

Health and Wellness 101



Why Is Nutrition So Important?



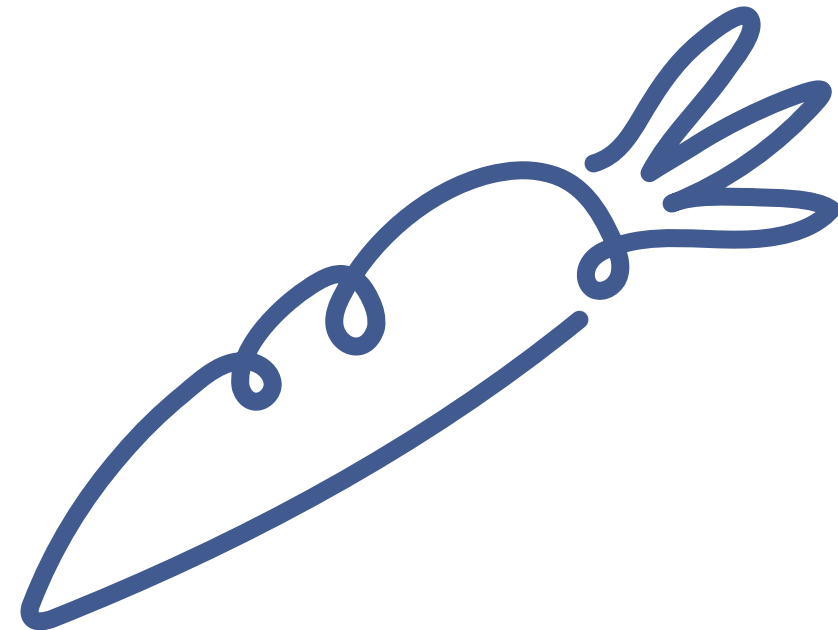
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Healthy eating is important at any age since diet and health are intrinsically linked.

Scientific correlation between student well-being and academic success.

Being healthy=eating healthy!

Dining services is committed to making sure every student has access to healthy dining options and a happy dining experience.



How Are Food Allergies Handled?



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Most students who have medically confirmed food allergies can eat from our dining locations!

Student Allergen Resources

- We work with campus staff to address food allergens or special diet requests
- Access to one-on-one counseling with a Registered Dietitian
- On-site team relationships

If you have an allergen or intolerance, please contact us to discuss the next steps to take.



Where Can I Find Nutritional Information?



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Campus dish is the web-based platform to assist with meal planning. This interactive site allows access to the daily menu options within dining locations.

- View menus per location and service hours
- Interact with the information to plan meals and calculate estimated nutrient intake
- View recipe ingredients and nutritional data
- Filter for allergen and intolerances

Gluten Solutions

Chicken & Veggie Stir-Fry



100 Calories

Chicken, broccoli, water chestnuts, red pepper and onion stir-fry

Cauliflower Fried Rice



230 Calories

Fresh vegetables sautéed with scrambled tofu and soy sauce with cauliflower rice



Broccoli & Cauliflower



15 Calories

Steamed broccoli and cauliflower



I am Vegan/Vegetarian, how do I know which foods to eat?



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of consumers want to eat more vegetables

We're adding new, innovative plant forward recipes to our menus that put vegetables, whole grains, legumes and nuts at the center of the plate.

Just look for the **PLANT FORWARD** icon!



How Do I Avoid The "Freshman 15"?



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MAKE MINDFUL DINING YOUR MANTRA

Make thoughtful food choices.

QUENCH YOUR THIRST

Thirst can be masked as hunger.

RECOGNIZE WHEN YOU ARE FULL

Eat slow and pause during a meal.

FILL YOUR PLATE WITH FRUITS AND VEGETABLES

Make the salad bar your first stop.



How Do I Avoid The "Freshman 15"?



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GRILLED OVER FRIED

Just as tasty, half the calories.

MIX & MATCH

Grab items from multiple stations to craft a healthy plate.

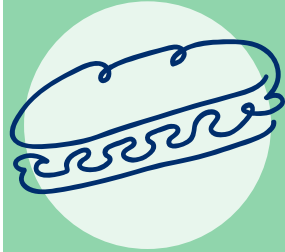
CHOOSE WHOLE GRAINS

Treat your heart right with healthy grains. Add whole wheat, brown rice and oats to your meals.

How Do I Manage Eating On The Run To Stay Healthy?



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FAST CASUAL DINING

Mindful eating mantra
Portion Sizes
Take half to-go



PREP AT HOME

Prepare in advance
Pre-sliced or diced products
Dorm-safe appliances



SMART SNACKING

Plan ahead
Snack only when hungry



International Students and Global Food Offerings?



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We strive to offer contemporary menus that combine as many cultural profiles and flavors as possible to meet student demographics.

