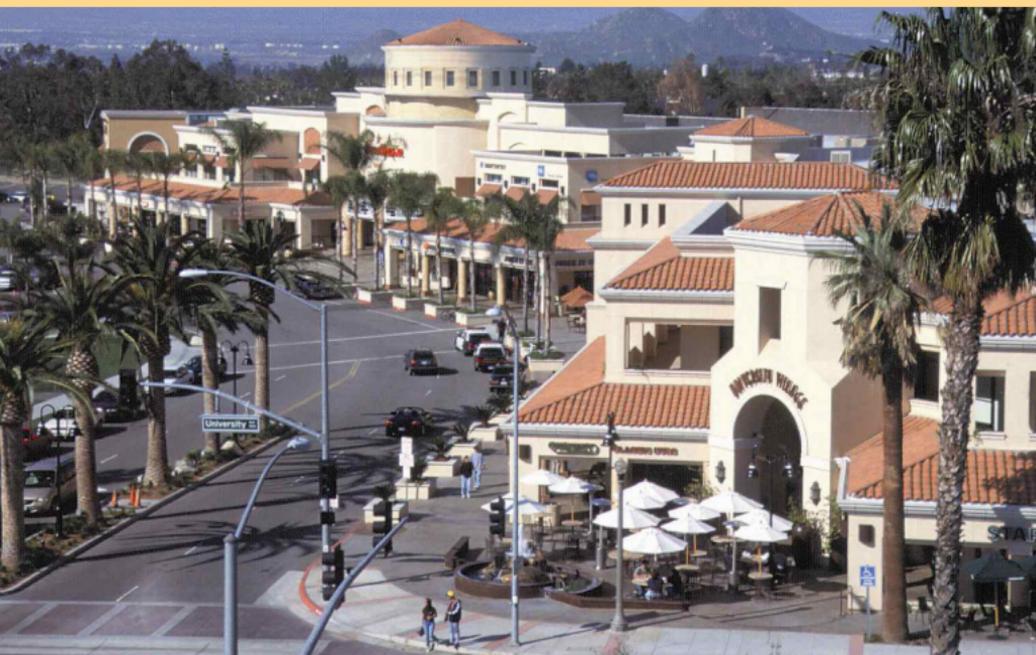


Dining out?

Want to make **HEALTHY** choices?

**Use this guide when dining at  
University Village!**







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## Mexican Cuisine Tips

- **Monitor your portions**, especially the chip bowl. Salsa is a healthy condiment, so feel free to add it to your favorite dishes! Grab one handful of chips, put them on your plate or napkin, and don't go back for more.
- **Limit deep fried foods.**
- **“Undress” your food.** Ask for any sauces or dressing on the side (like guacamole and sour cream) and use sparingly.
- Choose dishes that have **plenty of fresh veggies, lettuce, tomato, and salsa!**
- Choose dishes with **corn tortillas (soft not fried) or 6-inch whole wheat flour tortillas** (if available).

## Rubio's

### *Best choices under 600 calories*

Salad	<ul style="list-style-type: none"><li>• Chimichuri Salmon Salad and side of pinto or black beans</li><li>• Balsamic and Roasted Veggie Salad with chicken and side of pinto or black beans</li></ul>
Grilled Seafood Tacos	<ul style="list-style-type: none"><li>• Two grilled Atlantic salmon or grilled Pacific mahi mahi corn tacos, or Regal Springs grilled tilapia, and rice, pinto, or black beans</li></ul>
Tacos/ Burritos	<ul style="list-style-type: none"><li>• Two grilled chicken or steak tacos and side of rice, pinto, or black beans</li><li>• Healthy-Mex® grilled mahi mahi burrito (high in sodium)</li></ul>
Vegetarian	<ul style="list-style-type: none"><li>• Two portobello and poblano tacos, no sides</li><li>• One portobello and poblano taco with side of rice and beans or pinto and black beans</li></ul>

### *Recommended Tips!*

1. Choose grilled seafood, like salmon, mahi mahi, tilapia, or shrimp
2. Ask for dressing on the side for your salad, or replace it altogether with flavorful salsas
3. Hold the cheese, sour cream, or white sauce
4. Order Ralph's Remarkable "No-Fried" Pinto Beans<sup>SM</sup> or black beans instead of chips - you'll enjoy less fat and more fiber
5. Order a Healthy-Mex® burrito - less than 30% of the calories come from fat; but, be careful because these are high in sodium

## Sandwich Shop Tips

- **“Undress your food” – Ask for dressing on the side.** WATCH OUT! Dressings can range from 25 to 150 calories per tablespoon! (A tablespoon is about the size of your thumb).
- Choose low fat mayonnaise, mustard, ketchup and/or low fat/light Ranch as your condiments. Note: if low fat/light condiments or dressings are not available, ask for them on the side.
- **Double up on vegetables!** Fill your sandwich with all your favorite veggies. Better yet, double them!
- Choose **grilled** over breaded “crispy” meats.
- **Lean proteins** such as fish, poultry, and tofu have less solid fat than red meats like pork or beef and should be chosen more often.

