

Beverages

Serving Size Calories

Vitazest Water	8 fl oz	0
Gold Peak Unsweetened Tea	8 fl oz	0
Lipton Unsweetened Tea	8 fl oz	0
Pure Leaf Unsweetened Tea	8 fl oz	0
Fuze Slenderize	8 fl oz	5
Vitamin Water, Low Calorie	8 fl oz	10
Sobe Lifewater	8 fl oz	40
Gatorade	8 fl oz	50
Vitamin Water	8 fl oz	50
Pure Leaf Raspberry Tea	8 fl oz	60
Pure Leaf Sweetened Tea	8 fl oz	60
V8 100% Vegetable Juice	8 fl oz	70
Skim Milk	8 fl oz	90
2% Milk	8 fl oz	120



Fuze	8 fl oz	100
V8 Strawberry Banana Fusion	8 fl oz	120
V8 Peach Mango Fusion	8 fl oz	120
Naked Juice	8 fl oz	120-220
100% Orange Juice	12 fl oz	170
100% Apple Juice	12 fl oz	170
100% Grape Juice	12 fl oz	230
100% Grapefruit Juice	12 fl oz	170
100% Pineapple Juice	12 fl oz	190
Cranberry Juice	12 fl oz	210



Saluki Snacks

Brought to you by: Saluki Steps
SIUC Student Health Center • Wellness Center

A Healthy Lifestyle Program

Physical activity is also part of a healthy lifestyle. Conveniently located Saluki Striding Paths have been identified across campus. To download a map nearest you, go to www.shc.siuc.edu to the Wellness Center and click on Saluki Steps link.

Studies show that there are many benefits to snacking throughout the day between regular meals. In addition to adding more nutrients to your diet, snacking can help with both weight management and weight loss. Snacking helps you to feel fuller longer on fewer calories as opposed to only eating three meals a day. Snacking will also help to prevent overeating at meals since you are less likely to feel hungry. Consuming moderate amounts of healthy food frequently throughout the day helps regulate metabolism and blood sugar levels, as well as provides added fuel for increased energy.

For more information or confidential counseling in Stress Management, Substance Abuse, Sexual Health, Nutrition, or Relationship Violence, please contact the Wellness Center at (618) 536-4441.

The Oasis has many healthy snack options to choose from! To help you pick the best choices:



Identifies the BEST food choices at the Oasis



Identifies the NEXT best food choices at the Oasis

Salty Snacks

Serving Size Calories

Popcorn (light)	5 c popped	100
Chex Mix – Sweet and Salty	½ cup	120
Gardetto’s Original Snack <small>low fat</small>	1/3 c	130
Tropical Trail Mix	1 oz	130
Glazed Walnuts and Almonds	1 oz	140
Peanuts	.08 oz	145
Cashews	1 oz	160
Baked Barbeque Chips	1.125 oz	140
Baked Sour Cream & Onion	1.125 oz	140
Beef Jerky	1 package	200
Sunchips (original)	1.5 oz	210
Corn Nuts (original)	48g	220
Sunflower Seeds	42g	260



Though nuts are high in fat, it is mostly the healthy monounsaturated fats.

Sweet Snacks

Serving Size Calories

Fresh Apple	1 med	65
Fresh Orange	1 med	75
Fresh Banana	1 med	80
Dole Tropical Fruit Bowl	4 oz	80
Fresh Fruit Cup	1 cup	varies
Yoplait Yogurt	4 oz	110
Jaw Breakers	3 pcs	70
Cool Tube Orange Sherbet	4 fl. oz	100
100 Calorie Packs	1 bag	100



Cereal/Cearal Bars

Serving Size Calories

Kashi Go Lean Cereal	Container	130
Kashi Honey Toasted Clusters	Container	140
Total Raisin Bran	Container	140
Kashi Go Lean Crunch Cereal	Container	240
Kashi Wild Blueberry Clusters	Container	200
Kellogg’s Heart Smart Cereal	Container	290
Special K Bar	1 bar	90
Nutri Grain Bar – Apple	Bar	130
Nutri Grain Bar – Strawberry	Bar	130
Kashi Almond Flax Bar	Bar	140
Kashi Trail Mix Bar	Bar	140
Nutri Grain Bar – Blueberry	Bar	130
Nature Valley Cinnamon Bar	Bar	180
Nature Valley Peanut Butter Bar	Bar	180
Corn Pops	Container	160
Lucky Charms	Container	200
Cinnamon Toast Crunch Cereal	Container	245
Cheerios Milk and Cereal Bar	Bar	160
Natural Valley Oats & Honey Bar	2 bars	180
Maple & Brown Sugar Bar	2 bars	180
Cliff Bar	Bar	270



Meals

Serving Size Calories

Campbell’s Vegetable Soup	1/2 c	80
Campbell’s Tomato Soup	1/2 c	90
Tuna, Light	Can	100
Campbell’s Cream of Mushroom	1/2 c	100
Campbell’s Cream of Chicken	1/2 c	120
Ramen Noodles	½ pkg	190
Chef Boyaredee Lasagna	7.5 oz	220
Easy Mac	Container	220
Steak & Cheese Hot Pocket	1	260
Ham n’ Cheese Hot Pocket	1	310

