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. Use this booklet only as it is meant to be, a guide. Several of the well-balanced, nutritious options for each location are noted, but they are not the only options in a healthy diet. Use the tips and suggestions to develop your own style of healthy dining.

Coffee Guide
Numerous food vendors on campus offer an extensive coffee beverage menu; the following are general tips for not going overboard when you need a quick pick-me-up.

TIPS
– Best Options: Brewed Coffee, Cappuccino, Espresso, Cafe Americano, Cafe Latte, Iced Cafe Latte.
– Drinks to avoid: high calorie options like 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 or skim milk (or soy 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), or better yet skip the syrup.
– 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.”

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://studentaffairs.duke.edu/dining/venues-menus-hours
Au Bon Pain

BREAKFAST:
- Oatmeal - Add nuts and/or yogurt, or hard boiled eggs for a more well balanced breakfast
- 2 Egg Sandwich on wheat skinny bagel or ciabatta
- Egg on a bagel with ham or cheese**
- Egg Whites and Cheddar breakfast sandwich
- Egg Whites, Cheddar, and Avocado
- Smoked Salmon and Wasabi on Onion Dill Bagel

SOUPS
- ABP serves a variety of fresh soups daily. See Tips for healthy options.

SANDWICHES/WRAPS
- Grilled Chicken Sandwich
- Tuna Salad Sandwich
- Chipotle Turkey & Avocado Sandwich
- Black Angus Roast Beef & Herb Cheese Sandwich
- Turkey and Swiss on Baguette
- Napa Chicken with Avocado Wrap
- Thai Peanut Chicken Wrap
- Moroccan Lemon Chicken Wrap
- Veggie and Hummus wrap
- Vegetarian Waldorf Turkey wrap

SALADS:
- Caesar Asiago Salad*
- Caprese with chicken
- Caprese (vegetarian)
- Garden Salad
- Southwest Chicken Salad
- Thai Peanut Chicken Salad
- Tuna Garden Salad
- Vegetarian Deluxe Salad
- Southwest Chicken
- Create your own salad (CYO)*

PETIT PLATES AND SNACKS
- Brie, Cheddar and fruit with crackers
- Chicken, chickpeas and Tomato salad - gluten friendly
- Hummus & Pita chips snack pack
- Wheatberry Waldorf Salad
- Greek Vanilla yogurt and strawberry parfait

SNACKS
- Fresh Fruit
- Hard Boiled Eggs
- Kind Bars
- Garden Salads
- Variety of cereals in 2 cup containers

TIPS
- You can ask for a whole wheat skinny bagel for ⅓ the carbs and calories and twice the fiber of a regular bagel.
- If you wish you can substitute 3 egg whites on any Breakfast Sandwich.
- * All salads come with a free baguette (even the small garden salads), which makes a great balance to the salad if you want to make it a meal.
Au Bon Pain (continued)

– Go for lower fat dressings rather than fat free to benefit from the healthy fats and avoid added sugars, try Raspberry Vinaigrette, Thai Peanut, Balsamic, or oil and vinegar.
– Smoothies are not a “well balanced, complete meal”, choose sparingly.
– Soups can serve as a complete meal if they include starches, protein, and some fat. If your soup is high in protein but low in carbs, you can add a baguette, or if the soup is low in protein, you can add hard boiled eggs.

Bella Union

MEALS
• Wraps: Grilled Chicken or Veggie, Lentil & Hummus
• Burritos: Veggie or Chicken
• Sandwiches: Ham or Turkey

SALADS
• Coconut Shrimp Salad
• Garden Salad
• Chopped Mexican Salad (vegetarian)
• Cobb Salad
• Chicken Caesar Salad

SNACKS
• Turkey Lettuce Wrap
• Esther’s Chickpea Salad
• Caprese Salad

• Black Bean Salad
• Fruit/Fruit Cup
• Odwalla, KIND, Lara, Clif Bars
• Yogurts
• Cereal & Milk (Kashi, Cheerios, Low-Fat Granola)

TIPS
– Salads come with dressing on the side, if it’s a full fat dressing, use it sparingly.
– Caution: burritos are very high in starch and may make you sleepy. For a balanced meal, you might want to eat half of one with a small salad or a piece of fruit.
– Sandwiches can be rather large. Consider eating half with a salad or fruit to round out your meal. Save the other half for later.
– Think before you drink! Use the coffee tips listed at the front of the booklet for the best choices.
– The pastries and cookies are large portions – choose wisely, or share your treat.
Blue Express

