THE DEVIL’S ADVOCATE...
For Smarter Dining Choices on Campus
**Introduction**

Do you think it’s impossible to choose good tasting, healthy food to eat on campus? The following booklet contains suggestions to help you make nutritious choices at each and every Duke Campus café. All foods can fit into a healthy diet, as long as your overall eating style is balanced and these foods are eaten in moderation. Some of these picks may not be the lowest in calories, but are well-balanced, nutritious choices. There may be other healthy options available, keep an eye out for them. Use these tips and suggestions to develop your own style of healthy dining.

**Allergen Alert**

At Duke, we take your health and nutrition needs seriously and hope to partner with you to make your dining experience safe and enjoyable. We suggest that you get to know our café managers, as they will be your best resource for allergen identification.

For menus, hours of operation and allergen information please visit: [http://ow.ly/d8XI30522Yf](http://ow.ly/d8XI30522Yf)

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**Coffee Guide**

Many food vendors on campus offer extensive coffee drink menus; the following are general tips when you need a quick pick-me-up.

- **Best Options:** Brewed Coffee, Cappuccino, Espresso, Cafe Americano, Cafe Latte, Iced Cafe Latte.
- **Drinks to choose less frequently:** blended coffee drinks or drinks with whipped cream.
- **Drink Size:** Consider ordering a small/tall drink. Half the coffee means half the sugars or flavorings.
- **Mils:** Ask for low-fat, skim, soy, or almond milk instead of whole milk in beverages.
- **Flavored syrups:** syrups like vanilla or hazelnut add 20 calories per pump to a drink (there are 1-5 pumps per drink).
- **Skip the Whip** - whipped cream can add 70 calories and over 7 grams of saturated fat to your drink. You can ask for “No whip.”
- **For better sleep,** avoid drinking caffeine after 2pm.
**Salad Tips**

- Salad as an appetizer – Order a salad and eat it first. Eating the salad and then your entrée will provide a more balanced meal, and you will probably feel more satisfied.
- If salad is your main meal, include a healthy protein choice such as grilled chicken, fish, tofu or beans and make sure to balance out with a starch: peas, corn, croutons or a roll.
- Add a variety of vegetables to make your salad full of color.
- Salad dressing can be a good source of healthy fat – just watch how much you use, but be sure to use some.
- Use creamy dressings such as Caesar, Blue Cheese, Ranch and Thousand Island sparingly.
- Cheese can be used to enhance the flavor and texture of your salad, but use in moderation.

**Pastry/Dessert Tips**

Pastry and dessert portions tend to be much larger than one portion. Eat occasionally or share.

**Burrito Tips**

Burritos are large and high in starch. Choose rice or tortilla, or eat half paired with a fruit or vegetable side. Practice moderation with toppings like cheese, sour cream, and guacamole; choose one but not all.

**Vendor carries or prepares foods made without Gluten Containing Ingredients and/or recipes may be altered to provide Gluten Friendly options.**

**Vendor carries or prepares vegetarian/vegan meal options**

**Portion Size & Intuitive Eating**

Portion sizes in eateries and cafes can be large. Pay attention to your hunger/fullness cues and use them as a guide to how much you need to eat. Limit distractions while you eat: take a study break, avoid screens, and try to sit down while eating.
Au Bon Pain
919-613-4227

- Alert vendor of any food allergies or intolerances when placing order

SOUP (Seasonal)
- Swiss Chard and 3 Bean
- Beef and Vegetable Stew
- Turkey, Kale & Wild Rice
- Harvest Pumpkin
- Chicken Noodle

SALAD
- Tuna Garden
- Southwest Chicken
- Chicken Cobb with Avocado
- Thai Peanut Chicken
- Grab and Go salads: Vegetarian Deluxe, Harvest Turkey, Chicken Cobb with Avocado

MEAL
- Wraps: Napa Chicken with Avocado, Thai Peanut Chicken
- Sandwiches: Turkey Club, Chipotle Black Bean Burger, Roast Beef and Herb Cheddar, Grilled Chicken Avocado
- Grab and Go sandwiches: Turkey and Swiss, Caprese, Chipotle Turkey and Avocado