## Subway

	Watching Calories?	Watching Fat?	Watching Sodium?
Start with:	<ul style="list-style-type: none"> <li>• Sweet Onion Chicken Teriyaki</li> <li>• Turkey Breast</li> <li>• Turkey Breast &amp; Black Forest Ham</li> <li>• Roast Beef</li> <li>• Oven Roasted Chicken Breast</li> <li>• Veggie Delight</li> <li>• Subway Club</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet Onion Chicken Teriyaki</li> <li>• Turkey Breast</li> <li>• Turkey Breast &amp; Black Forest Ham</li> <li>• Roast Beef</li> <li>• Oven Roasted Chicken Breast</li> <li>• Veggie Delight</li> <li>• Black Forest Ham</li> <li>• Subway Club</li> </ul>	<ul style="list-style-type: none"> <li>• Oven Roasted Chicken Breast</li> <li>• Veggie Delight</li> <li>• Roast Beef</li> <li>• Chicken Strips</li> </ul>
Add:	<ul style="list-style-type: none"> <li>• Lettuce</li> <li>• Tomato</li> <li>• Cucumber</li> <li>• Green Peppers</li> <li>• Red Onions</li> <li>• Pickles</li> <li>• Jalapenos</li> <li>• Banana Peppers</li> <li>• Vinegar</li> <li>• Mustard</li> <li>• Spinach</li> </ul>	<ul style="list-style-type: none"> <li>• Lettuce</li> <li>• Tomato</li> <li>• Cucumber</li> <li>• Green Peppers</li> <li>• Red Onions</li> <li>• Pickles</li> <li>• Jalapenos</li> <li>• Spinach</li> <li>• Banana Peppers</li> <li>• Sweet Onion Sauce</li> <li>• Vinegar</li> <li>• Spicy Mustard</li> <li>• Mustard</li> <li>• Fat Free Salad Dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Lettuce</li> <li>• Tomato</li> <li>• Cucumbers</li> <li>• Green Peppers</li> <li>• Red Onions</li> <li>• Vinegar</li> <li>• Oil</li> <li>• Spinach</li> </ul>
Limit:	<ul style="list-style-type: none"> <li>• Bacon</li> <li>• Cheese</li> <li>• Mayonnaise</li> <li>• Oil</li> <li>• Chipotle Southwest Sauce</li> <li>• Ranch Dressing</li> <li>• Cheese Topped Breads</li> </ul>		<ul style="list-style-type: none"> <li>• Bacon</li> <li>• Cheese</li> <li>• Mayonnaise</li> <li>• Mustard</li> <li>• Pickles</li> <li>• Olives</li> <li>• Jalapenos</li> <li>• Banana Peppers</li> <li>• Chipotle Southwest Sauce</li> <li>• Ranch Dressing</li> </ul>

### *Recommended Tip!*

The Honey Oat and 9-Grain Wheat breads are not whole wheat or whole grain, though they may seem to be. So, your best choice would be to choose “mini breads” when possible or get your sandwich “in a bowl”.

## Ranch One

*Best choices under 600 calories*

Sandwich	<ul style="list-style-type: none"><li>• Chicken Philly</li><li>• Ranch One Grilled Classic</li></ul>
Salad	<ul style="list-style-type: none"><li>• Chicken Caesar</li><li>• Mixed greens w/chicken, no dressing</li></ul>
Other	<ul style="list-style-type: none"><li>• Chicken Fajita</li><li>• Chicken Teriyaki Bowl</li></ul>

### *Recommended Tips!*

1. Choose grilled chicken over breaded/crispy
2. Ask for dressing on the side
3. Best dressing options (under 100 calories): balsamic vinaigrette, sesame ginger, and Caesar
4. Teriyaki and spice sauces are lowest in calories (under 50 calories per tablespoon), but be careful because they are high in sodium

## Asian Cuisine Tips

- Sauces are generally made with soy sauce, which is very high in sodium. **Ask for sauces on the side.**
- Skip anything breaded, deep fried, or with tempura and **opt for grilled or baked** entrees to control fat and calories.
- Ask if **brown rice** is available as a substitute for white rice. (Brown rice is a whole grain which may protect against heart disease, make at least ½ your grains whole grains each day.)
- **Lean proteins** such as fish, poultry, and tofu have less solid fat than red meats like pork or beef and should be chosen more often.
- **Ask for double vegetables!** They are good sources of fiber (which helps to keep you full) and will increase the volume on your plate without increasing the calories.

