

Healthy Breakfast Suggestions

Hard boiled eggs
Scrambled eggs
Sliced cheese
Turkey sausage
Oatmeal (8 or 12 oz.)
Plain Grits (8 or 12 oz.)
(without butter, salt, or cheese)
Sara Lee 100% whole wheat toast
1% cottage cheese

Dannon Lite and Fit or Activia yogurt
Yoplait fat free light yogurt
Fruit, yogurt, granola parfait
Fresh fruit cup or hand fruit
Canned fruit cup
V8 Juice

Soups

Soup Tips:

Be sure to skip the biscuit!
Crackers are low fat, but each packet of 2
can have 30 – 35 calories.
Choose lower calorie broth-based soups
over cream-based soups!
Try minestrone, southwestern vegetable, six-
bean, chicken black bean, and beef
vegetable soups for under 200 calories per
8 oz. cup!

Beverages

Try these calorie-free drinks:

Sobe Lifewater 0-Cal
Diet Lipton Green Tea Citrus
Sprite Zero
Diet Dr. Pepper
Diet Pepsi
Diet Mt. Dew

100% fruit juices:

Dole orange, apple, pineapple peach, and
strawberry kiwi juice
(210–240 calories per 15.2 ounce bottle)

For more information
or to see nutrition information for other Sodexo
cafeteria items, visit
<http://wellness-and-you.com/calculator.html>



Visit our new Starbucks!
(6:30 am–5:00 pm Monday-Thursday,
6:30 am–4:00 pm on Friday)

For Under 200 Calories, Try these in a TALL size (12 fl. oz)

Brewed Tea (0 calories, 0 g fat)
Brewed Coffee (5 calories, 0 g fat)
Café Americano (10 calories, 0 g fat)
Iced coffee with regular syrup (60 calories, 0 g fat)
Shaken Tazo Iced Passion Tea (60 calories, 0 g fat)
Nonfat Cappuccino (80 calories, 0 g fat)
Coffee Frappuccino Light blended coffee (110 calories, 1 g fat)
Nonfat iced vanilla latte (120 calories, 0 g fat)
Nonfat Café Latte (120 calories, 0 g fat)
Nonfat sugar-free vanilla latte (120 calories, 0 g fat)
Nonfat Tazo Green Tea Latte (130 calories, 0 g fat)
Nonfat iced caramel macchiato (140 calories, 1 g fat)
Nonfat Caramel Macchiato (170 calories, 1 g fat)
Steamed apple cider (180 calories, 0 g fat)
Soy Tazo Chai Tea Latte (190 calories, 2.5 g fat)

Be sure to:

“Hold the whip” (saves 80-130 calories and 8-12 g fat)
Use reduced fat or nonfat milk (saves 140 calories and 19 g fat)
Each pump of regular syrup has 20 calories and 5 g sugar and they usually give
3 pumps, so ask for less or try sugar-free vanilla, hazelnut, or caramel syrup
which contain no calories or fat!
Use non-caloric sweeteners (Splenda, Equal, or Sweet & Low)
http://www.starbucks.com/retail/nutrition_info.asp



Ashley River Tower Café
25 Courtenay Drive
Charleston, SC 29425

Parking for the cafeteria and Starbucks
available at the Courtenay Street Garage

MUSC Ashley River Tower Café

**Eat Smart at ART!
Choosing healthy
meals at the café**



Find more nutrition
information at
[www.muschealth.com/
nutrition/](http://www.muschealth.com/nutrition/)

Menu Line:
843-876-5650
Hours: 6:30 am to 7:00 pm
Seven days a week

Grab and Go Items

When you need a quick grab-and-go meal or snack, try some of these healthy items at breakfast, lunch, or dinnertime

Item	Calories	Fat (g)	Protein (g)
1% cottage cheese 4 oz., 1/2 cup	90	1.5	14
Yoplait light fat free yogurt 6 oz., 3/4 cup	100	0	5
Dannon Activia yogurt 4 oz., 1/2 cup	110	2	4
V8 Vegetable juice 5.5 oz. can	30	0	1
Fruit Cup 10 oz.	110	0.5	2
Apples (red delicious or granny smith) 8 oz.	95	0	0
Oranges 8 oz.	90	0	2
Banana 8 oz.	120	0	2
Skim milk 8 oz. carton	90	0	8
Rold Gold tiny twist pretzels 1 pkg, 2 oz.	230	2	4
Nature Valley Chewy granola bar 1 pkg, 2 oz.	110	2	2
Nutrigrain cereal bar 1 bar, 1.3 oz.	130	3	2
Baked Lays Original chips 1 bag, 1.1oz.	130	2	2
Lays Light Original chips 1 bag, 1oz.	75	0	2
Fruit, Yogurt, and Granola Parfait 1 cup yogurt, 2/3 cup fruit, 1/3 cup granola	380	5	13
Mixed Greens Salad iceberg lettuce, tomato, cucumber	25	0	1

Quick Lunch Ideas:

Veggie burger (2.5 oz) 100 cals, 2.5 g fat, 3 g protein
Grilled chicken breast (3 oz) 115 cals, 1.5 g fat, 22 g protein
Bun (2 oz) 140 cals, 1.5 g fat, 4 g protein
 ...Or skip the bun and try cooked vegetables from the hot line or a mixed greens salad to go with your protein...