**BREAKFAST**
- Yogurt and Granola Cup
- Eggs and Whole Grain Toast
- Cereal (including Kashi and other whole grain cereals) with Low Fat Milk or Soy Milk
- Fresh Fruit

**SOUPS**
- Moroccan Lentil (vegan)
- Spicy Rice and Bean (vegan)
- Mushroom and Barley (vegan)

**MEALS**
- Turkey and Cheese Sandwich
- Hummus and Grilled Vegetables
- Grilled Chicken Breast
- Hummus and Tabouli sandwich
- Black Bean Quesadillas
- Curried Cabbage with Roasted Vegetables (vegan)
- Vegetable stir-fry
- Mediterranean Salad - Grab & Go

**TIPS**

- **Vegetarian items include:**
  vegetable pizza, Spanakopita, vegetarian salads such as roasted mushroom, veggie and feta, hummus, tabouli, grilled veggies, sandwich-of-the-day (offered on Tuesdays) is “Portobello Pita” 
  Entrees: curried cabbage, shiitake mushroom and tofu.

- **Vegan items include:**
  Hummus, Tabouli and grilled veggies whole wheat bread, pita, vegan salad or combo with soup, 
  Entrees: curried cabbage, shiitake mushroom and tofu (with coconut milk and tomatoes).
  
- **Daily specials:** soup, veggie dish, regular entrée, and seafood option.
  
- **Salad options:** are also available and noted on the board. Include a protein, chicken or beans and starch.
  
- **You may request meals:** made without gluten containing ingredients.

- **Vegetarian soup daily, Vegan soup on Tuesday.** Chicken is all natural.
Café at Smith Warehouse

LIGHT MEAL OR SNACK
• Fresh fruit
• Small salads and sandwiches to go
• Cut fresh veggies
• Fresh fruit salads
• Hummus platters
• Cheese cubes
• Local products

TIPS
– Gluten free and vegan packaged products available.

Divinity Café

MEALS
• Entrée – A new offering every day! Entrée includes fresh veggie of the day or a side salad
• Vegetable Curry
• Vegan Wrap
• Bountiful Bean Chili
• Quick Picks – Ham & Cheese, Turkey & Cheese, Organic Peanut Butter & Local Jelly or Banana
• Rotating Varieties of Fresh Salads including Beef, Chicken & Seafood
• Salmon and veggie wraps
• Vegetarian and vegan hot meals

SNACKS
• Fresh Whole Fruit and Fruit Salad
• Garden Veggie Straws and Chips
• Soy Yogurt (made with organic soy beans)
• Greek Yogurt
• Clif Energy Bars
• Hummus & Veggie with Pita Points
• Mini bags of soy nuts, sesame sticks, banana chips or trail mix
**TIPS**
- Vegetarian, vegan, and made without gluten snack and dessert options available.
- Side salads, sides of fresh veggies available every day and can be paired with higher fat entrees for a more balanced diet.
- The student special makes a great balanced lunch meal.
- Menu changes daily so see website for details.

---

**Café De Novo**
(at the Law School)

**Serves Breakfast and Lunch**

**BREAKFAST**
- Tofu Scramble
  - Vegan and made without gluten
- Granola and fresh fruit plate
  - Vegetarian
- BLT and egg sandwich
- Chorizo Hash – made without gluten
- Soup Du Jour
  - at least two to three per day

**LUNCH**
- Falafel on pita (vegan)
- Roasted Veggie Sub (vegetarian)
- Veggie burger (vegetarian)
- Hummus plate (vegetarian)
  (No gluten containing ingredients without the pita)
- Sesame noodle salad (vegetarian)
- Grilled chicken on pita
- Salad Nicoise
- Daily, hot lunch specials

**TO GO/SNACKS**
- Salads
- Yogurt
- Odwalla bars

**TIPS**
- Add chicken, tofu, shrimp or steak to any salad for an extra charge.
- All sandwiches served with choice of greens or fries.
Café Edens
(McClendon Tower - open 24 hours)

MEALS
• Falafel in Flatbread
• Spinach Salad
• Eggs Your Way with Fruit and Toast
• Omelet
• Chicken Vindaloo
• Flat Iron Steak Taco
• Signature Salads: Chopped Mexican Salad, French Market Salad
• Meze Platter with chicken or shrimp

TIPS
– Fresh fruit salad is available for a quick and healthy pick-me-up.
– The signature salads are a no-brainer balanced meal!
– Not too hungry? Select any deli case sides for a smaller portion!
– Food is cooked to order so you can customize it.
– You can substitute vegetables in place of rice or noodles.
– Split a half-stack of strawberry or blueberry whole-wheat pancakes with a friend and add a scrambled egg for another balanced breakfast option.
– Gluten-friendly bread and rolls on request.

