

Where to find **HEALTHY FOODS** on campus

Healthy choices can be found campus-wide in every food shop, store and food courts. • Here are some of them.

Eastern Eateries • (Food Court)

Located between Phelps-Sellers & Walton-Putnam Residence Halls

Offers breakfast cereals featuring Special K, Mini Wheats, Crispix, Low-Fat Granola, Oatmeal, Cheerios, Bran Flakes, low fat yogurt, milk and soy milk available, salad bar and fresh fruits

Jump Asian Cuisine • (Eastern Eateries)

Ask for steamed or stir-fry vegetables without sauce and choose plain white rice

Wrap it up • (Eastern Eateries)

Made-to-order salads and lawash wrappers, hummus, vegetarian and vegan options

Freshens Smoothie Company • (Eastern Eateries)

Healthy smoothies made-to-order with fresh frozen fruits daily (ask for the sugar-free yogurt mix)

Uppercrust • (Eastern Eateries)

Pizza, pasta, subs made-to-order, specials, vegetarian and vegan options

QuickFixx Convenience Store • (Eastern Eateries-lower level)

Many grab n'go items including deli meats, milk, cheeses and beverages

The Commons
All•You•Care•To•Eat Dining

The Commons • (Buffet Restaurant)

Located within Downing Residence Hall complex

Offers fresh fruit and salad bars, stir-fry and pasta line and many home-made entrees and more

CrossRoads MarketPlace • (Hoyt Conference Center)

Mini grocery store offers fresh and canned fruits and vegetables, nuts, deli meats, cheeses, milk, frozen entrees, yogurt, gluten-free products and extensive beverage options

Einstein Bros.Bagels • (CrossRoads MarketPlace)

Fruit, yogurt parfaits, custom fresh bagel sandwiches, salads and more

Panini Grill • (CrossRoads MarketPlace)

Custom sandwiches made-to-order

Food Court • (Student Center)

Eight EMU Dining shops primarily on the ground level

GreenMarket • (GreenMarket Bistro/Food Court)

Fresh salads, stir-fry, appetizers and on-the-go entrees

Sbarro • (GreenMarket Bistro/Food Court)

Vegan and vegetarian dishes plus a full salad bar custom made

Jet Smoothies • (GreenMarket Bistro/Food Court)

Delicious smoothies made with green tea

Starbucks • (Upper Level)

"Skinny" latte

Lobby Shop • (Food Court)

Juices, fresh fruit cups, nuts, bagels, whole fruit, fresh salad, chips and crackers,

Express Cafes • (Campus-wide)

Six shops housed in academic buildings offering fresh salads, fruits, bagels, yogurt, sandwiches and beverages

QUICK TIPS

for choosing healthier foods

- Eat foods low in fat, especially saturated and trans fat
- Pick whole foods like fruits and vegetables, and oatmeal that are recognizable as being less processed
 - Select foods rich in fiber to help keep you stay satisfied/full longer and to maintain good health (such as fruits, vegetables and whole grains)
 - Look for foods with low sugar content or with little or no sugar added (sugar contains only calories, no other nutrients)
- Drink water with meals instead of calorie loaded soda pop, juice and fruit drinks
 - Eat a variety of foods each day
- Fill half your plate with fruits and vegetables and the other half with healthy grains and lean meats

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