Salad Sensations Station (all available items are listed)

Use this as a great way to add vegetable servings to your diet. Watch out for high fat meats like pepperoni and high fat cheeses. Make sure you choose one of the tasty low-fat or fat-free dressings! Standard Serving sizes of each topping is 1/4 cup or 2 oz! Bigger portions = more calories...

Item	Calories	Fat (g)	Protein (g)
Lettuce			
Mixed greens (3 cups)	10	0	1
Romaine lettuce (3 cups)	24	0	2
Shredded mozzarella cheese (1 oz, 1/4 cup)	80	5	8
Cheese			
Chopped swiss cheese (1 oz, 1/4 cup)	107	8	8
Shredded cheddar cheese (1 oz, 1/4 cup)	110	9	7
Meat/Protein			
Turkey breast (2 oz.)	50	0.5	10
Chicken breast (2 oz.)	60	1	13
Smoked ham (2 oz.)	60	2	8
Chopped hard boiled eggs (2 oz.)	80	5	6
Sliced pepperoni (2 oz.)	260	24	10
Low-calorie Veggies and toppings			
Mandarin oranges (1/4 cup)	40	0	0
Chopped red onion (1/4 cup)	16	0	0
Cherry tomatoes (1/4 cup)	8	0	0
Shredded carrots (1/4 cup)	11	0	0
Sliced cucumbers (1/4 cup)	4	0	0
Tricolor bell peppers (1/4 cup)	12	0	0
Green onions (2 Tbsp)	3	0	0
Kalamata olives (6 olives)	70	6	0
Sunflower seeds (2 Tbsp)	165	14	5
Sliced almonds (2 Tbsp)	160	14	6
Chow mein noodles (1/4 cup)	65	2.5	3
Croutons (7 croutons)	25	1.5	1
Bacon bits (2 Tbsp)	30	1.5	3
Higher-calorie/fat Salad toppings			

Salad Dressings 1 serving = 1 ladle = 1 ounce = 2 Tbsp

Remember, double the serving = double the calories!

Fat free ranch (1 oz, 2 Tbsp)	20	0	0
Lite Italian (1 oz, 2 Tbsp)	20	2	0
Individual fat free ranch (1.5 oz, 3 Tbsp)	40	0	0
Fat free sun-dried tomato basil vinaigrette (1 oz, 2 Tbsp)	45	0	0
Individual fat free French (1.5oz, 3 Tbsp)	45	0	0
Roasted garlic balsamic vinaigrette (1 oz, 2 Tbsp)	50	5	0
Individual fat free thousand island (1.5 oz, 3 Tbsp)	50	0	0
Sesame Thai vinaigrette (1 oz, 2 Tbsp)	90	7	1
Home-style ranch (1 oz, 2 Tbsp)	100	11	0
Golden Italian (1 oz, 2 Tbsp)	140	14	0

Sandwich Line (all available items are listed)

Make your own sandwich a balanced meal with whole grains, lean protein, and plenty of veggies! Watch out for high fat condiments and side items! Use nutrition info to make the best choices!

Item	Calories	Fat (g)	Protein (g)
Bread			
Sara Lee classic 100% whole wheat bread (2 slices, 1.6 oz)	140	2	6
King thin bread (2 slices, 1.6 oz)	130	1.5	4
Kaiser roll (4-inch, 2.4 oz)	180	2	7
Multigrain bread (2 slices, 1 oz)	160	6	6
Sourdough & marble rye (2 slices, 1 oz)	200	2	6
Tortilla wraps (1 wrap, 2 oz)	310	8	9
Meat/Protein			
Turkey breast (4 oz)	100	1	20
Smoked ham (4 oz)	124	4	16
Egg salad (4 oz, 2 scoops)	310	28	21
Tuna salad (4 oz, 2 scoops)	380	31	21
Chicken salad (4 oz, 2 scoops)	430	39	18
Cheese			
Swiss cheese (1 slice, 0.75 oz)	80	6	6
Provolone cheese (1 slice, 0.75 oz)	80	6	5
Cheddar cheese (1 slice, 0.75 oz)	80	7	5
American cheese (1 slice, 0.5 oz)	50	4.5	2.5
Condiments and Veggies			
Shredded lettuce (1/4 cup)	0	0	0
Sliced tomatoes (2 slices)	6	0	0
Banana peppers (1/4 cup)	8	0	0
Jalapeno peppers (2 Tbsp)	4	0	0
Sliced cucumbers (1/4 cup)	4	0	0
Sliced pickles (3 pickles)	0	0	0
Black olives (2 Tbsp)	25	2.5	0
Kosher pickle spear (1 pickle)	5	0	0

Sandwich Side Items

Be careful with your side items! The macaroni salad packs 350 calories and 30 grams of fat in a half cup! Ruffle potato chips can also be dangerous. Stick with pretzels for a low fat choice, or skip the side and grab a piece of fruit (see first panel for nutrition information).

Condiments

Skip the mayo (100 cals, 11g fat) per Tbsp, and the honey mustard (70 cals and 6.5g fat) per Tbsp!

Instead, try some of the low calorie options to spice up your meal without adding too many calories: yellow mustard, vinegar, hot sauce, fat free mayo, soy sauce, or sugar free jellies... Boost your veggie intake with sliced pickles, tomatoes, and onions or shredded lettuce!