## Pho Vinam

*Best choices (Note: no calorie information was available)*

Salad	<ul style="list-style-type: none"><li>• Tofu or Chicken Salad</li></ul>
Rice Entree	<ul style="list-style-type: none"><li>• Steam Rice with Spicy Tofu or Stir Fried Vegetables (Com Xáo Tofu Cay or Com Xáo Chay Thap Cám)</li></ul>
Noodle Entree	<ul style="list-style-type: none"><li>• Vermicelli with Shrimp, Lettuce, Cucumber &amp; Bean Sprout (Bún Tôm)</li></ul>

### *Recommended Tips!*

1. Ask for dressing or sauces on the side
2. Opt for steamed rice over fried rice/chow mein
3. Choose tofu, chicken, or fish over beef and pork

## At Thai

*Best choices under 600 calories*

Salad	<ul style="list-style-type: none"><li>• Chicken Larb Salad</li></ul>	<ul style="list-style-type: none"><li>• Spicy Glass Noodle Salad</li></ul>
Soup	<ul style="list-style-type: none"><li>• Hot and Sour Soup</li></ul>	<ul style="list-style-type: none"><li>• Tom Yum Chicken Soup</li></ul>
Noodle Entree	<ul style="list-style-type: none"><li>• Pad Thai</li><li>• Pad Woon Sen</li></ul>	<ul style="list-style-type: none"><li>• Green Curry</li><li>• Chicken + Cashew Nuts (Stir Fry Glass Noodles)</li></ul>

### *Recommended Tips!*

1. Skip anything “deep fried”
2. Ask for dressing or sauces on the side
3. Choose chicken & tofu over beef
4. Ask for a double serving of vegetables
5. Eat half and save the other half for later

## The Flame Broiler

*Best choices under 600 calories*

<b>Bowls</b>	<ul style="list-style-type: none"><li>• Chicken Veggie</li></ul>	<ul style="list-style-type: none"><li>• Beef Veggie</li></ul>	<ul style="list-style-type: none"><li>• Any Mini Bowl</li></ul>
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### *Recommended Tips!*

1. Substitute brown rice for white rice
2. Ask for dressing or sauces on the side
3. Choose chicken over beef to control fat and calories
4. Opt for more vegetables, ask for extra or choose veggie option

## Yoshinoya

*Best choices under 650 calories*

<b>Entrees</b>	<ul style="list-style-type: none"><li>• Regular Beef Bowl with Vegetable</li><li>• Regular Vegetable Bowl</li><li>• Chicken/Beef only + Vegetables only (skip rice)</li></ul>	<ul style="list-style-type: none"><li>• Chicken Salad with a side of light Italian dressing</li></ul>
<b>BBQ Plates</b>	<ul style="list-style-type: none"><li>• Chicken Only with Noodle Only</li><li>• Chicken Only with Fried Rice Only</li></ul>	<ul style="list-style-type: none"><li>• BBQ Beef or Chicken Only</li></ul>

### *Recommended Tips!*

1. Opt for more vegetables
2. Ask for dressing or sauces on the side
3. Choose chicken over beef to control calories and fat

## Sushiya

*Best choices under 600 calories*

Nigri Sushi	<ul style="list-style-type: none"><li>• Albacore (5 pieces)</li><li>• Avocado (4 pieces)</li></ul>	<ul style="list-style-type: none"><li>• Smoked Salmon (6 pieces)</li></ul>
Cut Roll	<ul style="list-style-type: none"><li>• California Roll (8 pieces)</li></ul>	<ul style="list-style-type: none"><li>• Caterpillar Roll (9 pieces)</li></ul>
Sashimi (thinly sliced raw meat)	<ul style="list-style-type: none"><li>• Tuna</li></ul>	<ul style="list-style-type: none"><li>• Yellowtail</li></ul>

