

THE DEVIL'S ADVOCATE...

For Smarter Dining Choices on Campus



Duke
UNIVERSITY

NUTRITION
SERVICES



Duke
DINING

FRESH THINKING.
WORLD CLASS.

Introduction

Do you think it's impossible to choose good tasting, nutritious 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 nutritious options available, so 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. **Please check information for allergens available at each location and ask to speak with the chef.** If you need assistance or have more specific needs contact us at dining@duke.edu

Refer to these tips when you see corresponding symbols next to a campus eatery name.



Coffee Guide

Many food vendors on campus offer extensive coffee drink menus; the following are general tips for 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.
- Milks: Ask for low-fat, skim, soy, or almond milk instead of whole milk in beverages.
- Flavored syrups: Syrups like vanilla or hazelnut add extra sugar per pump to a drink (there are 1-5 pumps per drink). 1-2 pumps are enough to flavor your drink.
- Skip the Whip. You can ask for "No whip."
- For better sleep, avoid drinking caffeine after 2pm.
- To decrease overall caffeine intake, ask for "half caf" no matter what time you enjoy your beverage.



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, sweet, grains, potato 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 – 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. Try sharing your sweets.



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 cafes can be large. Pay attention to your hunger/fullness cues and use them as a guide to how much you choose 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

SOUP (Seasonal)

- Swiss Chard and 3 Bean
- Beef and Vegetable Stew
- Turkey, Kale & Wild Rice
- Harvest Pumpkin
- Chicken Noodle
- Roasted Eggplant
- Turkey Chili

SALAD

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

MEAL

- Wraps: Napa Chicken with Avocado, Thai Peanut Chicken
- Sandwiches: Turkey Club, Chipotle Black Bean Burger, Roast Beef and Herb Cheddar, Grilled Chicken Avocado, Tuna Salad on Multigrain, Herb Chicken Salad
- Grab and Go sandwiches: Caprese Sandwich, Chipotle Turkey and Avocado, Thai Peanut Chicken Wrap, Sweet Turkey Wrap, Caprese Chicken Salad
- Egg or Egg white Sandwich on wheat bread or bagel

SNACK

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

TIPS

- Substitute whole wheat bread for white bread when possible



Bella Union

919-684-2326

SALAD

- Grab and Go salads: Cobb, Chopped Mexican, Falafel

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



Beyu Blue

- See coffee tips at the beginning of this booklet

SNACK

- Variety of Oatmeal cups (including a gluten free option) and granola bar



Café

SALAD

- Grab and Go salads:
Kale Chicken Caesar, Grilled Rosemary Salmon, Garden Chicken, Tuna Salad, Black Bean Salad, Tabbouleh Salad, Chick Pea Salad, Roasted Beet 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

- KIND bars
- Granola parfait
- Hummus, veggies, and pita
- Fruit, cheese, and pita
- Fig Bar
- Boom Chicka Pop Popcorn
- Coconut Chips
- Seaweed Thins

TIPS

- Choose smaller sizes for smoothies or juice



Café De Novo

919-613-8571

SOUP

- Soup du Jour (look for bean based or vegetable soups)

SALAD

- Seared Salmon Caesar
- Hummus Plate
- The Little Green Salad - add protein: tofu, grilled chicken, salmon

MEAL

- Roasted Eggplant and Portobello Panini
- Veggie Burger on Whole Wheat
- Falafel on Pita
- Grilled Chicken on Pita
- Tofu Scramble
- Granola and fresh fruit plate

SNACK

- 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

SALAD

- Chopped Mexican salad
- Et Tu Caesar with your choice of protein and dressing on the side
- Kale Salad
- Meze Platter
- California Club with dressing on the side

MEAL

- Breakfast Quesadilla
- Eggs Your Way
- Thai Red Curry Chicken
- Udon Noodle Bowl
- Falafel on Pita
- Tacos
- Grilled Flat Iron Steak
- Grilled Veggie Quesadilla
- Grilled Chicken Sandwich on Whole Wheat

TIPS

- Substitute whole wheat bread for white bread when available
- Choose a side salad or side of fruit instead of fries



Café at Smith

Warehouse

SOUP

- Varying soup of the day (choose bean based and vegetable soups)

SALAD

- Quinoa Salad
- Turkey Cobb Salad
- Local Mixed Green Salad

MEAL

- Veggie Quiche
- Roasted Turkey with Havarti
- Grilled Herb Chicken Breast with Provolone
- Roasted Veggies with Harissa Hummus

SNACK

- Hummus with Carrots & Celery
- Greek Yogurt
- Fresh fruit cup
- Assorted Trail Mix
- Whipped Feta with Spelt Grain Crackers
- Yogurt Parfait

TIPS

- Gluten Free Bread is available on request



Chef's Kitchen

TIPS

- Menu changes frequently
- Follow the **Duke Balanced Plate** info graphic.

