A Wide Variety of Dining Options with Healthy Foods Selections are Available

The Vanderbilt campus offers a wide variety of restaurants, cafes and markets featuring healthy options. Several locations provide nutrition information at the food counter. Also available at numerous sites are online nutrition calculators, with some offering a smart phone app for portable tracking.

Around campus locations include:

- **Alumni Hall** - Bamboo Bistro
- **Blair School of Music** - Suzie’s Espresso
- **Branscomb** - Branscomb Market / Ro*Tiki
- **Carmichael Towers** - Market / Rocket Subs
- **Children’s Hospital** - Taco/Bell, Pizza hut, Vandy Café, Suzie’s Espresso, Commons
- **Commons** - Food Gallery, Common Grounds
- **Grins** - Kosher/Vegetarian
- **Kissam College Hall** - Kissam Market / The Kitchen
- **Medical Center East, 8th Floor** - Vanderbilt Bistro
- **Medical Center North** - Commodore Cup
- **Medical Research Building III** - Suzie’s Espresso
- **Oxford House** - The Vandy Deli
- **Peabody Library** - Iris Café

**Tips for Healthy Eating**

<table>
<thead>
<tr>
<th>For Breakfast Choose This:</th>
<th>Instead of:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bottled water, 100% juice, skim or 1% milk, tea, coffee</td>
<td>Soda, fruit-flavored drinks, whole milk, gourmet coffee drinks</td>
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<tr>
<td>Low-fat yogurt</td>
<td>Yogurt made from whole milk</td>
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<tr>
<td>Small bagels (3 ½ inches or smaller), small muffins (2 ½ inches or smaller)</td>
<td>Large bagels, regular or large muffins, doughnuts, pastries</td>
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<tr>
<td>Unsweetened cereal (ex: Cheerios)</td>
<td>Sweetened cereal (ex: Lucky Charms, Fruit Loops)</td>
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<tr>
<td>Whole grain waffles or French toast</td>
<td>Waffles or French toast made from white bread</td>
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<tr>
<td>Canadian bacon, lean ham, turkey sausage</td>
<td>Bacon, pork sausage</td>
</tr>
</tbody>
</table>

For Lunch and Dinner Choose
This: Instead of:

- Water, diet sodas, unsweetened tea, 100% juice: Regular soda, fruit-flavored juice drinks, sweet tea
- Salads with dressing on the side: Salads with added dressing
- Vinaigrette dressings: Creamy salad dressings (ex: Caesar, ranch)
- Soups made with vegetable puree or skim milk: Creamy soups made from whole milk or half and half
- Pasta salads with low-fat and/or vinaigrette dressings: Pasta salads with mayonnaise or cream-based dressings
- Sandwiches on whole wheat bread: Sandwiches on white bread or croissants
- Lean lunch meats (ex: round steak, roasts, and pork loin), poultry, fish: Fried meats, bacon, full-fat cold cuts
- Grilled meats: Fried meats
- Dips made from salsa, low-fat cottage cheese, hummus or low-fat salad dressing: Dips made from mayonnaise, sour cream, cream cheese, or cheese sauce
- Baked chips, pretzels: Regular chips

Vanderbilt Recreation and Wellness

Take time and enjoy the many and diverse dining options on the Vanderbilt campus.

For additional questions about healthy eating contact

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at the Vanderbilt Recreation and Wellness Center
Phone: (615) 343-6627
Components of a Healthy Meal:

- **Breakfast** – Whole grain + Lean protein + Fruit + Low-fat dairy
- **Lunch or dinner** – Whole grain + Lean protein + Vegetable + Fruit + Low-fat dairy

**ChooseMyPlate.gov**

Vanderbilt Recreation and Wellness Center
2700 Children’s Way
Nashville, TN 37240
vanderbilt.edu/recreationandwellnesscenter/

Phone: (615) 343-6627

Facility Hours:
Monday - Thursday 5 am – 11 pm  
Friday 5 am – Midnight  
Saturday 9 am – 10 pm  
Sunday 12 pm – 11 pm