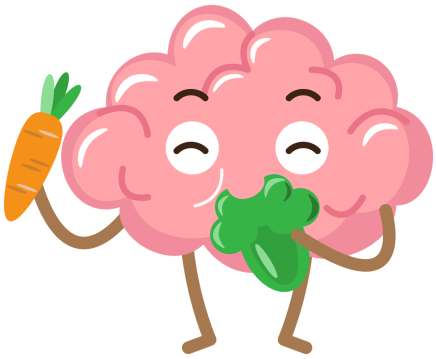
HEALTHY EATING ON CAMPUS

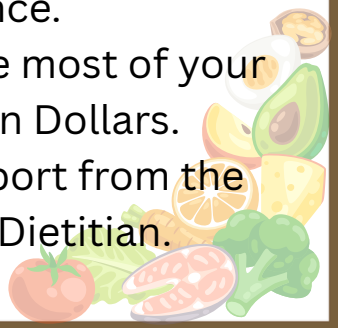


This guide is designed to support you in making informed, healthy choices using the options already on campus, helping you maintain energy, focus, and overall health.

York University's dining halls Winters, Stong and Glendon, and the Central Square (CSQ) food market were designed with guidance from our in-house Dietitian (excluding independently operated chain food outlets). That means many YU Eats meals align with Canada's Food Guide, and the layout, menu planning, and food availability are intentionally designed to make healthier choices more visible, accessible, and easier to choose across campus. Learning where to look and how to build your plate can make a big difference.

This Guide Will Help You...

- ✓ Build balanced meals on campus.
- ✓ Find healthy options you may not be aware of.
- ✓ Navigate dietary restrictions with confidence.
- ✓ Make the most of your Meal Plan Dollars.
- ✓ Get support from the campus Dietitian.



Students on a dining plan get FREE nutrition counselling with Dahlia, our in-house Dietitian.

Some reasons to see a Dietitian:

- Navigating dietary restrictions & allergies.
- Healthy eating guidance.
- Supporting energy, focus, & performance.
- Other nutrition & food-related concerns.

Use this QR code to book an appointment.

Updated June 23, 2026

Healthy Options Your Dietitian Wants You to Know About



Take a closer look at the healthy options from the dining halls & food market that you can start choosing today.

Plant-Forward

60% of YorkU Eats menu offerings are plant-forward.

What is plant-forward food?
Food made primarily from plants, but sometimes with dairy or eggs. Plant-forward meals at YU Eats are always either vegetarian or vegan.

Where can I find it?
Offered daily in residence dining halls & CSQ at every station.

Benefits

- Boosts fibre consumption, & reduces chronic disease risk (even if you're not vegetarian or vegan!)
- Reduces your carbon footprint.
- Good for you & the planet.

$6.99 Value Meals

- Available at Stong, Winters, & Glendon dining halls.
- Balanced, culturally diverse, & affordable.
- Plant-forward.

Chef's Table

- Available at Stong, Winters, & Glendon dining halls.
- Freshly prepared meals
- Global cuisine, including Indigenous dishes.
- Plant-forward options.

Healthy Combo Deals

- Apple + Coffee/Tea
- Muffin + Coffee/Tea
- Salad + Sparkling water
- Salad + Milk (dairy & plant-based)
- Cereal + Milk (dairy & plant-based)

Healthy Breakfast

- Yogurt parfaits with fruit & granola toppings.
- High-protein smoothies.
- Whole-grain bagels, english muffins, & croissants.
- Multigrain Cheerios & All-Bran flakes.

Easy Swaps
for tasty balance

Simple changes like pairing foods or choosing different sides or drinks can help you build more balanced meals throughout the day.




Just pizza → Pizza + Salad



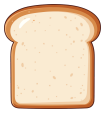
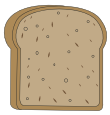


Fried foods → Grilled chicken or Tofu





Sugary drinks → Flavoured water

White bread → Whole wheat bread




White pasta → Whole wheat pasta




Beef patty → Bean patty




Chips → Nuts or Trail mix

Sample Day Meal Plan
for balanced eating

Eating well on campus is about consistent choices that support energy, focus, and success in your studies.

All Day

Drink plenty of water!