<http://ow.ly/p4Sh305trI7>



The Commons

SALAD

- Apple Salad
- Arugula Salad
- Roasted Beet Salad
- Kale and Pear Salad

APPETIZERS

- Mussels
- Caprese Salad

MEAL

- Spaghetti Squash Primavera
- Pan Seared Scallops
- Grilled Atlantic Salmon
- Filet Mignon 7 oz
- Vegetable Tagine

TIPS

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



Divinity Café

919-668-3498

SOUP

(Menu changes seasonally; choose bean or vegetable based soups)

- Vegetable Lentil
- Seafood Stew
- Bountiful Bean Chili
- Vegan Chili
- Tomato Basil

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)
- Tofu Scramble
- Brown Rice & Quinoa
- Hummus Wrap
- Grilled Veggie Wrap

SNACK

- Trail mix
- Soy Greek Yogurt
- 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



The Devil's Krafthouse

919-681-8888

SOUP

- Black Bean Tortilla Soup (without sour cream)

SALAD

- Greek Salad
- Kale Salad
- Caesar Salad with Dressing on the side
- Add grilled chicken to any of these for lean protein

MEAL

- Roasted Veggie and Hummus Wrap
- Tacos: grilled fish or grilled chicken
- DKH Classic Burger (hold the cheese)
- Chicken Gyro
- Build your own burrito (see tips at the beginning of this booklet)

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



Dolce Vita

SALAD

- Grab and Go salads: Garden, Chicken Caesar, Chef, Chopped Mexican, Cobb Salad, Falafel Pita Salad

MEAL

- Grab and Go wraps: Turkey Pesto, Lentil & Hummus, Veggie Burrito, Chicken Burrito
- Grab and Go sandwiches: Turkey, Roast Beef

SNACK

- Trail mix
- Mixed nuts
- Protein Bars
- Fresh fruit cups and berry cups
- 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

SOUP

- Three Bean
- Lentil
- Chicken/Turkey Noodle
- Veggie Chili

SALAD

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

MEAL

- Moroccan Chicken
- Blackened Salmon
- Lemon Pepper Chicken
- Herbed Catfish
- Lemon Pepper Salmon
- Citrus Chicken
- Lemon Pepper Catfish
- Carving Station: Turkey & Ham
- Turkey Avocado Sandwich
- Gyro Sandwich
- Salmon Burger

SNACK/SIDES

- Smart choices for sides include:
Green Beans + Stewed Tomatoes,
and Maple-Roasted Brussel Sprouts,
Greens, Baked Beans, Kale Salad,
Roasted Cauliflower Salad, Lentil
Salad, Quinoa Tabbouleh Salad,
Chick Pea Salad, Hummus, Beet
salad, Smoked Sweet Potato Salad,
Orzo salad, Wheat berry salad,
Steamed broccoli

(The Farmstead continued)

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 available depending on the weekly menu
- Option for buffet style



Ginger + Soy

SOUP

- Ramen (see tips)

MEAL

- Poke Bowl (see tips)
- Build your own Bowl (see tips)
- Teriyaki chicken/beef/shrimp
- 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: Use sauces described as “sweet,” have “honey” in the title, or are mayo-based less often Thai red curry, Gochujang spicy, teriyaki, wasabi, eel sauce
 - 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

STARTERS

- Miso Soup
- Edamame

MEAL

- Sashimi Bowl
- Sushi (see tips)
- Sushi Burritos (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 are mayo-based
- Make your own:
 - 1) Brown rice
 - 2) Fillings: tuna, salmon, spicy tuna, cooked shrimp, snapper, crab, any vegetable filling
 - 3) Toppings: pick any 3!
 - 4) Sauce: eel, mango, spicy sambal, sriracha, wasabi
- Make deep-fried (tempura) sushi a treat and not a regular meal



