



Fast Food

A Student's Guide to Eating Out
on Sac State's Campus

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Vending Machines

What to eat when you need a snack:

- Baked Chips or pretzels
- Nature Valley granola bar
- Special K bar, Nutrigrain bar
- Low fat beef jerky, nuts or trail mix (Eat 1 serving, these usually have 2-4 servings per package)

Some things to avoid and why:

- Baked goods like cupcakes, pastries, and candy are high in saturated fat and sugar. They satisfy your hunger temporarily, but make hungrier later and much faster than other food options.



Preface

Things to Consider When Eating Out:

- **Portion sizes**

In restaurants especially, a normal portion size of food can be up to four times larger than a real serving size.

- **Extras**

Condiments such as mayonnaise, sour cream, butter, and cheese are usually added liberally for extra flavor. If you could care less whether you have them or not, opt for their removal, or ask for a lighter amount when ordering.

- **Nutrients**

Is your meal balanced? The more variety and color in your meal, the more nutrients you're consuming. So eat colorfully.

- **Bad Foods vs. Good Foods**

First and foremost, there is no such thing as a bad food. All foods are good for you in one way or another. This guide here to help inform students how to eat better on campus.



Fast food, though not one of the most healthful options on campus, is quick and easy.

One healthful meal option would be:

- 1 Tendergrill chicken salad
or Tendergrill chicken sandwich (no mayo)
- 1 Serving garlic croutons
- 1 Packet of light Italian dressing
- 1 Small diet soda (optional) or water

Some things that give Burger King a bad wrap:

- High fat, and sodium contents in foods.
- Large portion sizes.
- Lots of calories for not much food.



Reservations are usually recommended for this snazzy joint, but walk-ins are still welcome.

One healthful meal option would be:

- 1 Soup and salad combo
 - Small house salad
 - Balsamic or raspberry vinaigrette
 - Cup of soup (choose the broth based soup)

How to make healthful choices in a restaurant:

- If you plan on ordering dessert, try to eat a lighter meal, or only half of your meal. You'll enjoy the dessert guilt free if you're not over full.
- Because you don't know how your food is always prepared, ask the server. You can also modify your foods by asking for the sauce or dressing on the side. This saves calories too.



A sandwich is a great “on the go” type of food, but like pizza, is easily overeaten.

One healthful meal option would be:

- 1 College Meal Deal
 - Any 4 inch sandwich of your choice
 - A piece of fruit or baked chips
 - 1 Bottled water

What makes a great sandwich:

- What you put on your sandwich makes it calorie dense. Look for lean meats, ask for light or no mayonnaise, and get lots of produce.
- For the larger appetites, try ordering a regular sized vegetarian sandwich with no mayonnaise and skip the chips and soda. Instead drink water.



Sandwich shops can help or hurt a daily calorie deficit depending on what’s ordered.

One healthful meal option would be:

- 1 Vegetable or turkey sandwich
 - Multigrain sliced bread
 - All the produce
 - Swiss or provolone cheese (1 slice)
 - Mustard but no mayo
- 1 Can diet soda (optional) or bottled water

Some things to consider when ordering:

- Large portion sizes.
- Extras like mayo and oil, are they necessary?
- Types of meat matter. The leaner the better.
- Mixed salads such as tuna or chicken can hide extra fat and calories. Ask how they are made before ordering to be better informed about what you are eating.

Dining Commons

Comfort foods are great going in, but over time don't make you feel so great.

One healthful meal option would be:

- 1 Large plate of make it yourself salad
 - Dark leafy greens or mixed greens
 - Fresh produce (skip the cheese)
 - Beans, chicken or egg for protein
 - Light dressing or non creamy dressings.
- 1 Can diet soda (optional) or bottled water

Some things to consider when choosing foods:

- How was the food prepared?
 - Fried, sautéed, and breaded foods are calorie dense and often high in fat.
- Balance your plate.
 - 1/2 of the plate should be veggies and fruit,
 - 1/4 of the plate should be lean protein, and
 - the last 1/4 should be whole grains.

"TCBY" Treats

Frozen yogurt is a great substitute for ice cream and is difficult to distinguish between the two.

One healthful meal option would be:

- 1 Small 96% fat free frozen yogurt
 - Chocolate or Vanilla
- 1 Serving of raspberry sauce
- 1 Bottled water (optional)

What to think about when ordering:

- Each smoothie offers a vitamin supplement. However, these supplements are not regulated by the Food and Drug Administration so be cautious.
- Parfaits, shakes and shivers may taste and look great, but they can be as calorie dense as a full meal.



