

A Healthier



A COMPLETE GUIDE TO EATING ON
CAMPUS WITH ALLERGIES, INTOLERANCES,
AND SPECIAL DIETARY NEEDS.

UMDINING
UNIVERSITY OF MIAMI


www.dineoncampus.com/miami |    @umdining

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These foods are limited in calories, fat, saturated fat, cholesterol and sodium. Eating these food choices more often will help you feel energetic and healthy.



Foods that do not include gluten containing ingredients. We avoid cross contact but cannot guarantee they are gluten-free.



Foods that do not contain any animal-derived products at all including honey, dairy or eggs. A variety of vegan options are offered throughout campus.



Foods that do not contain animal products except dairy or eggs. We celebrate the environmental and wellness benefits of a vegetarian diet by offering multiple options in each venue.

EAT WELL

Eating healthy, balanced meals will help you study and keep you looking and feeling your best. Balanced U is your guide to finding foods that are right for you.

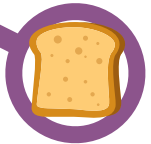
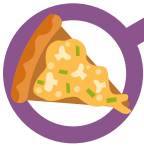
Avoiding Gluten

How to Navigate the Dining Halls

Our staff is trained yearly by our Registered Dietitian, Alyson Marquez, on the program AllerTrain and every semester by our Safety Manager on proper food handling protocols to minimize the risk of cross-contamination. Our staff is trained to change gloves for the handling and serving of avoiding gluten meals when requested by the guest. Additionally, we have separate utensils for preparing and serving avoiding gluten meals when requested by the guest. The Avoiding Gluten self-serve station, located in each dining hall in the Pantry area, contains a separate toaster and waffle maker to be used with gluten free breads and waffle mix only. It also contains individually packaged condiments to limit cross contamination as well as a refrigerator of gluten free pre-packaged products.

EVERYDAY OPTIONS

These items are all available in both dining halls daily.



Pizza Crust

Gluten-free pizza crust is available every day upon request. The gluten-free pizza crust is cooked on a designated pizza pan within the general pizza oven.

Soup

There is at least one avoiding gluten soup available daily in each dining hall. All of our soup stocks are gluten-free; our soup is thickened with cornstarch.

Cereal and Oats

Gluten-free oats and cereals are available every day at the avoiding gluten stations in both dining halls.

Bakery

Our bakery will always offer at least one avoiding gluten item daily such as cookies.

Waffle Maker

We have a separate toaster and waffle maker at both dining halls to be used with gluten-free breads and waffle mix only.

Pasta

Gluten-free pasta is available upon request on days we are serving pasta. It is cooked in a separate pot on a shared stovetop.

Bread

We have various types of breads at both dining halls. We also have gluten-free corn tortillas as an option at our taco bars.

Gluten Friendly Specialty Brands in the Dining Halls

While we try to keep these continuously stocked, please note the following items are subject to availability.



Get Veguicated

Eating Vegan and
Vegetarian in
Resident Dining



We have 8 varieties of cereal available daily in our Pantry area as well as whole milk, 2% milk, chocolate milk, vanilla or chocolate Silk Soy milk, and Ripple Pea Milk. You will also find a selection of breads for toast, muffins, bagels, and waffle flavors. A parfait bar is available with two varieties of yogurt and a full selection of toppings and fruits. Additionally, we serve tofu scramble daily alongside home fries, tater tots, eggs and much more!

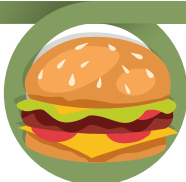


Rooted is our fully vegetarian station in the dining halls. Located next to the Grill in Hecht-Stanford Dining Hall and next to Pizza in Mahoney-Pearson Dining Hall, Rooted serves meatless dishes during lunch and dinner each day of the week. Full meals are offered at this station, so it is a one-stop-shop for your main entrée and side!



The deli is open for lunch and dinner daily and offers a completely customizable way to build a sandwich or wrap - meaning it is 100% vegan and vegetarian friendly! We have the following vegan options available daily:

- ▶ Roasted Veggies
- ▶ Tomatoes
- ▶ Lettuce
- ▶ Onions
- ▶ Pickles
- ▶ Vegan Falafel
- ▶ Pepperoncini Peppers
- ▶ Bell Peppers
- ▶ Jalapeños
- ▶ Black Olives



Our grill station offers a variety of vegan and vegetarian options such as Vegan Burgers, Vegetarian Burgers, Chickenless Nuggets, Fishless Filets, and more! Plus, most items only take about 6-9 minutes to prepare and are made-to-order..
Pro-Tip: Most of our French fry varieties are vegan!