Dame’s Express
at Devil's Bistro
http://ow.ly/Rcpp5
919-660-3753

BREAKFAST
• Spinach Tomato Feta Omelet
• Egg Basket
• Steel Cut Oats
• Homemade Granola With Yogurt
• Breakfast Sandwich (choose cheese or breakfast meat)
• Fresh Fruit Cup (as a side item)
• The Butter Cup (go easy on syrup)

BRICK OVEN PIZZA AND SANDWICHES
• Classic Margherita
• The Gobbler
• Veggie Stack

SALADS
• Orchard Patch Poppy
• Grilled Mediterranean

DINNER ENTREES
• Apricot Bourbon Salmon
• Pan Asian Flare
• Whole Wheat Penne

SOUPS
• Black Bean
• Lentil and Green Pea
• Carrot Ginger
• Tomato Bisque
• Chicken Tortilla
**SIDES**
- Seasonal Veggies
- Brown Rice
- Fresh Fruit
- Side Salad

**SWEET RETREATS**
- Gelato
- Sorbet

**TIPS**
- Egg whites available upon request
- Choose multi grain breads

**Dolce Vita**  
(*French Science Center Café*)

**MEALS**
- Turkey Pesto Wrap
- Lentil & Hummus Wrap
- Roast Beef and Chimichurri Pita
- Burritos: Chicken or Veggie
- Sandwiches: Turkey, Roast Beef, Chicken Salad, Ham

**SALADS**
- Coconut Shrimp Salad
- Garden Salad
- Chopped Mexican Salad
- Cobb Salad
- Chicken Caesar Salad
- Chef Salad

**SNACKS**
- Yogurt Cup
- Fresh Fruit Cup/ Fresh Whole Fruit
- Clif Bar, Luna and Odwalla Bars
- Turkey Lettuce Wrap
- Esther’s Chickpea Salad
- Caprese Salad
- Black Bean Salad

**TIPS**
- There are numerous vegetarian and vegan options available.
- Watch out for pastries, they are usually high in fat and sugar and tend to be much larger than one portion.
Dolce Vita (continued)

– Caution: burritos are very high in starch and may make you sleepy. For a balanced meal, you might want to eat half of one with a small salad or a piece of fruit.
– Sandwiches can be rather large. Consider eating half with a salad or fruit to round out your meal. Save the other half for later.
– Salads come with dressing on the side, so use only as much as you need. Remember that some fat is necessary to absorb nutrients.
– Visit the website for additional nutrition information.
– Think before you drink! Use the coffee tips listed at the front of the booklet for the best choices.

Duke Coffeehouse

SNACKS
• Fresh fruit
• Frozen yogurt

TIPS
– Think before you drink! Use the coffee tips listed at the front of the booklet for the best choices.
– Consider sharing a dessert with a friend.
Fairview Dining Room
(at the Washington Duke Inn)
https://locu.com/places/fairview-dining-room-durham-us/#menu

**BREAKFAST**
- Seasonal Fresh Fruit Plate with Cottage Cheese or Yogurt
- Homemade Granola, Fresh Fruit & Yogurt Parfait
- Two Latta Farm Eggs with Whole Wheat Toast
- Egg White or Egg Beaters Omelet
- Greek Omelet
- Oatmeal
- Summer Salad

**SUNDAY BRUNCH**
- Oatmeal
- Baby Greens
- Fresh Fruit
- Pan Roasted Halibut
- Pan Seared Free Range Chicken Breast
- Zucchini Gratin
- Latta Farm Three Egg Western Omelet

**LUNCH**
- Organic Mesclun Salad
- Summer Salad
- Pan Roasted Halibut
- Blackened Chicken Salad
- California Field Pea Burger
- Zucchini Gratin

**DINNER**
- Organic Chicken Breast
- Grilled Certified Angus Beef
- Quinoa - stuffed Heirloom Tomato
- Crispy Carolina Black Sea Bass
- Pan Seared Alaskan Halibut

**TIPS**
- When ordering a sandwich, choose a house salad or fresh fruit as a side item.
- There are many Sunday brunch options, so focus on balancing your plate by filling ½ with fruits and vegetables, then ¼ whole grains and ¼ protein.