This hot spot is a great place to grab a bowl of soup on a cold day.

One healthful meal option would be:

- 1 Small bowl of shrimp noodle soup
- 1 Fresh tofu spring roll
- 1 Small diet soda (optional) or bottled water

What to think about when ordering:

- Asian foods are typically full of sodium, so ordering fresh foods is typically a healthful choice.
- Be aware, the smoothies at this location are made with half and half instead of milk or low fat yogurt. This makes them higher in fat.

GORDITO BURRITO

Burritos are like sandwiches, it's what you put in them that matters.

One healthful meal option would be:

- 1 Garden veggie or bean and cheese burrito or chicken soft tacos
- 1 Small diet soda (optional) or bottled water

Things that make burritos too calorie dense:

- Large overall portion sizes.
- Order a la carte to keep portions slim.
- Extras like cheese, sour cream and guacamole are usually given too liberally. Stick with one of the above extras.
- Types of meat matter. The leaner the better.

Hula Dog

&

Hula's Bar & Grill

Hot dogs and hotlinks taste great, but can sometimes be too much for one person. Share.

One healthful meal option would be:

- 1 Slice of vegetarian pizza
- 1 Can diet soda (optional) or bottled water

Something to think about:

- Adding things to already processed foods can make them as dense as a half a days worth of food.
- Extras like mayo, chili, and cheese are add flavor but also extra fat to foods.



A college favorite, pizza is a tasty food that is often unintentionally overeaten.

One healthful meal option would be:

- 1/2 Cheese, veggie, or chicken personal pizza on a thin crust
- 1 Plate of salad or side salad
 - Mixed greens
 - Assorted vegetables
 - Kidney or garbanzo beans
 - Light ranch or Italian dressing (1 scoop)
- 1 Small diet soda (optional) or bottled water

What to order on your pizza:

- Try to avoid process meats like sausage and pepperoni.
- If cheese pizza is not enough for your taste buds, add one of your favorite toppings but make it a thin crust. This compromise will satisfy and still be a healthful choice.



Versatile menu options make Indian food a great way to satisfy hunger.

One healthful meal option would be:

- 1 Combination plate
 - Vegetable masala
 - Tandori chicken
 - Nan (unleavened pita-like flat bread)
- Tofu Wrap
- 1 Small diet soda (optional) or bottled water

Eating guidelines for after you have ordered:

- Make half of your meal vegetables.
- Avoid fried foods.
- Be educated, just because it's advertised as having no trans fat doesn't make it the best menu option. Many of the dishes are made with high fat sauces. Ask how sauces are prepared.



Coffee can be a low calorie breakfast but eating can be a more beneficial way to start the day.

One healthful meal option would be:

- 1 Fresh fruit cup
- 1 Yogurt or cottage cheese cup
- 16 ounce non-fat plain or sugar free latte or bottled water

Some things to consider when ordering:

- One serving of coffee is 8 ounces. A small coffee is 16 ounces.
- Extras like sugars and syrups can be made sugar free at any Java City location.
- Be cautious of pre-made foods like sandwiches and pastries. They can sometimes pack a lot of extra calories and fat.
- Order non-fat milk, especially with mixed drinks. This small change can greatly impact the overall fat intake of regular coffee drinkers.



Asian foods can be a wonderful way to get more vegetables into your diet.

One healthful meal option would be:

1/2 Of a combination plate
Steamed white rice
Sautéed vegetables
Broccoli beef

Or, try a teriyaki chicken rice bowl
1 Small diet soda (optional) or bottled water

Other factors that could be health related:

- Although Asian cuisine is considered to be one of the healthiest in the world, Chinese American foods are much different so be informed about the food before ordering.
- Extras like breaded and fried foods, peanut oil, and excessive amounts of soy sauce can all raise blood pressure.



Mediterranean food is usually higher in unsaturated fats, making it more heart healthy.

One healthful meal option would be:

1 Create your own panini, choose grilled vegetables and honey Dijon spread
Chicken Gyro
Greek or Chicken Gyro Salad, dressing on side
1 Small diet soda (optional) or bottled water

Good rules to live by when ordering:

- Skip the pre-prepared salads and foods that are marinated in olive oil.
- Panini spreads may taste good but they don't offer a lot of nutrients for their calories.