### *Recommended Tips!*

1. Skip anything “deep fried”, tempura, or breaded
2. Choose items without cream cheese
3. If pregnant or planning to become pregnant, avoid Marlin, Orange Roughy, Sea Bass, Tilefish, Swordfish, Shark, Mackerel, Bluefish, Tuna & Grouper
4. Go light on the soy sauce and other sauces

## Life Cafe

### *Best choices*

Special Combo	<ul style="list-style-type: none"><li>• Scrambled Egg w/ Tomato &amp; Sautéed Mixed Vegetable</li></ul>
Seafood/Meat	<ul style="list-style-type: none"><li>• Shrimp and Tofu with Rice</li><li>• Chicken Teriyaki</li></ul>
Noodles	<ul style="list-style-type: none"><li>• Mixed Vegetable Pan Fried Noodle (ask for double veggies)</li></ul>
Shabu Shabu	<ul style="list-style-type: none"><li>• Vegetarian Hot Pot</li></ul>

### *Recommended Tips!*

1. Avoid anything fried
2. Ask for brown rice
3. Ask for double veggies
4. Eat half and save the other half for later (or share with a friend)
5. For specialty drinks (like milk teas) see Lollicup or Boba (under Specialty Drinks, see pg. 22) for guidance

## Fast Food/American Food Tips

- **Limit deep fried items** and choose lean meats and grilled entrees.
- **Drink water** or unsweetened iced or hot tea with your meal instead of soda, juice, or other drinks. Water helps to keep you full and is calorie free!
- **“Undress” your food** — ask for sauces and dressing on the side.
- Ask for your food (such as French fries) to come **unsalted**. Fast food comes with a lot of “hidden salt”... extra salt is not needed.
- **Limit additions** such as bacon, cheese, avocado, etc.

## Carl's Jr.

### *Best choices under 600 calories*

Burgers	<ul style="list-style-type: none"><li>• Low Carb Six Dollar Burger</li></ul>	<ul style="list-style-type: none"><li>• Big Hamburger</li><li>• Any turkey burger!</li></ul>
Chicken Sandwiches	<ul style="list-style-type: none"><li>• Charbroiled Santa Fe</li><li>• Charbroiled Club</li><li>• Charbroiled BBQ</li><li>• Honey Mustard</li></ul>	<ul style="list-style-type: none"><li>• Spicy Chicken</li><li>• Any Wrapper!</li><li>• Sweet &amp; Bold BBQ Hand-Breaded Chicken is lowest in fat</li></ul>
Salads	<ul style="list-style-type: none"><li>• Any salad!</li></ul>	<ul style="list-style-type: none"><li>• Best dressing: Low Fat Balsamic Vinaigrette</li></ul>
Breakfast	<ul style="list-style-type: none"><li>• Bacon and Egg Burrito</li><li>• Sourdough Breakfast Sandwich</li></ul>	<ul style="list-style-type: none"><li>• Sausage, Egg, &amp; Cheese Biscuit</li></ul>

### *Recommended Tips!*

1. Don't add salt! (Most dishes have well over 1,000mg of sodium)
2. Opt for ketchup and mustard instead of mayo and Ranch as a condiment
3. Order a kids' sized burger or sandwich and add a salad on the side
4. To cut down on fat, choose poultry (turkey or chicken) over red meat (beef, bacon, sausage)
5. Skip the cheese to cut down on fat and calories
6. Ask for dressing on the side
7. Avoid cream based salad dressings (blue cheese, Ranch)
8. For items with guacamole or Ranch, ask for it on the side to control calories and fat

## Wienerschnitzel

*Best choices under 400 calories*

Hot Dogs	<ul style="list-style-type: none"><li>• Angus All Beef Plain, Mustard, Relish, Kraut, or Stadium Dog, standard or seeded bun</li><li>• Original, Turkey Plain, Mustard, Relish, Kraut, or Stadium Dog, standard or seeded bun</li></ul>
Burgers & Specialties	<ul style="list-style-type: none"><li>• Hamburger or Sea Dog</li><li>• Corn Dog</li></ul>
Breakfast	<ul style="list-style-type: none"><li>• Sandwich with egg, sausage OR bacon, and cheese</li></ul>

### *Recommended Tips!*

1. Avoid pretzel buns (they add fat, sodium, and calories), choose seeded or standard
2. Don't add salt! (Many dishes are very high in sodium)
3. Skip bacon, chili, and cheese additions to avoid excess calories, fat, and sodium