Freeman Center for Jewish Life

**TIPS**
- Menus change weekly check the website.
- Gluten free prepackaged foods are available.
- Check with manager to see what is available.
Grace’s Café

MEALS
• Veggie Omelet made with Egg Whites
• Veggie Burger
• Chicken Sandwich
• Grilled Chicken Dinner with Steamed Rice and Mixed Vegetable Sides

SNACKS
• Fresh Cut Fruit
• Granola Bars

TIPS
– Food is cooked to order so you can customize it. Substitute any meat with tofu or grilled chicken in place of fried chicken, and ask for brown rice instead of white.
– With dinner entrees or combination platters, choose steamed rice instead of the other options.
– To lower fat and calorie content ask for sauce on the side.
– You can ask for “The Healthy Way” and the chef will cook your dish without oil or starch. You can also request less salt.
– Meals can be made without gluten and soy by request.

Joe Van Gogh

TIPS
– Vegan friendly and gluten free prepackaged items include Heart Thrive products, YAWP Bars, and Alternative Baking Co. cookies.
– The pastries and cookies are large – choose occasionally or share.
– Hot oatmeal is available.
– The syrups and The Single Origin Chocolate sauce are approved by the Vegetarian Society and for vegan diets by Viva! Smoothies from Sweetbird are also approved by the Vegetarian Society and for vegan diets by Viva!
The Loop

MEALS
• Cajun Fish Wrap
• All grilled fish sandwiches
• Spicy Black Bean Burger
• Turkey Burger on Whole-Wheat Bun
• Grilled Chicken Sandwich on Whole-Wheat Bun
• Portobello mushroom sandwich with sauce on the side if ordering with cheese
• Grilled Vegetable Sandwich
• Mediterranean Pizza
• Veggie Pizza
• Artichoke & Roasted Red Pepper Pizza
• Margherita Pizza
• Grilled Veggie Bowtie Pasta (add chicken)

SALADS
• Crunchy Broccoli Salad
• Grilled Chicken Salad
• Southwest Chicken Salad
• Feta Mediterranean or Garden Salads with Chicken
• Grilled Veggie with Couscous Salad
• Asian Chicken Salad

SNACKS
• Fresh Fruit

TIPS
– Whole wheat bread and “Made without gluten” options available.
– Add grilled chicken or fish to salads for extra protein and choose a lite or low fat dressing.
– Try steamed vegetables, fresh fruit, or a side salad as a side instead of fries or chips.
– Ask for the grilled fish options on the low-fat tortilla wrap.
– Ask for salad/wrap sauces on the side.
– You can switch the LOOP Burger for their Black Bean Burger.
– With pizza, order thin crust instead of thick crust, marinara based options instead of pesto-based sauce, and load it up with fresh vegetables and chicken. Pepperoni and sausage are high fat choices so opt for vegetables when possible.
The Marketplace

**NOTE** - Menu is under construction and subject to change.

**DURHAM MARKET** - Protein (lean meats, poultry, or fish), vegetables, and a grain makes a balanced meal. Lean hand cut steaks and grilled fish offered on the weekends at dinner.

**NU DEGREES** - Classic grill featuring grass fed beef burgers, antibiotic free chicken sandwiches, vegetarian burgers and sandwiches and daily specials. Cooking oil is 100% non-hydrogenated canola oil and fries are trans fat free. Top any sandwich with vegetables and pair with fruits for a balanced plate. Omelets made to order at breakfast. Vegetable stuffed omelets (regular or egg whites) paired with whole grain toast and fruit make a balanced meal.

**PI** - House-made dough with your favorite pizza toppings. Pair a slice of pizza with fruits and vegetables for a filling and balanced meal. Gluten free dough available. For lunch choose a pasta bake with whole grain pasta, vegetables and tomato-based sauces.

**PACIFIC RIM** - Made to order stir-fry. Load up on vegetables paired with lean protein and brown rice or soba noodles for a balanced plate.

**EARTH’S FARE** - Vegetarian and vegan cuisines. Pair plant-based protein, whole grains and plenty of fruits and vegetables. Avoid items loaded with higher fat cheese or pair them in small amounts with leaner choices.

