**CHOOSE WISELY**

As you enter into a journey of a healthier lifestyle, a great place to start is what you put into your body. However, healthier options are not always affordable. Here are some affordable healthy options found on campus where you can typically utilize your meal plans or sold at prices more affordable for your budget.

* Salad bars with fresh vegetable and toppings
* Lean protein like grilled/baked chicken and fish, and tofu
* Fruit section with fresh fruits
* Sandwich and wraps
* Farm to table option
* Whole grain options like brown rice