Il Forno

MEAL

Pastas:

- Pasta Your Way (see tips)
- Spicy Il Forno
- Chicken Basil Pesto
- Garden 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, ask for “light on the cheese”



JB's Roast and Chops

SALAD

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

MEAL

- JB's Flank Steak
- NY Strip
- Rotisserie Chicken
- Yellow Fin Tuna
- Mahi Mahi
- Salmon
- 4oz Paella
- 3oz Marinated Grilled Salmon
- 3oz Marinated Grilled Chicken Breast
- Chop House Steak Burger

TIPS

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



Loop Pizza Grill

919-660-8888

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 booklet
- 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 and pizza crust 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

GRILL

- Grilled Chicken Breast (sandwich)
- Grilled Beef Patty
- Veggie Burger, Hamburger

STIX & STEAM

- Steamed Buns: Chicken or Vegetable Potstickers
- Halal meat and chicken used here
- Choose Protein (Halal beef, chicken, shrimp, or tofu), Vegetable Blend, Starches, Sauce

PENNE

- Deli-style venue for lunch. Choose vegetables for a balanced meal.
- Choose whole wheat pasta, lean protein, veggies with marinara sauce
- Gluten Friendly pasta available upon request

HARVEST (Vegetarian/Vegan Options)

- Baked Sweet Potato
- Grilled Tofu with Peppers and Pineapples
- 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 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
- Take a look around before making your meal choices; choose your protein then add whole grains and veggies
- Enjoy dessert occasionally
- Marketplace offers \$5 lunch that rotates daily



McDonald's

919-668-2404

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

APPETIZERS

- Smoked Salmon Plate
- Caprese Plate
- Giorgio's Mezze Platter

SALAD

- Medici
- Fall Cabbage Salad
- Kale Caesar w/ dressing on side
- Honey Roasted Squash
- Chopped Garden

LUNCH PLATES

- Vegan Portabella
- Southern Harvest
- Bahn Mi
- Red, White & Green
- Smoked Salmon Sandwich
- Chicken Souvlaki
- Southwest Panini

BRUNCH PLATES

- Huevos rancheros w/o sour cream
- Veggie Benedict*
- Salmon Benedict* * w/ Hollandaise
- Mushroom Benedict* Sauce on side
- Veggie Omelet
- Smoked Salmon Omelet
- Fajita Omelet
- B.E.A.C Sandwich
- Red, White, & Green Sandwich

TIPS

- Add chicken, shrimp, or ahi tuna to salads for added protein
- Menu is seasonal & may change
- The menu states that all items can be Gluten Friendly. Speak with the manager for more details.



Panda Express

919-660-5080

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



Red Mango

919-660-0995

MEAL (Available in Wheat)

- Warm flatbreads: chicken apple pesto, falafel.
- Cool salad flatbreads: chicken Caesar, Greek goddess
- PB&J: Fresh berry grilled PB&J, grilled banana PB&J

- Breakfast sandwiches: Avocado Egg & Cheese
- Turkey Sausage Egg & Cheese

Smoothies:

- Protein smoothies: banana, super peanut butter, berry power, mango metabolizer, skinny strawberry, blueberry burner
- Green smoothies: Apple ginger kale, SPK, citrus mango greens, simple green.
- Fruit & Yogurt: Strawberry banana, pomegranate, tropical mango, berry banana, strawberry energizer

Acai bowls:

- Choco-nut dream, PB Power, Totally Tropical

Fresh juice:

- Sweet greens
- Roots & Fruits
- Power up

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 of smoothie, consider a protein boost or a separate serving of protein (egg, meat, nuts, Greek yogurt)



Saladelia at Perkins

919-613-2904

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, Mozzarella Tomato
- 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
- Lentil and Rice Pilaf
- Granola and Yogurt
- KIND bars
- RX Protein Bars
- Dang Toasted Coconut Chips
- Peeled Snacks
- Stretch Island Fruit Strips & Chews
- Fig bar

(Saladelia at Perkins continued)

TIPS

- Use the smart coffee guide to make healthy drink choices
- When choosing salads, don't forget starch! Beans, corn, and 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

(Saladella at Sanford continued)

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 coffee guide to make healthy drink choices
- When choosing salads, don't forget starch! Beans, corn, or whole wheat bread are excellent choices