**CUCINA** - Build-to-order artisan deli at lunch and tossed-to-order pasta at dinner. When building a sandwich choose whole grain bread, lower fat spreads, and add vegetable toppings. At dinner, choose whole grain pasta; add healthy protein (lean meat or poultry, tofu or legumes) vegetables and tomato or olive oil-based sauces. Made without gluten pasta available – just ask!

**STOCKPOTS** - Warm soups made in house daily. Choose broth based soups that include grains, beans and vegetables. Pair soups with foods from other stations (salads, grains, vegetables) for a balanced meal. Look here for whole steel cut oats (real oatmeal) for a healthy breakfast.

**GREENS** - A salad bar and more that includes a huge selection of lettuces, fresh vegetables, beans, grains, toppings and dressings. Add a good source of protein (beans, legumes, cheese, tofu, tuna, ham, eggs) and a whole grain salad to balance your plate. Additionally, you can find a huge selection of fresh fruits, yogurt and whole grain salads for a refreshing treat at any meal.
CEREAL BAR - Choose higher fiber, lower sugar options such as bran flakes, raisin bran, and cheerios. Top with skim milk and fruit.

TIPS
– All-you-care to eat breakfast and dinner café, retail café for lunch. Watch portions - start with a reasonable portion and go back only if you are still hungry.
– Use all of the stations to help build a nutritionally balanced plate that includes whole grains, fruits/vegetables and lean protein.
– Look for menu labeling icons to help make decisions about your food choices.
– Most vegetable offerings at Durham Market and Earth’s fare are made without added butter or oil.
– Use the nutrition decals provided to identify vegetarian, vegan, made without gluten containing ingredients as well as more sustainable seafood, humane meats, and local farm to fork choices.
– Wellness Indicators: “Full” arrows indicate meals that are lower in unhealthy fats, salt and added sugar but rich in healthy grains, lean proteins, fruits and vegetables.
– Choose “Empty” arrows less often.
– Use the iPad at the entrance to look up menu ingredients and for food allergen identification.
– Major 8 allergens will be listed in the name of the dish.

Gluten Sensitive Individuals
– There is an area designated to “Gluten Free” prepared foods such as bread, pizza dough, frozen meals and desserts. Other menu items “made without gluten containing ingredients” may be available as well however these items are not guaranteed to be “free” of all gluten.
McDonald’s

MEALS
• Classic Grilled Chicken Sandwich (no mayo)
• Single Hamburger
• Salads with Grilled Chicken
• Southwest Grilled Chicken Salad with low fat balsamic vinegar dressing

SNACKS
• Grilled Snack Wrap
• Fruit and Yogurt Parfait
• Nonfat Latte
• Fruit and Walnuts
• Fruit and Maple Oatmeal

TIPS
– Opt for grilled instead of fried chicken.
– Skip the fries and regular soda and get a side salad with water instead.
– Watch out for heavy dressings on the salads. Ask for a low fat option and choose how much to eat.
– A small smoothie makes a good snack.
– Any of the menu items can be made to order without meat!

Nasher Museum Café

APPETIZERS
• Smoked Salmon Plate
• Artisanal Three Cheese Plate

BRUNCH
• Smoked salmon Omelet
• Mediterranean Omelet
• Veggie Omelet
• Garden Veggie
• Red White and Green Panini

LUNCH FARE
• Asian Cabbage Salad with Cilantro, Ginger Miso vinaigrette
• Parisian Salad
• Roasted beet salad
• Sandwiches:
  Garden veggie (vegetarian)
  Veggie club (vegetarian)
  Smoked salmon sandwich
• Nasher burger - don’t forget to add a vegetable
TIPS
– The Nasher Museum Café features local farm products and seasonal choices such as soups, salads, sandwiches, and desserts which are all freshly made from scratch.
– Add chicken or shrimp to any salad for additional cost.
– All menu items can be requested to be made without gluten containing ingredients.
– Menu is seasonal so apt to change. Please check dining website.