SNACK
- Fresh fruit
- Hummus and pita
- Hard-boiled eggs
- Cheese, fruit, and crackers
- Low-fat milk

TIPS
- To make a salad a meal, include protein and a carbohydrate such as beans, corn, or bread. Use salad dressing to contribute some healthy fat.
- Substitute whole wheat bread when possible
Bella Union
919-684-2326

- Alert vendor of any food allergies or intolerances when placing order

**SALAD**
- Grab and Go salads: Cobb, Chopped Mexican, Falafel with Pita

**MEAL**
- Grab and Go sandwiches and wraps: Turkey Pesto, Hummus and Lentil, Turkey and Havarti, Roast Beef Chimichurri
- Burritos: Beef, Chicken, Vegetarian

**SNACK**
- Yogurt Parfait
- Fresh fruit
- Mixed berries
- Chickpea and Edamame salad
- Tomato Mozzarella salad
- Black Bean salad

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Café

- Alert vendor of any food allergies or intolerances when placing order

**SALAD**
- Grab and Go salads: Kale Chicken Caesar, Grilled Rosemary Salmon, Garden Chicken, and Tuna Salad

**CREPES**
- Eggs Florentine
- Chicken Pesto
- Truffled Hummus

**MEAL**
- Grab and Go wraps: Southwest Veggie Wrap, Grilled Salmon
- Grab and Go sandwiches: Harrisa Turkey, Pork Loin, Grilled Chicken
- Grab and Go grain bowls: Quinoa Salmon, Barley Chicken, Vegetable Wheat Berry
- Paninis: Eggplant Mozzarella, Turkey Avocado

**SNACK**
- Kale Chips
- KIND bars
- Granola parfait
- Hummus, veggies, and pita
- Fruit, cheese, and pita

**TIPS**
- Choose smaller sizes for smoothies or juice
Café De Novo
919-613-8571

- Alert vendor of any food allergies or intolerances when placing order

SOUP
• Soup du Jour

SALAD
• Seared Salmon Caesar
• Hummus Plate
• Salade Nicoise

MEAL
• Roasted Veggie Panini
• BLT and Egg sandwich on whole wheat
• Falafel on Pita
• Grilled Chicken on Pita
• Tofu Scramble
• Granola and fresh fruit plate

SNACK
• Little Side Salad
• Fresh fruit
• Mixed fresh fruit
• Vegetable du Jour

TIPS
- Choose organic, baby greens as a side instead of fries
- Add grilled chicken, tofu, steak, or shrimp to any salad for a fee

Café Edens
919-684-3287

- Alert vendor of any food allergies or intolerances when placing order

SALAD
• Chopped Mexican salad
• E Tu Caesar with your choice of protein and dressing on the side
• Garden of Edens (choose a high protein side)
• Meze Platter
• California Club with dressing on the side

MEAL
• Breakfast Quesadilla
• Eggs Your Way
• Grilled Chicken sandwich
• Udon Noodle Bowl
• Falafel on Pita
• Tacos
• Chicken Tikka Masala (veggie version available)
• Grilled Flat Iron Steak

TIPS
- Substitute whole wheat bread for white bread
- Choose a side salad or side of fruit instead of fries
Café at Smith Warehouse

- Alert vendor of any food allergies or intolerances when placing order

SOUP
- Varying soup of the day

SALAD
- Grab and Go salads: Chicken Caesar, Apple Walnut, Mixed Green, Balsamic Honey Chicken

MEAL
- Grab and Go wraps: Grilled Chicken, Veggie, Jalapeño Turkey, Breakfast wrap
- Grab and Go sandwiches (whole wheat bread options): Tuna Salad, Turkey

SNACK
- Fresh fruit
- Hummus
- Oatmeal to go
- Greek Yogurt
- Fresh fruit cup
- Protein Box

