

BREAKFAST

> Energize your day with a nourishing breakfast. Think oatmeal topped with fruit and a spoonful of peanut butter, Greek yogurt with cereal and fruit, scrambled eggs or omelets with veggies and cheese paired with whole wheat toast.

> At Einstein's Bagels swap bacon for avocado. Choose multigrain bagels and add spinach and mushrooms to an egg sandwich for iron, Vitamin A, and energy-boosting vitamins.

> Add greens to smoothies as well as protein from powders, peanut butter, or Greek yogurt. Choose roasted potatoes over fried hashbrowns.

SNACKS

Snacks are important—they can keep our blood sugar levels steady and provide us with a needed energy boost between meals. Choose snacks that contain fiber, protein, and healthy fat to keep you feeling fueled and focused.

Some ideas include:

> Greek yogurt with fruit and nuts

> Hummus or guacamole with whole grain crackers

> String cheese and fruit

> Popcorn

> Kind bars



BEVERAGES

Sweetened beverages are high in calories and offer little nutritional value. Be sure to check the nutrition facts label and serving size. Most manufacturers make the serving size small so they can make claims like “only 100 calories per serving” when the whole bottle has 2.5 servings (100 x 2.5 = 250 calories). Choose water, club soda, or unsweetened tea more often.

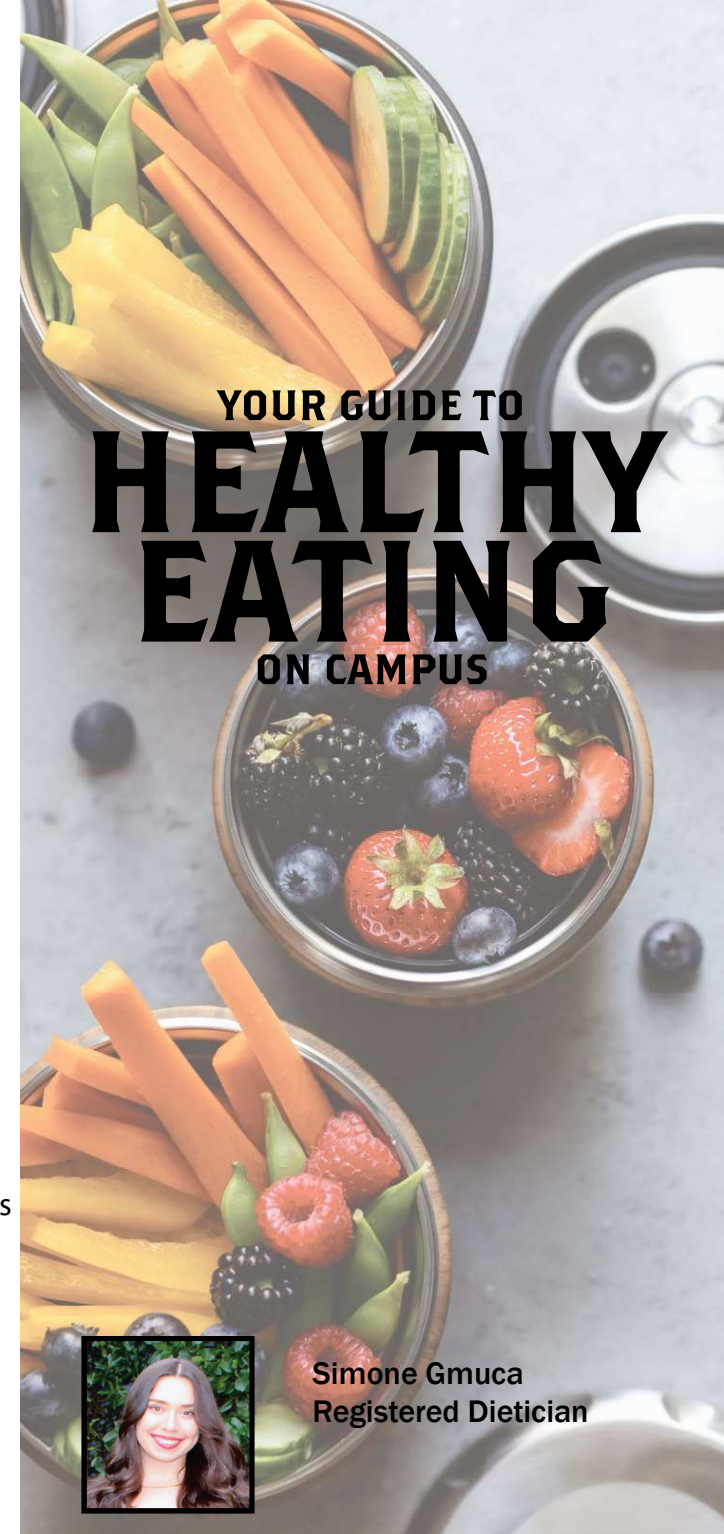
> Choose whole fruit over juice—this will provide you with more vitamin, minerals, and fiber and less sugar.

> Blended coffee drinks made with syrups and cream contain sugar and heart unhealthy fats. When ordering coffee add your own flavorings to control the amount of sugar.

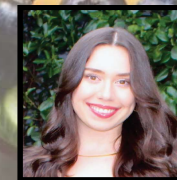
> Smoothies can be a nourishing snack, choose fruit and milk or yogurt based options made without added sugar.

SALAD BAR

Salads can be a great meal option providing tons of vitamins, minerals, and fiber. Be sure to make the most of your salad by choosing lettuce with a dark green color, incorporating protein such as grilled meats or fish, hardboiled eggs, tofu, or beans and healthy fats from nuts, seeds, and olive oil-based dressings.



YOUR GUIDE TO HEALTHY EATING ON CAMPUS



Simone Gmuca
Registered Dietician

DELI

- >Choose sliced whole wheat bread for its higher fiber content.
- >Opt for lean meats like sliced chicken, turkey, and ham.
- >Choose salami, breaded chicken, and bacon less frequently.
- >Add grilled veggies plus lettuce and tomato.
- >Choose hummus or avocado as a sandwich spread over mayo or aioli.

VEGAN AND ALLERGEN FRIENDLY OPTIONS

Pure Eats is a vegan-only station in Montgoris that offers a rotating menu. Vegan options are also available at each station. Impossible and black bean burgers as well as vegan tenders are served at the grill. Tofu, beans, legumes, and vegan soup are available daily; the bake shop offers assorted vegan cookies and other desserts. You will find vegan rice and legume bowls, pastas, and salads in Marillac as well as an Impossible burger at Burger King. Gluten free breads, pastas and pizza crusts are available upon request. Campus Marketplaces offer a selection of prepackaged gluten free and vegan snack or meal options.

PASTA

Choose whole wheat over white pasta when available. Add colorful vegetables for vitamins and minerals. Go red and choose marinara sauce over alfredo sauce for a lower calorie/fat option. Select grilled chicken or shrimp as your lean protein choice.

RED STORM BURGER CO.

- >Opt for a turkey burger, veggie burger, grilled Chicken, or grilled salmon instead of a beef Burger, sausage, hot dogs, or philly cheese steaks.
- >Increase fiber by choosing a whole wheat burger bun.
- >Limit or avoid the potato chips, baked beans with bacon, and potato salad. Choose a side salad instead.
- >Skip the fried chicken tenders, french fries, mozzarella sticks and onion rings.
- >Be cautious of spreads like mayo and other sauces that can add unwanted calories and fat

