We've done the work for you! Your UA nutrition experts worked with the Student Union to identify foods that are, without a doubt, good for you and good for our community. Look for this icon at Union restaurants and make a Smart Move today! Learn more about Smart Moves at www.smartmoves.arizona.edu.

Criteria to Identify Smart Moves Food

Be your best with foods that work for you, not against you.

Cellar Bistro

**Lettuce Wrap Burgers with Smart Move Sides**
- Organic Grass-Fed Burger
- Atlantic Salmon Burger
- Organic Malibu Gardenburger

**Entrees with Smart Move Sides**
- BBQ Chicken
- Blackened Chicken w/ Mango Salsa
- Mediterranean Chicken Salad Pita
- BBQ Salmon
- Mongolian Salmon

**Smart Move Sides**
- Fresh Fruit
- Mediterranean Potato Salad
- Quinoa Salad
- Organic Spring Mix (with olive oil and vinegar)
- Brown Rice
- Sautéed Vegetables

**Snack Bites**
- Asian Lettuce Wraps
- Black Bean Chili

**Core**
- All Vegetables
- All Fresh Fruit
- Unsweetened Dried Fruits: dried cherries, raisins, dried apricots, dried papaya
- All Nuts and Seeds
- All Beans, Peas and Lentils
- Mesquite Roasted Chicken
- Marinated Tofu
- Sautéed Shrimp
- Edamame
- Hard Cooked Eggs
- Grilled Sirloin
- Shredded Parmesan and Swiss Cheese
- Avocado
- Olives
- Brown Rice

**Pre-Made Salads**
- Grilled Salmon Salad
- Grilled Steak Salad
- Grilled Chicken Salad
- Fresh Fruit Cup
- Fresh Fruit Tray
- Grilled Portobello Mushroom & Vegetable Salad
- Large Dolmas Snack Plate
- Small Dolmas Snack Plate
- Corn
- Honey Granola
- Sesame Sticks

**Dressings**
- Olive Oil
- Balsamic Vinaigrette
- Red Wine Vinegar

NOTE: Menu items change, and this list may change over time.

There is no single perfect food, nor is there a single best way to eat. That's why the UA created Smart Moves: to help you be your best with foods that work for you, not against you. Eating smart on the UA campus is now easier than ever with Smart Moves. Make a Smart Move today!

learn more at smartmoves.arizona.edu
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The Smart Moves Food program was created by the Well University Partnership through a collaborative effort between the UA Student Union and nutrition experts from the UA Campus Health Service and UA Life & Work Connections.

Criteria to Identify Smart Moves Food
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IQ Fresh

Lettuce Wrap Burgers with Smart Move Sides
• Raspberry Oatmeal
• Blueberry Oatmeal

Entrees with Smart Move Sides
• Falafel Gyro
• Waldorf Chicken Salad
• Teriyaki Chicken Salad
• Tropical Salad
• Couscous Salad
• House Salad

Sandwich Fixins’
• Grilled Chicken Breast
• Hard Cooked Eggs
• Swiss Cheese
• Roast Beef
• Apples

On Deck Deli

Bread
• Organic Whole Wheat
• Organic Multigrain
• Organic 7 Grain
• Kalamata Olive

Smart Move Sides
• Peachy Professor
• Mensa Mango
• Acai
• Smoothie Ingredients: frozen fruit-strawberry, banana, raspberry, peaches, blueberry, cranberry, and mango, pineapple tidbits, skim milk, 100% fruit juice-apple, orange and pineapple

Extra

Sabor

Entrees with Smart Move Sides
• Carne Taco
• Chicken Taco
• Cod with Achiote Taco
• Carne Asada Taco Plate
• Chicken Taco Plate
• Chicken Tostada

Smart Move Sides
• Black Beans
• Refried Beans
• Fajita Vegetables

Extras
• Salsa Bar!
• Avocado Wedge
• Guacamole
• Chipotle & Avocado Smear

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