Sazón

MEAL

- Pollo Ala Brasa
- Grouper Tacos
- Chimichurri Steak
- Build your own bowl (see tips)

SIDES/FILLINGS

- Black Bean
- Brown Rice
- Guacamole
- Lime Cole Slaw
- Soft Corn or Flour Tortillas
- Arepa

TIPS

- Build your own bowl:
 - 1) Choose Flour Tortilla, Arepa, or Corn Tortilla
 - 2) Add a protein: Carnita, Barbocoa, Grilled Chicken or Portobello Mushroom
 - 3) Add Fillings (see above)
 - Opt for rice or tortillas not both
 - Choose cheese or sour cream or guacamole not all three
 - Salsa makes a flavorful low fat topping!

Skillet Southern Cookery

BREAKFAST

- Breakfast Blue Plate (see tips)
- Omelets to Order (see tips)
- Hot Oatmeal
- Tofu Scramble
- Sweet Potato & Corn Hash
- Quinoa Oatmeal

MEAL

- Pulled Pork BBQ
- Skillet Seared Salmon Cakes
- Smoked BBQ Tempeh & Cauliflower

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

MEAL

- Sandwiches: Falafel, Portobello Mushroom
- Moroccan Lentil Stew
- Chick Pea Stew
- Mock Chicken
- Tofu Thai Chili
- Vegetable Ratatouille
- Western Scrambled Tofu
- Vegetarian Moussaka
- Tofu
- Hummus: Spicy Red Pepper Hummus
- Falafel bowl
- Cauliflower flatbread
- Avocado toast

SNACK

- 1 Portion of a salad

Tandoor

MEAL

- Chicken Tandoori
- Chicken Roast Masala/Halal
- Chicken Malai Kebab
- Chicken Tikka
- Beef Aloo
- Haryali Kebab
- Tomato Fish Masala
- Prawn Malai Kebab
- Chana Masala
- Saag Panir
- Mix Veg Masala
- Baigan Burta
- Dal Tarka
- Bhindi Masala
- Cabbage
- Rice & Lentil Cakes

TIPS

- Choose rice or naan, or have a small amount of each
- Portions are large, so you may be able to share or save half

Terrace Café

919-660-3957

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

SALADS

- Roasted Corn & Black Bean Salad
- Broccoli, Olives, Kale Pesto Pasta Salad
- Garden Salad
- Chicken Caesar
- Chef Salad
- Chickpea, Olive, Tomato Salad
- Curry Chicken Salad
- Italian Pasta Salad

MEAL

- Sandwiches: Chicken Caesar, Turkey Gouda, Turkey Provolone
- Wraps: Turkey, Chicken
- Mediterranean Veggie
- Tomato Mozzarella Basil
- Bacon, Egg & Cheese Breakfast Burrito
- Black Bean w/ Cheddar Cheese Panini
- A great variety of Sushi
- Packed Salad

SNACK

- Power Pack: Hard Boiled Eggs, Cheddar Cheese, Red Grapes, Peanut Butter, Apple, Orange, Banana, Fruit Cups
- Dannon Plain Yogurt
- Sabra Hummus Cup

(Trinity Café continued)

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



Twinnie's

919-660-3944

MEAL

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

BREAKFAST

- Fruit Salad
- Yogurt

SNACK

- Hummus & Pita

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.

Need more information about food allergens or foods made without gluten containing ingredients? Check out the Duke Dining website and please ask about options at each café.

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>



Duke
UNIVERSITY | STUDENT
WELLNESS
CENTER



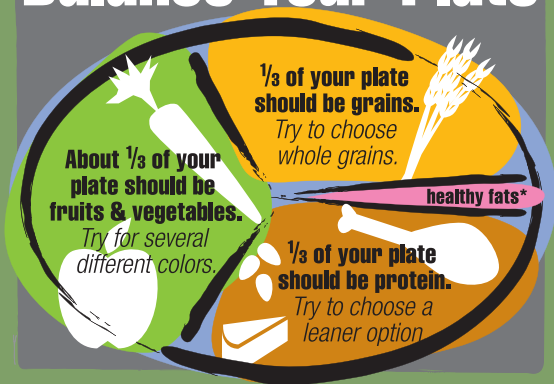
Student
Health



FRESH THINKING.
WORLD CLASS.

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Balance Your Plate



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