THE DEVIL'S ADVOCATE...

For Smarter Dining Choices on Campus

Nutrition Services
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
• Veggie and Hummus wrap
• Vegetarian Waldorf Turkey wrap
• Garden & Avocado Wrap
• Chipotle Black Bean Burger w/ Avocado

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

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

SNACKS
• Fresh Fruit
• Hard Boiled Eggs
• Kind Bars
• Garden Salads
• Variety of cereals in 2 cup containers
• Black Bean & Corn Salad
• Assorted nuts

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
• Falafel in Pita

SALADS
• 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
• KIND, Lara, Clif Bars
• Yogurts
• Cereal & Milk (Kashi, Cheerios, Low-Fat Granola)
• Make Your Own Trail Mix
• Creative Snacks Co. Mixed Nuts and Trail Mix
• Single Serving Almonds

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

**MEALS OR SNACK**
- Fresh fruit
- Fresh fruit salads
- Chobani yogurt
- Veggie Wrap
- Jalapeno Turkey Wrap
- Grilled Chicken Wrap
- Tuna on Wheat
- Apple Cranberry Walnut Salad
- Balsamic Honey Chicken Salad
- Garden Salad

**TIPS**
- Choose balsamic dressing or apple cider vinegar dressing for your salads.

Divinity Café

**MEALS**
- Entrée – A new offering every day! Entrée includes fresh veggie of the day or a side salad
- Vegetable Curry
- 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
- Hummus & Veggie Wrap

**SNACKS**
- Fresh Whole Fruit and Fruit Salad
- 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
- Boiled Eggs
- Side Kale Salad
- Yogurt Parfait
- Apples or Banana w/ Peanut Butter
- Chicken or Tuna Salad Plate
- House Salad
- Cottage Cheese
Divinity Café (continued)

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.
– House vinaigrette is a better option than buttermilk ranch dressing.
– 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
• Little Green Salad w/ Chicken
• Roasted Veggie Sub
• Seared Salmon Caesar
• Daily, hot lunch specials

TO GO/SNACKS
• Salads
• Yogurt
• Banana
• Trail Mix

TIPS
– Add chicken, tofu, shrimp or steak to any salad for an extra charge.
– All sandwiches served with choice of greens or fries.
– When choosing a hot lunch special, make sure it contains a protein, carbohydrate, and fat to full satisfy you.
Café Edens  
(McClendon Tower - open 24 hours)

MEALS
• Falafel in Flatbread
• Eggs Your Way with Fruit and Toast
• Flat Iron Steak Taco
• Signature Salads: Chopped Mexican Salad, French Market Salad
• Meze Platter with chicken or shrimp
• Egg Scramble
• Tofu Rancheros
• Veggie Single
• Salmon Burger
• Grilled Chicken Sandwich
• Chicken Tikka Masala
• Falafel on Pita
• Garden of Edens

VEGAN
• Tofu Rancheros
• Falafel on Pita

VEGETARIAN
• Veggie Single
• Garden of Edens

SIDES
• Oatmeal
• Fresh fruit
• Egg
• Whole wheat toast
• Salad

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.
– All sandwiches are served with a side – choose a side salad or fresh fruit.
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
• Meet My Veggies
• Pizza Blanco

SALADS
• Orchard Patch Poppy
• Grilled Mediterranean
• Strawberry Balsamic

DINNER ENTREES
• Apricot Bourbon Salmon
• Whole Wheat Penne
  – Pick a non-heavy sauce or go light on sauce (Whole Wheat Penne)

PAN ASIAN FLARE
• Sizzlin’ Wok with chicken or shrimp
• Apple Coconut Curry with chicken or shrimp
  – Pick a non-heavy sauce or go light on sauce

SOUPS
• Black Bean
• Lentil and Green Pea
• Carrot Ginger
• Tomato Bisque
• Chicken Tortilla

SIDES
• Seasonal Veggies
• Brown Rice
• Fresh Fruit
• Side Salad

SWEET RETREATS
• Sorbet

TIPS
– Egg whites available upon request
– Choose multi grain breads
– Add chicken or salmon to a salad for some extra protein.
Dolce Vita  
(French Science Center Café)

**MEALS**
- Lentil & Hummus Wrap
- Burritos: Chicken or Veggie
- Sandwiches: Turkey, Roast Beef, Ham
- Breakfast Taco
- Turkey Pest Wrap with Grilled Vegetables

**SALADS**
- Garden Salad
- Cobb Salad
- Chicken Caesar Salad

**SNACKS**
- Yogurt Cup
- Fresh Fruit Cup/ Fresh Whole Fruit
- Clif Bar, Luna Bars
- Turkey Lettuce Wrap
- Caprese Salad
- Black Bean Salad
- Greek yogurt

**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.
- 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  
• Fresh Fruit  
• Grilled Chicken Winter Salad

**LUNCH**  
• Organic Mesclun Salad  
• Summer Salad  
• Citrus Salad  
• Winter Salad  
• Chilled Poached Shrimp Salad  
• Potato Crusted Norwegian Salmon  
• Black Bean Burger

**DINNER**  
• Organic Chicken Breast  
• Grilled Certified Angus Beef  
• Crispy Carolina Black Sea Bass  
• Lamb shank

**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.  
– Add a lean protein to your salad such as grilled shrimp, grilled chicken, or grilled salmon.
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.