Panda Express

ENTREES
• String Bean Chicken Breast
• Broccoli Beef
• Black Pepper Chicken
• Mushroom Chicken
• Kung Pao Chicken
• Mandarin Chicken
• Country Style Bean Curd
• Shanghai Angus Steak
• Shiitake Kale Chicken Breast

SIDES
• Steamed Rice
• Mixed Vegetables

TIPS
– Watch portions - order one entree and one side.
– Pair mixed vegetables with entrees that don’t include vegetables
– Avoid the deep fried items, often denoted by “crispy,” or “sweet and sour.”
– All entrees are prepared with a chicken base, so meals are not vegetarian.
– Meals can’t be customized.
Penn Pavilion

**KETTLES**
- Homemade soups

**BISTRO**
- Carved meats (pair with whole grain side and veggies)

**CILANTRO**
- Burrito bowl*

**COMFORT**
- Vegan or vegetarian hot entrée
- Look for vegetable sides here

**GREENS**
- Build your own salad**

**TO GO**
- Crudite cups
- Fruit cups
- Sandwiches and wraps

**STACKS**
- Turkey, ham or roast beef sandwich on whole grain bread or wrap***

**TIPS**
- *Burritos are large and high in starch, choose rice or tortilla or eat half paired with a fruit or vegetable side. Watch out for high fat toppings like cheese, sour cream and guacamole that can add up choose one but not all.
- ** Build a healthy salad, start with a base of veggies, add protein like lean meat, hardboiled egg, beans, tofu, edamame. Don’t forget to add a whole grain (look for interesting whole grain salads) and some healthy fat. Avoid adding too many croutons and too much cheese. Vinaigrette dressings or oil and vinegar are your best choice.
- ***Sandwich meals come with chips and 22 oz. drink. Choose water instead and skip the chips, add a fruit instead. Add veggies to sandwiches for an added nutrition punch.
- Use the nutrition decals provided to identify vegetarian, vegan, made without gluten containing ingredients as well as more sustainable seafood, humane meats, and local farm to fork choices.
- Wellness Indicators: “Full” arrows indicate meals that are lower in unhealthy fats, salt and added sugar but rich in healthy grains, lean proteins, fruits and vegetables.
- Choose “Empty” arrows less often.
- Use the iPad at the entrance to look up menu ingredients and for food allergen identification.
- Major 8 allergens will be listed in the name of the dish.

Gluten Sensitive Individuals
- There is an area designated to “Gluten Free” prepared foods such as bread, frozen meals and desserts. Other menu itemsn “Made without gluten containing ingredients” may be available as well however these items are not guaranteed to be “free” of all gluten.
Quenchers

**SNACKS**
- Fresh Fruit
- Fresh Cut Veggies
- Trail Mix or Mixed Nuts (watch out for portion sizes - read the label and stick to one serving)
- Classic Smoothies with Fruit or Yogurt Base
- Granola/Nutrition Bars: Know the purpose of your bar. Check signage on the Wall of Quenchers for guidance in picking a bar.

**TO GO/SNACKS**
- Hummus with pretzels chips
- String cheese
- Yogurt
- Peanut butter filled pretzel nuggets
- Kashi Go Lean and other cereals
- Bagels
- Hummus or peanut butter packets to go.

**TIPS**
- Meal replacement smoothies are not advised daily, as eating a meal is better and more satisfying.
- Recovery smoothies are intended for post-exercise recovery.

Red Mango

- “All Fruit Harmony” Smoothies
- “Fruit & Yogurt” Smoothies
- Green Smoothies

**TIPS**
- Watch out for smoothies with high calorie counts and lots of added sugar. Choose smaller sizes and look for fruit and yogurt options. Remember to have your smoothie alongside another protein source if you’re aiming for a complete meal.
- Consider adding a “green boost” of spinach, kale, or avocado to add some veggies or healthy fats to your smoothie.
- If you’re looking to refuel after a workout, consider adding an “Isopure Whey Protein” boost to promote muscle recovery.
- “All Fruit Harmony” smoothies are dairy free and contain no added sugars.
Saladelia at the Perk

MEALS
• Greek Salad
• Turkey Pesto Wrap
• Garbanzo Greek
• Chicken Salad
• Salmon Salad
• Specialty Chicken Platter
• Mediterranean Vegan Platter
• Grilled Chicken Salad

VEGAN
• Organic Oatmeal
• Hummus and Pita Platter
• Mediterranean Vegan Platter
• Basil Rotini Pasta
• Andean Black Bean Salad
• Tabbouleh
• Falafel Pita
• Gazpacho
• Fruit Cup

VEGETARIAN
• Bowtie Pasta
• Fruit and Cheese
• Crudite
• Greek Salad
• Granola Parfait
• Beet and Goat Cheese Salad
• Orzo Pesto
• Greek Wrap
• Veggie Wrap
• Garbanzo Greek
• Red Pepper Penne
• Basil Rotini Pasta