Chef’s Kitchen

- Alert vendor of any food allergies or intolerances when placing order

TIPS
- Menu changes frequently
Commons

- Alert vendor of any food allergies or intolerances when placing order

SALAD
- House salad
- Arugula salad
- Chopped Salad

APPETIZERS
- Mussels
- Lump crab salad
- Spinach cakes

MEAL
- Grilled Salmon
- Jumbo Sea Scallops
- Filet Mignon 7 oz

TIPS
- Add salmon, shrimp, chicken, or ribeye to salads for protein
- Instead of fries, choose sautéed mushrooms, grilled asparagus, or sautéed green beans

The Devil’s Krafthouse

919-681-8888

- Alert vendor of any food allergies or intolerances when placing order

SOUP
- Black Bean Tortilla Soup
- Texas Style Beef Chili (without sour cream or crispy tortilla strips)

SALAD
- Southwest Chopped salad

MEAL
- Tacos: grilled fish or grilled chicken
- Devil’s Classic Burger (without cheese)
- Southwestern Burger
- Chicken Gyro
- Build your own burrito (go easy on sour cream)

TIPS
- Use only as much dressing as you need on salads
- Add grilled chicken, shrimp, or salmon to salads for a fee
- Vegan burgers available
Divinity Café
919-668-3498

Alert vendor of any food allergies or intolerances when placing order

SOUP (Menu changes seasonally)
• Seafood Stew
• Curried Carrot
• Bountiful Bean Chili
• Lentil
• Butternut Squash
• Chicken and Wild Rice
• Beef Barley
• Spring/Winter Vegetable
• Hearty Vegetable

SALAD
• Garden salad
• Smoked Salmon Salad plate
• Hummus and Veggie plate

MEAL
• Vegetable Curry
• Pasta of the Day (includes protein and vegetables)
• Rotating choices daily (see tips)
• Turkey Avocado sandwich
• Tuna Salad sandwich
• Roast Beef sandwich
• Grilled Veggie sandwich
• Hummus & Veggie sandwich

SNACK
• Trail mix
• Nuts such as almonds or pistachios
• Fresh Sliced Fruit Salad
• Fresh Berries
• Cottage Cheese
• Yogurt Assortment
• Whole Fruit

TIPS
– With pasta, choose creamy sauces like Alfredo less often and tomato-based more often
– Rotating choices daily: choose leaner cuts of meat (skinless chicken breast) or fish with sides of vegetables
– Choose whole wheat bread on sandwiches when available
Dolce Vita

- Alert vendor of any food allergies or intolerances when placing order

**SALAD**
- Grab and Go salads: Garden, Chicken Caesar, Chef, Chopped Mexican, Cobb Salad

**MEAL**
- Grab and Go wraps: Turkey Pesto, Lentil & Hummus
- Grab and Go sandwiches: Turkey, Roast Beef, Chicken Salad

**SNACK**
- Trail mix
- Mixed nuts
- Fresh fruit & fruit cups
- Chobani Greek Yogurt
- Yogurt Parfait
- Chick pea and edamame
- Tomato Mozzarella
- Black bean salad

**TIPS**
- Gluten Friendly options are listed on the cooler
- See coffee tips

The Farmstead

- Alert vendor of any food allergies or intolerances when placing order

**SOUP**
- White Bean
- Local Vegetable
- Chicken/Turkey Noodle
- Curry Halal Lamb and Potato

**SALAD**
- Salad Bar: see “salad tips” in the beginning of the booklet

**MEAL**
- Turkey sandwich
- Chicken sandwich
- Chicken Shawarma sandwich
- Pulled Pork sandwich
- Salmon/Trout
- Roasted Chicken
- Lamo Saltillo
- Carving Station

**SNACK**
- Smart choices for sides include: Green Beans + Stewed Tomatoes, and Maple-Roasted Brussels, Greens, Baked Beans

**TIPS**
- When choosing the Carving Station, choose non-mayo based sauces, such as BBQ or Balsamic Rosemary Vinaigrette
Freeman Center
919-684-0136