## Del Taco

*Best choices under 600 calories*

Tacos & Burritos	<ul style="list-style-type: none"><li>• 2 Crispy Fish Tacos or 2 Ultimate Tacos</li><li>• Deluxe Del Beef Burrito</li><li>• 2 Chicken or Carnitas Tacos Del Carbon</li><li>• Bean &amp; Cheese Red or Green Burritos</li><li>• 8 Layer Veggie Burrito</li></ul>
Other	<ul style="list-style-type: none"><li>• Cheese Burger</li><li>• Bun Taco</li><li>• Taco Salad</li><li>• Hamburger</li></ul>
Breakfast	<ul style="list-style-type: none"><li>• Egg &amp; Cheese Burrito</li><li>• Breakfast Burrito</li></ul>

### *Recommended Tips!*

1. Choose meatless or chicken options instead of beef
2. If possible, chose corn tortilla/shell instead of flour or flatbread
3. Skip or ask for light cheese
4. Skip, go light on, or ask for sour cream on the side
5. Ask for extra lettuce and tomato

## Denny's

### *Best choices under 550 calories*

Breakfast	<ul style="list-style-type: none"><li>• Fit Fare Omelet</li><li>• Fit Slam</li></ul>	<ul style="list-style-type: none"><li>• Veggie-Cheese Omelet</li><li>• Fit Fare Veggie Skillet</li></ul>
Burgers & Sandwiches	<ul style="list-style-type: none"><li>• Veggie burger w/Balsamic Vinaigrette &amp; Fit Fare veggies</li></ul>	<ul style="list-style-type: none"><li>• Chicken Avocado Sandwich w/Fit Fare fresh veggies</li></ul>
Salads & Soups	<ul style="list-style-type: none"><li>• Cranberry Apple Chicken Salad w/Balsamic Vinaigrette</li><li>• Chicken Noodle (cup)</li></ul>	<ul style="list-style-type: none"><li>• Best dressing options:<ul style="list-style-type: none"><li>» Fat free Italian</li><li>» Fat free Ranch</li><li>» Low-fat Balsamic Vinaigrette</li></ul></li></ul>

### *Recommended Tips!*

1. For breakfast, healthier substitutions include: egg whites, chicken sausage, turkey bacon, whole wheat pancakes, and sugar-free syrups
2. Ask for syrups and butter/margarine on the side
3. For lunch and dinner, opt for a veggie burger patty, a whole wheat bun and a side of seasonal fruit
4. Choose chicken or turkey sandwiches and skip or ask for light cheese
5. Ask for salad dressing or condiments on the side
6. To avoid excess sodium, choose omelets, oatmeal, or salads

## Ray's Pizza

### *Recommended Tips!*

1. Ask for light cheese and heavy sauce (tomato)
2. Avoid cream based sauces like alfredo and pesto
3. Skip high fat meat toppings (such as pepperoni, linguica, ham, or sausage) or ask for light toppings
4. Load up on veggies, ask for extra!
5. Go for thin crust instead of pan or deep dish
6. Eat the crust or a breadstick, not both
7. Pizza slices can range from 300-800 Calories, eat two small pieces (each about the size of a woman's palm, or one larger piece)
8. Ask for wing sauce on the side
9. Eat a small salad with dressing on the side before your meal to increase satiety and cut calories!

## Smoothie Shop, Coffee House, and Tea House Tips

*\* In this category, 200 calories were chosen as the guideline. Any more and the drink becomes a meal! If you would like to know how many calories you should consume each day, please visit <https://www.supertracker.usda.gov>.*

The USDA Dietary Guidelines of American recommends that Americans chose foods and beverages high in nutrients. In addition they recommend Americans:

### **Reduce intake of sugar-sweetened beverages...**

- Children, adolescents and adults who consume more sugar-sweetened beverages may be at risk for higher body weight compared to those who drink less.
- Consume sugar-sweetened beverages only when nutrient needs have been met and without exceeding daily calorie limits.

### **To help control calories...**

- Split or share the beverage with a friend.
- Substitute the beverage for a healthy snack depending on size and drink.
- Choose drinks with (or ask for) nonfat/low-fat dairy such as milk or yogurt for a good source of protein and calcium.
- Ask for sugar-free syrups, or reduce sugar by asking for half or a third of the normal amount.

### **Choose the right foods...**

- Choose oatmeal, whole wheat bagels, yogurt, salads or fruit instead of baked goods such as muffins, scones, brownies etc.
- Alternatively, pick a baked item or a drink, not both.

