Registered Dietitian Approved Healthy Meals!

sdsu dining

Spring 2026 • Curated by SDSU Dining's Registered Dietitian: **Amanda Nazario**

About this Guide

Dietitian Approved Healthy Meals!

The meals within this guide are thoughtfully crafted by our Registered Dietitian to ensure they:

- *Remain under 700 calories*
- *Consist of no more than 30 percent of the recommended daily intake for both fat and sodium, based on a standard 2,000-calorie diet.*

***Smart Swaps** are recommendations designed to enhance the nutrient density of the meals served throughout the SDSU campus.*

Curated by SDSU Dining's Registered Dietitian, the information in this guide is designed to assist the SDSU community in making informed and health-conscious choices that align with their wellness goals while enjoying meals on-campus.

There are many opportunities to build healthy, balanced meals with a wide variety of on-campus options available to you—including freshly prepared food, grab-n-go items and ingredients that you can purchase and prepare on your own. These recommendations are just some examples of how to build a complete and nutritious plate for yourself.

For more information about our food locations, menus and options, please visit **eatatsdsu.com**.

sdsu dining

SDSU Dining's Registered Dietitian

Amanda Nazario

Our registered dietitian is here for you!

Mission:

Helping the campus community manage food allergies and special diets, so that everyone can enjoy delicious meals through SDSU Dining while staying healthy.

Promote balanced eating habits on-campus.

Support collaborative dietary conversations between SDSU Dining and the campus.

Book a meeting with Amanda today!

Email: aashbynazario@sdsu.edu

Scan the QR Code to Book Online!

Dietary Preferences Key

Use this key as a reference when reviewing your available dining options.

DF | Dairy-Free • **GF** | Gluten-Friendly

V | Vegan • **VEG** | Vegetarian

View our Dining Locations Map on the Last Page.

Healthy Meals Curated by Our Registered Dietitian!

Aztec Market's†[1] Market Fresh

- All Fruit Cups V
- Cheese, Cracker, & Grapes Snack Pack VEG
- Chicken Caesar Salad
- Shrimp Spring Rolls GF, DF
- Small Tossed Salad DF, GF, V
- Strawberry Parfait GF, VEG
- Vanilla Parfait GF, VEG

Aztec Nutrition Center

- High Protein Overnight Oats GF, VEG
- All Juices & Smoothies
- Bombay Recovery Bowl GF, VEG

Broken Yolk[2]

- Acai Bowl DF, GF, V
- Avocado Toast DF, VEG
- Berry Yogurt Parfait VEG
- Bowl of Chicken & Veggie Soup
- Feta Avocado Toast VEG
- Greek Omelet GF, VEG
- Greek Salad GF, VEG
- House Salad DF, VEG
- Steel Cut Oats DF, GF, V
- Two Eggs, Fresh Fruit, Black Beans, Corn Tortillas DF, GF, VEG
- Wellness Wrap VEG

Smart Swap:

- *Sub black beans for any meat to increase the fiber content of your meal.*
- *Ask for dressing on the side for any salad.*

Epic Wings N' Things[2]

- Garden Salad with Vinaigrette Dressing DF, GF, V

Eureka![2]

- Crispy Glazed Brussel Sprouts DF, GF, V
- Crispy Veggie Beet V, DF
- Eureka Salad DF, GF, V
- Grilled Broccolini VEG, GF
- Roasted Veggie Tacos DF, F, V

Smart Swap:

- *Sub a bun for a lettuce wrap as a health-conscious alternative.*
- *Ask for dressing on the side for any salad.*

Everbowl[2]

- The Berry Boost Bowl DF, GF, V

eatatsdsu.com/Dietary-Consultations

† Indicates Multiple Locations

[1] SDSU Dining Owned-and-Operated Unit, [2] Third-Party Owned-and-Operated Unit

Habit Burger & Grill[2]

- Garden Salad DF & V
- Side Caesar Salad
- Side Salad DF & V
- Tempura Green Beans DF & V

Smart Swap:

- *Sub a bun for a lettuce wrap as a health-conscious alternative.*

Mesa Fresh

- *All Items from Mesa Fresh!*

Panda Express[2]

- Black Pepper Chicken DF
- Chow Mein DF, V
- Mushroom Chicken DF
- String Bean Chicken DF
- Super Greens DF, GF, V
- White Rice DF, GF, V

Rubio's Coastal Grill[2]

- Atlantic Salmon Taco GF
- Chicken Street Taco DF
- Classic Chicken Taco
- Grilled Gourmet Veggie Tacos GF, VEG
- Impossible Classic Taco GF, VEG
- Mango Avocado Salad DF, GF, V
- Salsa Verde Shrimp Taco
- Wild Mahi Mahi Mango Taco

Smart Swap:

- *Sub black beans for any meat to increase the fiber content of your meal.*

Shake Smart[†2]

- Almond Butter Toast DF, V
- Avocado Toast VEG
- Banana Split GF, VEG
- Chocolate Frosty GF, VEG
- Grammy's Goods VEG
- Greens To Go GF, VEG
- PB Squared GF, VEG
- Peanut Butter Toast DF, V
- Strawberry Fields GF, VEG
- Vanilla Thrilla GF, VEG
- Veggie Delight DF, V

