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

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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.
- **Milks:** 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
- Swiss Chard and 3 Bean
- Beef and Vegetable Stew
- Turkey, Kale & Wild Rice
- Harvest Pumpkin
- Chicken Noodle

SALAD
- Turkey Apple Brie
- 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: Mediterranean, Napa Chicken with Avocado, Thai Peanut Chicken
- Sandwiches: Turkey Club, Chipotle Black Bean Burger, Black Angus Roast Beef & Herb Cheese, the Veggie, Grilled Chicken Avocado, Grilled Chicken Ciabatta
- Grab and Go sandwiches: Turkey and Swiss, Caprese, Chipotle Turkey and Avocado
- Grab and Go: Mediterranean Power Pack

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
- Mango salad

**Blue Express**

**919-660-3971**

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

**SOUP**
- Moroccan Lentil Stew with Shrimp and Rice
- Curry Chickpea Stew

**MEAL**
- Roasted Cod with Potatoes, Veggies & Curry Thai Chili Sauce
- Baked Whitefish with White Beans, Peas & Tomatoes
- Sesame Ginger Chicken with Broccoli & Rice
- Curry Beef /Tofu with Vegetables & Rice
- Penne Pasta with White Beans, Tomatoes, Kale, & Cheese
- Roasted Tilapia with Turmeric Rice & Salsa
- Jerk Chicken with Turmeric Rice & Black Beans

**TIPS**
- Various daily specials. Balance your plate!
- A variety of vegan/vegetarian options are available
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

**MEAL**
- Grab and Go wraps: Southwest Veggie Wrap, Grilled Salmon, Portabello and Tofu
- Grab and Go sandwiches: Harrisa Turkey, Pork Loin, Grilled Chicken
- Grab and Go grain bowls: Quinoa Salmon, Barley Chicken, Vegetable Wheat Berry, Southwestern Lentil
- Paninis: Eggplant Mozzarella, Turkey Avocado, Portobello Spinach & Artichoke

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

**TIPS**
- Choose smaller sizes for smoothies or juice

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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

**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
• Garden of Edens (choose a high protein side)
• Meze Platter
• Hiyashi Chuka

MEAL
• Breakfast Quesadilla
• Tofu Rancheros
• Eggs Your Way
• Grilled Chicken sandwich
• Chicken Tikka Masala
• Udon Noodle Bowl
• Falafel on Pita
• Tacos

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
• Grab and Go sandwiches (whole wheat bread options): Tuna Salad, Turkey

SNACK
• Fresh fruit
• Hummus
• Oatmeal to go
• Greek Yogurt
• Celery sticks and peanut butter
Chef’s Kitchen

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

**TIPS**
- Menu changes frequently
- Follow the *Duke Balanced Plate* info graphic.
  [http://ow.ly/p4Sh305trl7](http://ow.ly/p4Sh305trl7)

Commons

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

**SALAD**
- Chopped salad
- House salad
- Caesar salad

**MEAL**
- Grilled Salmon
- Seared Ahi Tuna
- Roasted Half Chicken
- Saffron Risotto

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

Dame’s Express @ Devil’s Bistro

919-660-3762

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

**SOUP**
- House Soup. Also available as a side

**SALAD**
- Orchard, Patch, and Poppy
- Strawberry Balsamic
- Grilled Mediterranean
- Grab and Go Chef salad
- Grilled Salmon salad

**MEAL (BRUNCH)**
- Amazing Omelets: Turkey & Spinach, Spinach & Veggie, The Santa Monica
- Huevos Rancheros
- Grilled Salmon
- A.M. Burrito
- Breakfast Sandwich
- Steel cut Oatmeal
Dame’s Express (Continued)

**MEAL**
- Veg-A-Licious Pizza
- Almost Goat Pizza
- Pizza Blanco
- Chicken Marsala pasta
- Grilled Salmon pasta
- Chicken Avocado Clucker
- Grab and Go wraps

**SIDES**
- Brown rice, roasted potatoes, seasonal vegetables, side salad, fresh fruit, glazed carrots
- Grab and Go salads, fruit cups, vegetable cups, hummus platter