*Alert vendor of any food allergies or intolerances when placing order*

**TIPS**
- Kosher dining
- Menus change weekly; check the website
- Gluten Friendly foods may be available depending on the weekly menu
- Option for buffet style

Ginger + Soy

*Alert vendor of any food allergies or intolerances when placing order*

**SOUP**
- Ramen (see tips)

**MEAL**
- Poke Bowl (see tips)
- Build your own Bowl (see tips)
- Teriyaki chicken/beef/shrimp
- Ginger Chicken
- Bulgogi

**SNACK (Light Bite)**
- Steamed Vegetable, shrimp or Chicken dumplings

**TIPS**
- Build your own bowl suggestions:
  1) Base: brown rice or green salad
  2) Protein: Grilled chicken, Korean BBQ beef, Bang bang shrimp, Pan fried organic tofu
  3) Vegetables: pick any!
  4) Sauce: Thai red curry, Gochujang spicy, teriyaki, wasabi
  5) Garnish: sesame seed, toasted nuts, crispy garlic
- For a protein boost, add a boiled egg to ramen
- Make deep-fried entrees a treat and not a regular meal
- Choose steamed or pan-fried dumplings instead of deep-fried
Gyotaku

- Alert vendor of any food allergies or intolerances when placing order

**SOUP**
- Miso Soup

**SALAD**
- Garden salad
- Seaweed salad
- Edamame

**MEAL**
- Sashimi Bowl
- Sushi (see tips)

**TIPS**
- Choose sushi made with cream cheese less often
- When available, choose brown rice over white
- Avoid sauces described as “sweet,” have “honey” in the title or mayo-based sauces
- Make your own:
  1) Brown rice
  2) Insides: tuna, salmon, spicy tuna, cooked shrimp, snapper, crab, any vegetable filling
  3) Toppings: pick any 3!
  4) Sauce: eel, mango, spicy samba, sriracha, wasabi
- Make deep-fried (tempura) sushi a treat and not a regular meal

Il Forno

- Alert vendor of any food allergies or intolerances when placing order

**MEAL**
- Pasta Your Way (see tips)
- Spicy Il Forno
- Chicken Basil Pesto
- Pizzas: Harvest, Margherita, Garden Pesto
- Design Your Own Pizza (see tips)

**TIPS**
- Gluten Friendly pizza crust and pasta is available
- Whole wheat pasta available
- Choose marinara-based sauces more often than alfredo or pesto, add a source of protein, and include vegetables when possible
- Top pizza or pasta with lean protein (grilled chicken, salmon) and vegetables for added health benefits
**JB’s Roast and Chops**

- Alert vendor of any food allergies or intolerances when placing order

**SALAD**
- Chopped Salad
- Spinach and Pear
- Apple and Fennel Chopped

**MEAL**
- JB’s Flank Steak
- NY Strip
- Rotisserie Chicken
- Paella (any variety)
- Chop House Steak Burger
- Marinated Grilled Chicken Breast
- Yellow Fin Tuna
- Mahi Mahi
- Salmon

**TIPS**
- Choose roasted vegetables, steamed broccoli, or mashed potatoes instead of onion rings
- Choose chimichurri or balsamic glaze instead of a flavored butter sauce

**Joe Van Gogh**

919-660-5078

- Alert vendor of any food allergies or intolerances when placing order

**SNACK**
- Heat and Eat Cups Superfood Cereal: various flavors
- Hot oatmeal
- Smoothies: milk or soy base + fruit/veggie
- Many pre-packaged Gluten Friendly options
- Fruit parfait
- Yogurt and granola

**TIPS**
- Pair protein with carbohydrate for a more filling snack
- See coffee tips at the beginning of the book
Loop Pizza Grill
919-660-8888

- Alert vendor of any food allergies or intolerances when placing order

**SALAD**
- Multiple Grab and Go options; most with a protein source
- Walnut Gorgonzola salad
- Goat Cheese salad
- Feta Mediterranean
- Garden with Chicken
- Grilled Vegetable with Couscous
- Chicken Caesar Salad