MADE WITHOUT GLUTEN
• Andean Black Bean Salad
• Garbanzo Greek Salad
• Crudite
• Fruit Salad
• Greek Salad (no pita)*
• Garden Salad (no pita)*
• Grilled Chicken Salad (no pita)*
• Rosemary Salmon Salad (no pita)*
• Chicken
• Fruit & Cheese (no crackers)*
• Tuna Garden Salad (no pita)*
• Beet & Goat Cheese Salad

SNACKS
• Yogurt and Granola Cup
• Fresh Fruit Cup / Fresh Whole Fruit
• Crudite

TIPS
– *only special orders.
– Watch out for pastries, they are high in fat and sugar and tend to be much larger than one portion.
– Visit the website for additional nutrition information.
– Use the smart coffee guide in the front of this booklet to make healthy drink choices.
Saladelia Cafe at Sanford Deli

**BREAKFAST**
- Egg Breakfast Paninis
- Oatmeal

**MEALS**
- Garden Chicken Salad
- Greek Salad
- Beet & Goat Cheese Salad
- Veggie, Southwest Turkey, or Greek Chicken Wrap
- Veggie Quesadilla
- Salmon Sandwich

**SNACKS**
- KIND Bars
- Chobani cups & Yogurt Parfaits
- Fruit Cup, Apples, Bananas
- Side Salads:
  - Garbanzo Greek
  - Hummus
  - Chicken Salad
  - Green Bean & Tomato
  - Beet Salad

**TIPS**
- Watch out for pastries – they are quite large and high in fat and sugar.
- Use the smart coffee guide in the front of this booklet to make healthy drink choices.
- An order of a fresh side salad makes a great, quick snack or combine a protein-based side salad with a veggie-based one to make a complete meal.

---

Trinity Café

**MEALS**
- A variety of grab-and-go salads are made daily, including Chef Salad, Chicken Caesar and Greek Salads (use only as much dressing as you need).
- Chicken and Turkey Wraps
- Veggie Plates, Pita and Hummus, Tomato and Mozzarella Plates
- Sushi

**SNACKS**
- Fresh Whole Fruit
- Chef-prepared fruit cups and parfaits
- Veggie Plates
- Baked chips
- Salads

**TIPS**
- Ask for skim milk instead of whole. Soy milk available.
- The muffins and pastries are large portions!
- A small smoothie can be a snack.
Twinnie’s

**BREAKFAST**
- Kashi cereal
- Yogurt Parfait
- Breakfast Egg Sandwich

**MEALS**
- Hummus with Pita
- Chicken Wrap
- Chef Salad
- Chicken Caesar Salad
- Chicken Cobb Salad
- Peanut Tuna Salad Sandwich
- Chicken Pita

**SNACKS**
- Yogurt
- Fresh Fruit
- Quinoa Salad - made without gluten

**VEGETARIAN OPTIONS**
- Spring Salad w/goat cheese, Egg Salad sandwich, Cheese Tortellini, Greek Salad

**VEGAN OPTIONS**
- Hummus & Pita, Panini Veggie sandwich, Portobello Wrap, Fruit salad, Pasta salad

**TIPS**
- Choose baked chips instead of fried.
- For breakfast, try Kashi cereal, which is high in fiber, instead of sugary alternatives.
- Watch out for creamy dressings.
- Twinnie’s offers very thick breads, such as Muffolatta and Foccacia, which add calories to your meals. Try whole grain bread or a wrap instead.
- Portion sizes tend to be large. Save some of your meal or split with a friend.
- Look for hot protein/salad combo specials daily, soup specials are often vegetarian.
Helpful Links

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

Want To Talk Food? sites.duke.edu/food

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

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

Bon Appetite Dining Management: www.circleofresponsibility.com

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 9/2015. Information subject to change. Cover Photo: Lauren Hagedorn, Duke ’17
Optimize your health and weight by following these suggestions for Balancing Your Plate:

- About ½ of your plate should be fruits & vegetables. Try for several different colors.
- ¼ of your plate should be grains. Try to choose whole grains.
- ¼ of your plate should be protein. Try to choose a leaner option.

Nutrition Services

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

Duke Student Health Nutrition Services
Find us on Facebook
Follow us on Twitter @du_nutrition