**TIPS**
- Choose oil-based vinaigrette dressings, such as balsamic or raspberry
- Options to add chicken, salmon, or shrimp to salads
- Portions can be large: consider sharing with a friend or taking half home for a later meal
- Select menu items are designated as Gluten Friendly, for other options inquire

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
- Spinach salad

**MEAL**
- Tacos: grilled fish or grilled chicken
- Devil’s Classic Burger (without cheese)
- Southwestern Burger
- Grilled Cheese

**SNACK**
- Shrimp Cocktail

**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
• Seafood Stew
• Curried Carrot
• Bountiful Bean Chili
• Lentil
• Butternut Squash
• Chicken and Wild Rice
• Beef Barley
• Spring/Winter Vegetable
• Hearty Vegetable

SALAD
• Garden salad
• Caesar 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
• Popcorn
• 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

**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

**TIPS**
- Gluten Friendly options are listed on the cooler

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
- Lamb Stew
- Roasted Chicken
- Lamo Saltillo

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

**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; watch portion sizes and listen to fullness cues

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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
- Pad Thai Noodles

**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

MEAL
• Sashimi Bowl
• Sushi Bento
• 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

IlForno

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

MEAL
• Pasta Your Way (see tips)
• Spicy IlForno
• Chicken Basil Pesto
• Pizzas: Harvest, Margherita, Aria, Sedona
• Design Your Own Pizza (see tips)

TIPS
– Gluten Friendly pizza crust is 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**
- Classic Caesar
- 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

**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

**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

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**
- Egg White Delight
- 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**
- Parisian
- Strawberry Summer
- Golden Beet
- Chopped Cabbage

**MEAL**
- Giorgio’s Mezze
- Bahn Mi
- Smoked Salmon sandwich
- Farmer’s Club sandwich
- Vegan Veggie wrap
- Nasher Burger

**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

SOUP
- Hot and Sour Soup

MEAL
- Grilled Chicken (Teriyaki or Asian)
- String Bean Chicken Breast
- Eggplant Tofu
- Hot Szechuan 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
- Peanut butter
- Oatmeal

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 (Continued)

**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
- Quinoa salad
- 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
- Quinoa salad
- Red Pepper Penne
- Fresh fruit and vegetable cups
- Hot oatmeal
- Hard-boiled eggs
- Chobani Greek Yogurt
- Granola and Yogurt
- KIND bars

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Saladelia at Sanford (Continued)

**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

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**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

SALAD
- Any salad

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

SNACK
- 1 Portion of a salad

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Tandoor (Continued)

- Aloo Methi
- Tandoor Delights (choose any)

SNACK
- Lassi (mango or strawberry)

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

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Terrace Café
(919) 660-3957

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

SALAD
- Greek Farmer’s Salad
- Chicken Caesar

MEAL
- Chicken Salad Plate
- Chicken or Turkey wraps
- Pita & Hummus
- Caprese Plate

SNACK
- Garlic Hummus Cup
- Yogurt Cups
- Fresh Fruit Cup
- Whole Fruit
- Domestic Cheese Plate

TIPS
- Choose whole fruits over juices for more fiber
Trinity Café
919-660-3934

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

SALADS
- Chicken Caesar
- Chef
- Garden Greek
- Apple Pecan Chicken

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

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
- Watch out for creamy dressings. Ask for half dressing or choose an oil/vinegar-based dressing
- Twinnie’s offers very thick breads, such as Muffolatta and Focaccia. Eat these when you are really hungry or eat half and save half for later, substitute whole grain bread, or choose a wrap.
- Portion sizes tend to be large. Save some of your meal or split with a friend
- 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
Optimize your health and weight by following these suggestions for Balancing Your Plate:

- **About 1/2 of your plate should be fruits & vegetables.** Try for several different colors.
- **1/4 of your plate should be grains.** Try to choose whole grains.
- **1/4 of your plate should be protein.** Try to choose a leaner option.

For more nutrition information, visit www.studentaffairs.duke.edu/studenthealth/nutrition-services or call 919-681-9355.

Duke Student Health Nutrition Services
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