Smart Swap:

- *Ask for any shake with ½ or no agave as a health-conscious alternative.*
- *Ask for plant protein or non-dairy milks to make shakes* DF, V

Starbucks[†3]

- Berry Trio Parfait GF, VEG
- Cheese Trio Protein Box VEG
- Egg & Cheddar Protein Box VEG
- Egg White & Roasted Red Pepper Egg Bites GF, VEG
- Egg, Pesto, & Mozzarella Sandwich VEG
- Kale & Mushroom Egg Bites GF, VEG
- Oatmeal DF, GF, V
- Potato, Cheddar & Chive Bake GF, VEG
- Turkey Bacon, Cheddar & Egg White Sandwich

Please contact our registered dietitian regarding any specific nutritional inquiries for the following venues:

- Carbonaro's[2]
- The Garden Restaurant[1]
- The Halal Shack[2]
- Oggi's Pizza Express[2]
- Olive Oil[2]
- Primo's Mexican Food[2]
- Subway[2]
- Sushi One N Half[2]
- University Towers Kitchen (UTK)[1]
- Which Wich[2]

† Indicates Multiple Locations
[1] SDSU Dining Owned-and-Operated Unit
[2] Third-Party Owned-and-Operated Unit
[3] Third-Party Licensed Unit

View our Dining Locations Map on the Last Page.

SDSU Dining Nutritional Disclaimer

At SDSU Dining, our team is committed to clearly identifying our menu items with respect to:

- **their nutritional information**
- **relevant dietary considerations such as whether the items are gluten-friendly, vegan, vegetarian, etc.**
- **their ingredients which may cause allergic reactions**

While SDSU Dining is committed to providing accurate nutritional information, because our recipes are prepared to order, there may be differences between the actual nutritional content of your order and the nutritional values provided. The values provided are derived from standardized recipes and serving sizes, and some minor variance from the standard nutritional information provided is unavoidable. We will further do our best to accommodate special requests to prepare your meal just the way you like it. Any such modifications, however, will cause the nutritional value of your meal to vary from the nutritional values provided.

Our team undergoes regular training to ensure accurate labeling and proper food preparation methods aimed at minimizing cross-contact risks. Even with us employing such labelling and food preparation methods, however, some degree of cross-contact is unavoidable. Please note that our dining centers are not certified allergy-free or gluten-free, as some items served may contain allergens. Our self-operated units/kitchens (*UTK — University Towers Kitchen, The Garden Restaurant, Faculty-Staff Club, Aztec Markets, SDSU Catering, and Concessions*) strive to consistently offer some allergen-friendly options.

Menu items from our third-party dining partners may have different allergen management practices. SDSU Dining does not design the menus of any of our third-party dining partners and shares them with guests for informational purposes only. Consequently, Aztec Shops, Ltd. and SDSU Dining accept no liability for menu items from our third-party dining partners, cannot independently validate any nutritional information provided by our third-party dining partners, and cannot guarantee that any menu items prepared by our third-party dining partners are free from allergens or safe from cross-contact. Guests should contact each third-party venue directly with any relevant nutritional and allergen-related questions.

For additional questions about building a personal meal program focused on specific dietary needs and preferences, we strongly recommend scheduling a meeting with our registered dietitian, Amanda Nazario (aashbynazario@sdsu.edu) using this LINK.

A CHAPULTEPEC

AZTEC MARKET · bcb CAFE

B PLAZA DEL SOL

AZTEC MARKET · bcb CAFE · SHO

C AZTEC SHOPS TERRACE

AZTEC MARKET · the grill · Starbucks

D ELLEN OCHOA PAVILION

Olive Oil CAFE

E THE ARC

shake smart

F PETERSON GYM

bcb CAFE

G HEPNER HALL

SDSU Faculty-Staff Club *

H EIS BUILDING

bcb CAFE

I CHARLES B. BELL JR. PAVILION

AZTEC MARKET · HALAL SHACK · JAMAL'S CHICKEN · PANDA EXPRESS · rubio's · Dancor Chai CAFE · SUBWAY · shake smart

J LOVE LIBRARY

bcb CAFE

K MUSIC & DANCE

bcb CAFE

L EDUCATION

bcb CAFE · sdsu dining OFFICES

M AZTEC STUDENT UNION

AZTEC MARKET · the Habit BURGER GRILL · Oggi's PIZZA EXPRESS · primos mexican food & cantina · shake smart · Starbucks

N SANCTUARY SUITES

mesa FRESH

O GATEWAY CENTER

bcb CAFE

P SUNSET PLAZA

AZTEC NUTRITION CENTER

Q UNIVERSITY TOWERS

AZTEC MARKET · UT UNIVERSITY TOWERS KITCHEN

R SOUTH CAMPUS PLAZA

Broken Yolk Cafe · Carbonaro's · Epic Wings N' Things · everbowl · Eureka! Eat Drink American · SUSHI ONE N HALF · TRADER JOE'S * · WHICH WICH? SUPERIOR SANDWICHES

S CUICACALLI

AZTEC MARKET

T COLLEGE AVENUE

Flavor Explosion * · Starbucks · L&L HAWAII * · Premium Boba *