This study examined the effects of nutritional information, health claims, and food choice. Baseline sales were collected for one week at two establishments (Coffee Cottage and Fireside Café) on Castleton University’s campus. Two signs were put up at the two different establishments. At the Coffee Cottage, a sign read “Bagels” or “Yogurts” with an FDA approved health claim directly underneath each. At Fireside Café, a sign read “Bagels” or “Yogurts” with the nutritional information directly underneath each. We predicted that participants who are provided with a health claim or nutritional information on a food item will choose that food more often. We also predicted that participants who are provided with a health claim on a food item will choose that food more often. Our aim for this study was to nudge participants to choose healthier food options more often on a University campus. This might help University establishments learn how to better promote healthier food choices.