cheesesteak | 1,036 | 61 | 28 | 2,357 | 4 |
| Bacon Cheeseburger | 604 | 35 | 13 | 1,468 | 2 |
| Turkey Club | 938 | 56 | 14 | 3,818 | 3 |
| Chicken Fingers | 862 | 60 | 12 | 1,755 | 1 |
| Cheeseburger | 414 | 21 | 8.5 | 608 | 2 |

Smart Choices: A complementary salad bar can start your meal while you survey the menu for healthier items. For the main attraction, however, eat simple with lean cuts of meat such as turkey, ham and roast beef. Hold the mayonnaise and opt for mustard or vinegar. Drink water or 100% juice for more nutrients per calorie. For large portions such as the cheesesteak, eat half and save the rest for later. Very often the amounts served can be enough for two entire meals.

Dunkin' Donuts

Location: Livingston Student Center (LSC)

Hours: Mon-Thurs 7am - 10pm, Fri 7am-3pm

Basic Info: Dunkin' Donuts is the largest coffee and baked goods chain in the world providing customers with high quality coffee, bagels, donuts and other baked goods since 1950. Check out their website for more nutritional information:

<https://www.dunkindonuts.com/aboutus/nutrition/>

| Dunkin' Donuts Popular Items | Calories | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|---------------------------------|----------|---------------|-------------------|-------------|-----------|
| Bagel w/cream cheese | 530 | 18 | 9.5 | 1,040 | 3 |
| Egg and Cheese sandwich* | 320 | 13 | 5 | 730 | 2 |
| Glazed Donut* | 220 | 9 | 4 | 320 | 1 |
| Latte** | 120 | 6 | 3.5 | 105 | 0 |
| Coffee w/cream & sugar (10oz)** | 120 | 6 | 4 | 95 | 0 |

Dunkin' Donuts (Cont'd)

Smart Choices: Since even a large coffee (20 fl oz) is only 10 calories to start with, you can guess that the rest of the calories come from the cream and sugar. Try skim milk instead of cream. For sugar, try an artificial sweetener that has little as zero calories. If you choose a bagel with cream cheese or butter, ask for it on the side so you can monitor how much you spread. Aim for 2 tablespoons or less of either condiment. For an egg and cheese sandwich, opt for a whole wheat or multigrain bagel instead of a croissant for added fiber. As for the famous glazed donut, if you have to have it, share it with a friend, but keep in mind the sugary glazes and sweet fillings do not contain much nutritional value.

Sbarro

Location: Livingston Student Center (LSC)

Hours: Mon - Thurs 11am - 10pm Friday 11am - Noon

Basic Info: Sbarro offers a variety of hot and cold meals, bottled beverages, pastries, and a variety of snacks.

| Sbarro Popular Items | Calories | Total Fat (g) | Saturated fat (g) | Sodium (mg) | Fiber (g) |
|---------------------------------|----------|---------------|-------------------|-------------|-----------|
| Baked Ziti | 700 | 41 | 21 | 1,220 | 4 |
| Plain Pizza (1 slice) | 460 | 13 | 9 | 1,080 | 3 |
| Chicken Veggie Pizza (1 slice)* | 530 | 17 | 0 | 1,290 | 5 |
| Mushroom Pizza (1 slice)* | 460 | 14 | 0 | 1,310 | 4 |
| Garlic Knots (1 item)* | 170 | 4.5 | 1 | 370 | <1 |

Smart Choices: Try eating a slice of plain or vegetable pizza rather than adding meat toppings such as pepperoni or sausage, which can lead to extra calories. These are big slices so limit your intake to one slice and add a small side salad. Spaghetti with tomato sauce is another option, but pass or go light on the Parmesan cheese. Split it with a friend or save the rest for leftovers. Try having a side salad with low-fat dressing instead of garlic bread for fewer calories.

Tips to Remember:

- ☑ Avoid fried items and cream based sauces/dressings.
- ☑ Watch your portion sizes.
- ☑ Drink less soda or substitute it with water or unsweetened tea.
- ☑ Opt for grilled, baked or broiled foods.
- ☑ Fruits and veggies are your friends.
- ☑ Don't add extra salt to your dish.
- ☑ Check out MyPyramid.gov to find out your daily requirements!

Disclaimer: The nutritional values included in this guide are approximated. Variations in portion sizes or ingredients will impact these values. Special thanks to the on-campus food establishments that contributed to this guide.

Sources:

Healthy Eating Index website-[http://209.48.219.53/Nutrition Explorer 1.2](http://209.48.219.53/NutritionExplorer1.2)
Restaurant Confidential, Jacobson, M. Copyright 2002, Center for Science in Public Interest
www.nutritiondata.com
www.calorieking.com
www.dietfacts.com
www.rc.rutgers.edu/centers
www.mypyramid.gov

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