**MEAL**
- Turkey Burger
- Grilled Chicken Sandwich
- Southwest Chicken Sandwich
- Grilled Salmon or Fish Sandwich
- Cajun Fish Wrap
- Black Bean Burger
- Grilled Portobello Sandwich
- Grilled Vegetable Sandwich
- Farmers Market Pizza
- Spicy Chicken Cilantro Pizza
- Mediterranean Pizza
- Grilled Veggie Pizza
- Caprese Pizza
- Southwest Pizza

**TIPS**
- Portions can be large; see mindful eating tips at the beginning of this pamphlet
- Add a protein source (grilled chicken or fish) to salads
- Opt for whole wheat buns/bread for burgers or sandwiches
- Choose sides such as broccoli, side salad, or fresh fruit instead of chips or fries
- For pizza, choose thin crust over thick crust, marinara over pesto-based sauce, and load up on vegetable toppings
- Gluten Friendly sandwich buns are available
Marketplace
919-660-3981

BREAKFAST:
• Yogurt/cottage cheese and fresh fruit
• Omelet made to order (egg white omelet available)
• Oatmeal station
• Scrambled or hardboiled eggs (Cage Free Brown)
• Whole grain breads and English Muffins
• Vegan Tofu Scramble
• Whole grain cereals (Raisin Bran, Cheerios)

LEAF AND LADLE
• Salad bar option at lunch and dinner meal (see salad tips)
• Soup: Changes daily. Choose cream based soups less often and those with lots of veggies or beans more often

1892 GRILL
• Grilled Chicken Breast
• Grilled Beef Patty
• Garden Burger or Black Bean Burger

STIX AND STEAM
• Buns: Chicken or vegetable Potstickers
• Stir Fry: Choose Lean Protein and veggies with brown rice
• Halal meat and chicken used here

PENNE
• Choose whole wheat pasta, lean protein, veggies with marinara sauce
• Gluten Friendly pasta available upon request

HARVEST (Vegetarian/Vegan Options)
• Baked Sweet Potato
• Choose any option here as a main dish or side

DURHAM MARKET
• Choose a protein, a starch or grain, and some veggies for a complete balanced plate

WOOD FIRED
• Margherita or veggie topped pizza

TIPS
– Add veggies to omelets and choose some whole grain toast for a more balanced meal
– Oatmeal: add nut butter for additional protein and fruit to balance out your meal
– No trans fats used in this café, oil is an olive oil and canola oil blend
– Veggies seasoned with a vegan butter substitute or steamed.
– There are no free tree nuts used anywhere in the café
– Take a look around before making your meal choices; choose your protein then add whole grains and veggies.
– Enjoy dessert occasionally
McDonald’s
919-668-2404

• Alert vendor of any food allergies or intolerances when placing order

SALAD
• Any salad with grilled chicken such as Southwest Salad with Artisan Grilled Chicken

MEAL
• Single Hamburger
• Grilled Chicken Snack Wrap

SNACK
• Fruit and Yogurt Parfait
• Fruit and Maple Oatmeal

TIPS
– Smoothies are made with juice, not actual fruit. Make these an occasional treat
– Opt for grilled chicken instead of crispy (which means “fried”) when possible
– Swap creamy dressings for oil & vinegar-based dressings
– Choose side salad instead of fries

Nasher Café
919-684-6032

• Alert vendor of any food allergies or intolerances when placing order

SALAD
• The Medici
• Chopped Garden
• Wild Mushroom Salad
• Florence Panzanella
• Maple Roasted Squash
• Fall Farro

MEAL
• Giorgio’s Mezze
• Caprese Platter
• Smoked Salmon Tramezzini
• Farmer’s Club sandwich
• Pasta Al Forno
• Swordfish Cacciatore