## Starbucks

*Best DRINK choices under 200 calories (Based on 16 fl oz)*

Coffee	<ul style="list-style-type: none"><li>• Use nonfat milk and ½ sweetener</li></ul>
Espresso Beverages	<ul style="list-style-type: none"><li>• Caffe Latte (w/nonfat milk)</li><li>• Cappuccino (w/nonfat milk)</li><li>• Skinny Flavored Latte</li><li>• Skinny Macchiato</li></ul>
Frappuccino Light	<ul style="list-style-type: none"><li>• Caramel</li><li>• Cinnamon Dolce</li><li>• Mocha</li><li>• Coffee</li></ul>
Tazo Teas	<ul style="list-style-type: none"><li>• Any unsweetened regular tea</li><li>• Awake Tea Latte (w/nonfat milk)</li><li>• Earl Grey Tea Latte</li></ul>
Other	<ul style="list-style-type: none"><li>• Starbucks Refresher</li></ul>

*Best FOOD choices under 400 calories*

Bakery	<ul style="list-style-type: none"><li>• Multigrain Bagel &amp; light cream cheese</li></ul>
Hot Breakfast	<ul style="list-style-type: none"><li>• Oatmeal</li><li>• Reduced Fat Turkey Bacon Sandwich</li><li>• Spinach, Feta, Toasted Egg White Wrap</li></ul>
Fruit	<ul style="list-style-type: none"><li>• Fruit Cup</li><li>• Banana</li><li>• Any yogurt parfait</li></ul>

### *Recommended Tips!*

1. You can lighten any drink using nonfat milk and/or sugar-free syrup (skinny means both)
2. You can use the Starbucks App on Android and iPhone to customize drinks and see nutrition facts
3. Read the facts and be careful, some drinks can be upwards of 500 calories
4. Try to keep drinks under 200 Calories and meal totals under or close to 500 for women and 600 for men
5. Skip the whipped cream

## Juice It Up!

### *Best choices under 200 calories*

- 16 oz Strawberry, Mango, or Pineapple Delight

### *Recommended Tips!*

1. Avoid smoothies that contain sherbet (or ask for them without it)
2. Ask for half the normal amount of juice, substitute the other half with water
3. Avoid “Juice Only” drinks as they are mostly sugar (and calories!) with none of the healthy fiber in the fruit

## Lollicup Coffee & Tea

### *Best Choices*

- Black Pepper Chicken Mini Bowl (ask for double veggies and ½ meat)
- House Noodle
- Small Slush or flavored iced tea

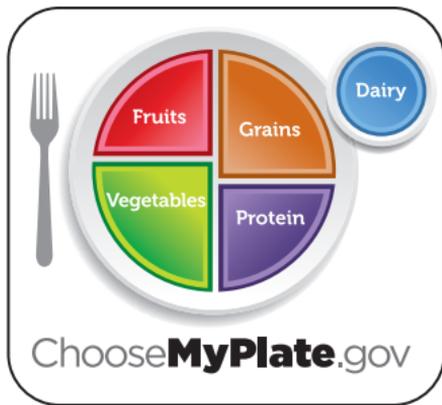
### *Recommended Tips!*

1. Skip the Boba and other add ins (saving between 78-88 calories per serving)
2. Split one specialty drink with someone else or save ½ for next day
3. Ask for ½ sugar in base teas like bubble green or black tea or no sugar (sweeten yourself with sugar substitute)
4. Try to keep calories from drinks under 200 calories

## Boba Tea House

### *Recommended Tips!*

1. Order a small
2. Skip the Boba and other add ins (savings between 78-88 Calories per serving)
3. Split one specialty drink with someone else or save ½ for the next day
4. Ask for ½ sugar in base teas like bubble green or black tea or no sugar (sweeten yourself with sugar substitute)
5. Try to keep calories from drinks under 200 calories



- Eat the right amount of calories for you — to find your personal calorie count visit <https://www.supertracker.usda.gov>
- Before you eat, think... "Is it worth the calories?"
- Use a smaller, plate, bowl or glass to keep portion sizes in check
- Stop eating when you are satisfied (no longer hungry), not full
- Daily foods to increase:
  - » Make  $\frac{1}{2}$  your plate fruit and vegetables
  - » Make at least  $\frac{1}{2}$  your grains whole grains
  - » Switch to nonfat or low-fat dairy
- Foods to limit:
  - » Drink water instead of sugary drinks
  - » Avoid solid fats
  - » Choose lower sodium foods





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