Breakfast

- Western sandwich with whole wheat bread
- Smoothie



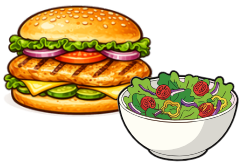
Lunch

- Fried brown rice with tofu & veggies



Dinner

- Grilled chicken burger
- Side salad



Snacks

- Nuts
- Seaweed
- Fruit
- Parfait or Yogurt



Look Here for Healthy Picks

The next couple of pages show you where to find healthy options on campus at Stong, Winters & Glendon dining halls and the CSQ food market.

"Dietitian's Pick" healthy snack rack

- Blue Mountain almonds.
- Munchies trail mix.
- GFB Dark Choco Coconut Bites.
- Gimmee seaweed snacks.
- Wasabi Me peas.
- Made Good mini cookies & granola bites.
- Multigrain Sun Chips.

Offer more fibre, protein, & healthy fats compared to chips/candy.

Whole Wheat & Multigrain

- Whole-wheat pasta (Create Pasta, El Dente).
- Whole wheat noodles (Create Stir-fry, Bok Choy).
- Ask for whole wheat bread when ordering sandwiches, bagels, & english muffins.
- Multigrain Cheerios.
- All-Bran flakes.
- Regular oatmeal packs.

Protein

- Beans, lentils, peas, & other legumes (soups, salads, entrées).
- Chickpeas (salad bar, Chef's Table, Create Pasta & El Dente).
- Tofu (Create Pasta & Stir-fry, El-Dente, Bok Choy, Grill-House, Chef's Table).
- Falafel (salad bar, Grill House).
- Bean patty (Burrito Loco)
- Shrimp (Create Pasta & Stir-fry, El Dente).
- Grilled chicken (Grill House, Good Vibes Grill).
- Protein shakes (GRAB & GO fridge)
- High-protein smoothies
- Nuts & seeds

Fruits & Veggies

- Fresh whole fruit (e.g., apples, oranges, bananas).
- Fruit cups.
- Smoothies.
- Salad bar with fruits, fresh vegetables, & leafy greens.
- Cooked vegetables at hot entrée stations.
- Vegetable-based soups (e.g., spinach, tomato, onion, carrot, mushroom, squash, broccoli).
- Plant-forward entrées (including Value Meals, Chef's Table & Pop-Up Stations).

GRAB & GO Fridge
Contains healthy options



The GRAB & GO fridge offers quick, convenient options for meals and snacks when you are short on time or between classes, and can be found in the dining halls and the Central Square food market. Many of these items support balanced eating and overall health, align with Canada's Food Guide, and include options for a variety of dietary needs such as vegetarian, vegan, lactose-free, halal, and options made without gluten, making it easier to navigate campus dining on busy days.

Halal, vegetarian, vegan, lactose-free, & made without gluten options found here!

Drinks

- Kombucha
- Protein shakes
- Sugar-free & low-sugar soda
- Flavoured water beverages (including sparkling water)
- Coconut water
- Sparkling iced tea
- Milk (white, chocolate, strawberry)
- Almond milk (plain, chocolate)
- Soy milk (plain, vanilla)

Meals & Snacks

- Parfaits
- Yogurt (including greek & lactose-free)
- Fruit & cheese snack trays
- Fruit cups
- Smoothies
- Salads
- Sandwiches (including whole wheat/grain)
- Wraps (including whole wheat/grain)
- Sushi
- Riz gluten-free entrées
- Gluten-free sandwiches
- Gluten-free cookies

Eating With **Dietary Restrictions**

This page will help you navigate dietary restrictions on campus based on what's available at Stong, Winters, and Glendon dining halls and the CSQ food market.

Ask Staff
where to find the following options:



- Vegetarian
- Vegan
- Halal
- Made without gluten



Look out for their symbols on menu boards.

Made without Gluten

- Bob's Red Mill Oatmeal.
- Ask for GF bread at Grill House.
- Ask for GF pasta at Al Dente & Create.
- Rice & rice noodles at Bok Choy & Create.
- GFB Dark Choco Coconut Bites on "Dietitian's Pick" rack.
- GF Riz GRAB & GO entrées.
- Made without gluten sandwiches.
- Sweets From the Earth Cookies.

Vegetarian & Vegan

- Found at most food stations in dining halls & CSQ, including the GRAB & GO fridge.
- All Value Meals are either vegetarian or vegan (at resident dining halls).
- Chef's Table always offers vegetarian or vegan dishes.

Halal

Found in all dining halls & the CSQ food market, including the GRAB & GO fridge (Sandwiches & Riz entrées).

Allergies & Dietary Restrictions

Book an appointment with our in-house Dietitian to discuss your options.