TIPS
– Add chicken, shrimp, or ahi tuna to salads for added protein
– Menu is seasonal & may change
– The menu states that all items can become Gluten Friendly by removing the bread. Speak with the manager for more details.
Panda Express
919-660-5080

- Alert vendor of any food allergies or intolerances when placing order

**MEAL**
- Grilled Chicken (Teriyaki or Asian)
- String Bean Chicken Breast
- Eggplant Tofu
- Broccoli Beef
- Shanghai Angus Steak (with asparagus or string bean)

**SIDES**
- Steamed brown rice
- Mixed vegetables

**TIPS**
- Portion size: order one entrée and one side
- “Crispy” means fried. Choose steamed, grilled, or baked
- If the entrée doesn’t have veggies, choose mixed veggies as your side

Quenchers
919-660-3987

- Alert vendor of any food allergies or intolerances when placing order

**SNACK**
- Many protein or meal replacement bars (see tips)
- Smoothies with fruit/yogurt base
- Fresh fruits and vegetables
- Trail mix
- Mixed nuts
- String cheese
- Pretzels and hummus
- Individual peanut butter packs

**TIPS**
- There are signs around Quenchers explaining the nutritional purpose of individual bars
- Meal replacement smoothies are not advised daily; eating a meal is more nutritious and satisfying
- Add protein to a smoothie for a more satisfying meal or snack
- Recovery smoothies are intended for post-exercise recovery
Red Mango
919-660-0995

Alert vendor of any food allergies or intolerances when placing order

SNACK
- All “Fruit Harmony” Smoothies (dairy free)
- Green Smoothies

TIPS
- Smoothies can be very high in sugar. To reduce sugar, choose smaller sizes, yogurt/fruit bases, or green smoothies.
- Spinach, kale, or avocado add vitamins, minerals, phytochemicals and healthy fats.
- Post workout, consider the “Isopure Protein” boost.
- To make a complete meal, consider a protein boost or a separate serving of protein (egg, meat, nuts, Greek yogurt).

Saladelia at Perkins
919-613-2904

Alert vendor of any food allergies or intolerances when placing order

SALAD
- Grab and Go: Kale Caesar, Beet & Goat Cheese, Grilled Chicken Garden, Tuna or Salmon Garden, Greek Salad

MEAL
- Grab and Go platters, such as Hummus or Tabouleh
- Sandwiches: Falafel Pita, any turkey sandwich, House-cured Salmon
- Wraps: Greek Chicken, Hummus, Southwest Turkey, Veggie
- Veggie Burrito

SNACK
- Beet salad
- Black Bean salad
- Hummus & Pita
- Red Pepper Penne
- Fresh fruit and vegetable cups
- Hot oatmeal
- Hard-boiled eggs
- Chobani Greek Yogurt
- Granola and Yogurt
- KIND bars

TIPS
- Use the smart coffee guide to make healthy drink choices
- When choosing salads, don’t forget starch! Beans, corn, whole wheat bread are excellent choices.
Saladelia at Sanford
919-613-7304

- Alert vendor of any food allergies or intolerances when placing order

SALAD
- Grab and Go: Kale Caesar, Beet & Goat Cheese, Grilled Chicken Garden, Tuna or Salmon Garden

MEAL
- Grab and Go platters, such as Hummus or Tabouleh
- Sandwiches: Falafel Pita, any turkey sandwich, House-cured Salmon
- Wraps: Greek Chicken, Hummus, Southwest Turkey, Veggie
- Panini’s: Turkey Swiss, Chicken Pesto, Tuna Melt
- Grilled Salmon Steak
- Veggie Burrito

SNACK
- Beet salad
- Black Bean salad
- Hummus & Pita
- Red Pepper Penne
- Fresh fruit and vegetable cups
- Hot oatmeal
- Hard-boiled eggs
- Chobani Greek Yogurt
- Granola and Yogurt
- KIND bars

TIPS
- Use the smart coffee guide to make healthy drink choices
- When choosing salads, don’t forget starch! Beans, corn, or whole wheat bread are excellent choices
Skillet Southern Cookery

