



SMART PLATE PICKS

DIETITIAN'S CHOICE

This guide was created by our Registered Dietitian as a quick, easy way to identify health-forward and nutrient-dense options at UofL Dining locations. With creativity and exploration, you can create many combinations to suit your personal preferences. This is only a guide and is not meant to serve as an all-inclusive list of balanced options on campus. If you need additional assistance, please contact the Registered Dietitian on our website to make an appointment or visit bit.ly/UOfLdietitian_booking

CONTACT

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VISIT louisville.edu/healthpromotion/elements-of-wellbeing/food-nutrition-cooking

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SUBWAY

6 IN. MULTIGRAIN

ROTISSERIE CHICKEN, VEGETABLES, AND YELLOW MUSTARD

CHICK-FIL-A

MARKET SALAD

GRILLED CHICKEN SANDWICH ■

FRUIT CUP

STARBUCKS

CHICKEN & HUMMUS BOX

CHICKPEA BITE BOX

SPINACH, FETA & EGG WHITE WRAP

TURKEY BACON, CHEDDAR & EGG WHITE SANDWICH

EINSTEIN BROS. BAGELS

TASTY TURKEY ON HONEY WHOLE WHEAT

AVOCADO VEG OUT ■

PODS

AMY'S BLACK BEAN BURRITO

FRUIT

GREEK YOGURT

FRUIT

JACK LINKS BEEF JERKY

FRUIT

ROASTED ALMONDS

ZEN SUSHI

CUSTOM POKE BOWL

1/2 SPICY MAYO, 1/2 RICE, SALMON, EDAMAME, CARROTS, PINEAPPLE, LETTUCE, SESAME SEEDS

SEAWEED SALAD

PANDA EXPRESS

MUSHROOM CHICKEN BOWL WITH SUPER GREENS ■

EGGPLANT TOFU BOWL WITH SUPER GREENS ■

WENDY'S

GRILLED CHICKEN SANDWICH
WITH GARDEN SALAD OR FRUIT

LARGE CHILI

APPLE PECAN SALAD

EIFFEL PIZZA

VEGETARIAN PIZZA ■

DIETITIAN'S TIPS

- LIGHT ON THE DRESSING
- ADD MORE VEGGIES
- FORGO THE CREAM CHEESE & SOUR CREAM