Joe Van Gogh

*TIPS*
- Gluten free oatmeal
- YAWP Bar
- EllowRaw Nutrition Bars
- See coffee tips in front of book for best options.
- 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
• Grilled Veggie Bowtie Pasta (add chicken)
• Asian Chicken Wrap

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

SNACKS
• Fresh Fruit

SIDES
• Steamed Broccoli
• Side Garden Salad
• Fresh Fruit
• Salmon

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.
– Dressings: shallot vinaigrette, balsamic vinaigrette, lite Italian, fat-free ranch, fat-free honey Dijon
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. Gluten free pasta is 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.
The Marketplace (continued)

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.

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)
• 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 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
• Greek Vegetable Wrap
• Beef Omelet
• Warm Mushroom Salad
• Honey Pomegranate Salad
• Quinoa Lentil Salad

LUNCH FARE
• Asian Cabbage Salad with Cilantro, Ginger Miso vinaigrette
• Parisian Salad
• Chicken Souvlaki
• Sesame Lime Shrimp Wrap- order without wonton strips
• Greek Vegetable Wrap
• Portabella Panini
• Grilled Catalan Panini
Nasher Museum (continued)

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.
– All menu items can be requested to be made without gluten containing ingredients.
– Add chicken, shrimp, tuna, or salmon to any salad for extra protein.
– Choose the green salad or quinoa as your side for any of the sandwiches to help balance the meal.
– Ask to switch out the ciabatta bread for whole wheat bread on any sandwich.
– Dinner menu changes weekly.
– 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
• Shanghai Angus Steak

SIDES
• Steamed Rice
• Brown 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

**BISTRO**
- Choose 1 meat paired with veggies and a side of whole grains

**CILANTRO**
- Burrito bowl*
- Choose brown rice and go light on the cheese and sour cream.

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

**NOODLE BAR**
- Load up on veggies plus a protein and go light on the sauce (Alforno)

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

**TO GO**
- Side Salad
- Sushi
- Whole and Sliced Fruit
- Yogurt Parfait

**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.

  - 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.

  - Sandwich meals come with chips. Skip the chips and add a fruit instead. Add veggies to sandwiches for an added nutrition punch.

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
- Quick Oats
- Veggie Straws
- Greek Yogurt

**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
- Luna Bar
- Kind Bar
- Twisted Fruit Smoothie
- Farm Fresh Yogurt w/ Fruit, Granola, or Cheerio toppings

**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
- Chicken Salad
- Salmon Salad
- Specialty Chicken Platter
- Grilled Chicken Salad
- Chicken Apple Couscous
- Black Beans & Rice

**VEGAN**
- Organic Oatmeal
- Hummus and Pita Platter
- Basil Rotini Pasta
- Tabbouleh
- Falafel Pita
- Fruit Cup
- Black Beans & Rice

**VEGETARIAN**
- Bowtie Pasta
- Fruit and Cheese
- Crudite
- Greek Salad
- Granola Parfait
- Beet and Goat Cheese Salad
- Orzo Pesto
- Greek Wrap
- Veggie Wrap
- Red Pepper Penne
- Black Beans & Rice
- Vegetarian Specialty Platter

**MADE WITHOUT GLUTEN**
- 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
- Black Beans & Rice

**SNACKS**
- Yogurt and Granola Cup
- Fresh Fruit Cup / Fresh Whole Fruit
- Crudite
- Kind bar
- Hard boiled eggs

**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
- Greek Wrap
- Turkey & Cranberry Wrap
- Turkey & Arugula Wrap
- Turkey Pesto Wrap
- Turkey Chipotle Wrap
- Southwest Black Beans & Rice
- Mediterranean Eggplant

**SNACKS**
- KIND Bars
- Chobani cups & Yogurt Parfaits
- Fruit Cup, Apples, Bananas
- Fruit & Cheese
- 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**
- Sushi
- Garden Salad
- Ham and Swiss Sandwich

**SNACKS**
- Fresh Whole Fruit
- Chef-prepared fruit cups and parfaits
- Carrots and Hummus
- Hummus and Pretzels
- Yogurt

**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.
- Choose sushi without cream cheese or heavy sauces.
Twinnie’s

**BREAKFAST**
- Kashi cereal
- Yogurt Parfait
- Breakfast Egg Sandwich
- Omelets to order

**MEALS**
- Hummus with Pita
- Chicken Wrap
- Chef Salad
- Chicken Caesar Salad
- Chicken Cobb Salad
- Peanut Tuna Salad Sandwich
- Chicken Pita
- Mediterranean Salad w/ Chicken
- Ham Sandwich, Turkey Sandwich

**SNACKS**
- Yogurt
- Fresh Fruit
- Veggie Straws
- Almonds
- Fruit Salad

**VEGETARIAN OPTIONS**
- Spring Salad w/goat cheese, Greek Salad

**VEGAN OPTIONS**
- Hummus & Pita, Panini Veggie sandwich, Fruit salad, Pasta salad, Spinach & Goat Cheese 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 3/2016. Information subject to change. Cover Photo: Lauren Hagedorn, Duke ’17
Optimize your health and weight by following these suggestions for

Balancing Your Plate

About $\frac{1}{2}$ of your plate should be fruits & vegetables.
Try for several different colors.

$\frac{1}{4}$ of your plate should be grains.
Try to choose whole grains.

Healthy fats*

$\frac{1}{4}$ 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