- Alert vendor of any food allergies or intolerances when placing order

BREAKFAST
- Breakfast Blue Plate (see tips)
- Omelets to Order (see tips)

MEAL
- Pulled Pork BBQ

TIPS
- Choose hot oatmeal, fruit, or grits as breakfast sides
- Choose collard greens or green beans as lunch or dinner sides
- Load up omelets with vegetables to up your intake
- If you choose fried chicken, choose a quarter instead of a half

Sprout

- Alert vendor of any food allergies or intolerances when placing order

SOUP
- Vegetarian Lentil
- White Bean Minestrone
- Spicy Thai Coconut Chicken
- Tomato Basil Soup

SALAD
- Any salad

MEAL
- Stuffed Peppers
- Moussaka
- Herbed Lentil & Rice
- Vegetable Curried Tofu
- Falafel Sandwich
- Eggplant Sandwich

SNACK
- 1 Portion of a salad
Tandoor

- Alert vendor of any food allergies or intolerances when placing order

**MEAL**
- Korma (hold the fried onions)
- Lunch or dinner combination plates
- Jalfrazie
- Vindaloo
- Bhindi Masala
- Aloo Methi
- Tandoor Delights (choose any)

**SNACK**
- Lassi (mango)

**TIPS**
- Choose rice, or naan, or have a small amount of each

Terrace Café

919-660-3957

- Alert vendor of any food allergies or intolerances when placing order

**MEAL**
- Chicken Salad Plate
- Chicken or Turkey wraps

**SNACK**
- Yogurt Cups
- Fresh Fruit Cup
- Whole Fruit
- Garden salad
- Protein Box
- Parfait

**TIPS**
- Choose whole fruits over juices for more fiber
- Make the Garden salad a meal by adding the protein box or a yogurt
Trinity Café
919-660-3934

- Alert vendor of any food allergies or intolerances when placing order

**SALADS**
- Chicken Caesar
- Chef
- Vegan Salad
- Chickpea, Olive, and Tomato Salad

**MEAL**
- Sandwiches: Chicken Caesar, Turkey Gouda
- Wraps: Turkey, Chicken, Mediterranean Veggie, Tomato Mozzarella Basil

**SNACK**
- Chobani Greek Yogurt
- Fresh fruit
- Granola and yogurt
- Fruit cups
- Oatmeal

Twinnie’s
919-660-3944

- Alert vendor of any food allergies or intolerances when placing order

**MEAL**
- Chicken Pita
- Panini (veggie)
- Peanut Tuna Salad Sandwich

**BREAKFAST**
- Egg and Cheese biscuit
- Fruit Salad
- Yogurt

**TIPS**
- Choose oil and vinegar based dressings more often.
- Twinnie’s offers very thick breads, such as Muffolatta and Focaccia. Choose whole wheat bread or wrap over thicker bread options.
- Soup specials are often vegetarian
Helpful Links

Duke Student Health:  
http://www.studentaffairs.duke.edu/studenthealth

Duke Nutrition Services:  
http://www.studentaffairs.duke.edu/studenthealth/nutrition-services

Duke University Dining: http://dining.duke.edu

The Academy of Nutrition and Dietetics:  
www.eatright.org

My Plate: www.choosemyplate.gov/

Advice

If you have nutrition questions or would like additional guidance in choosing balanced meals, you can meet with a Student Health Dietitian. Call Student Health at 919-681-9355 to make an appointment or you may book online at http://www.studentaffairs.duke.edu/studenthealth

Printed 11/2017. Information subject to change. Cover Photo: Kirsten Marinko
Optimize your health and weight by following these suggestions for

**Balance Your Plate**

1/3 of your plate should be grains.  
*Try to choose whole grains.*

About 1/3 of your plate should be fruits & vegetables.  
*Try for several different colors.*

1/3 of your plate should be protein.  
*Try to choose a leaner option.*

www.studentaffairs.duke.edu/studenthealth/nutrition-services  
or call 919-681-9355

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