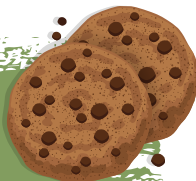
At least one vegetarian pizza option is available daily at our pizza station so you are able to satisfy your pizza craving whenever you feel the need. We also have rotating options of calzones and pasta dishes available at this station as well, so make sure to stop by and check out what is available that day.



We offer two varieties of soup daily, one of which is vegan. Our salad bar is always full with a variety of fruits, vegetables, and meatless protein options. Offerings change daily based on seasonality and availability. We keep a rotating selection of hard boiled eggs, tofu, beans, legumes, and other plant-based protein options. Our dressing options are listed below:

- ▶ **Vegan:** Canola Oil, Olive Oil, Balsamic Vinegar, Red Wine Vinegar, Shallot Mustard Vinaigrette
- ▶ **Vegetarian:** Creamy Ranch, Basil Pesto, Creamy Chive, Fat Free Italian, Blue Cheese

Did you know our famous vegan cookies are available daily in the dining halls? Make sure to try both the sugar and chocolate chip varieties.



Get Veguicated

Eating Vegan
and Vegetarian
in **Retail Dining**



The first and only fully vegetarian concept on campus, this health food café offers a variety of bowls, grilled cheeses, naan salads, and flatbreads. The Chana Masala, Corn and Black Bean Compote, and Roasted Vegetables are all vegan! Fresh made soups are available daily, as well as rotating daily specials crafted by our head chef, Wilber.



Our popular salad concept is great for vegans and vegetarians. Apart from the number of meatless menu items they offer (the Greek salad, Farmhouse salad, and Roasted Veggie Melt, just to name a few), you can also Design Your Own salad or wrap. We recommend adding quinoa or almonds for an extra protein boost.



Our most popular menu item at Jamba Juice - the açai bowl - is a healthy vegetarian option! Some bowls are made with Greek yogurt, so be sure to look at the ingredients when ordering if you are vegan. Jamba Juice's All-Fruit Smoothie line is 100% vegan, and you can substitute soy milk in a number of other smoothies to make them dairy-free. The Apple Cinnamon Pretzels are also vegan!



Einstein Bros. Bagels does not only have great coffee (that you can order with soy milk) and fresh bagels - they also have a number of vegetarian food items. We recommend the Hummus Veg Out Signature Sandwich or the Spinach, Mushroom, and Swiss Egg Sandwich.



Our newest location, Fitberry is located in the Wellness Center. There are a variety of organic smoothies and açai bowls to choose from, as well as grab-and-go salads and paninis.



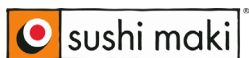
The Market is your go-to for vegan and vegetarian snacking on campus! With hundreds of options, you are sure to find something you'll love. Be sure to check out our grab-and-go brand, Jack & Olive, for fresh vegan and vegetarian salads, sandwiches, snack packs, and more!



The Corner Deli, located in the Market, not only has some great vegan and vegetarian options but is also Glatt Kosher, supervised by Rabbi Felig. Try the Falafel sandwich or meal - sides include roasted potatoes, roasted vegetables, mashed potatoes, coleslaw, and basmati rice.



A popular local Miami concept, Vicky Café offers a variety of vegetarian pastries. Pair one with their famous Cuban coffee and you're guaranteed a tasty breakfast that won't let you down.



Sushi Maki is ideal for pescatarians, but don't be fooled - the native Miami sushi chain also has a number of vegan rolls: The Vegetable Summer Roll, Vegetable Dragon Roll, and Classic Vegetable are all vegan-friendly. Additionally, they offer a delicious Hiyaski Wakame (Seaweed Salad) and Edamame.



Despite having "Chicken" in its name, Pollo Tropical is surprisingly vegetarian friendly. Build your own TropiChop without meat and choose from a variety of vegetarian (mashed potatoes, mac and cheese) or vegan bases (all varieties of rice and lettuce). All veggies with the exception of kernel corn are also vegan! The French fries are vegan as well!



Panda Express' easily customizable bowls and plates make meatless eating easy. Eggplant tofu, steamed vegetables, and brown rice is our favorite combo! Add some veggie spring rolls if you're feeling really hungry.



A campus favorite, almost anything on Lime's menu can be made vegetarian. When eliminating meat, add rice, black beans, or refried beans all FREE of charge. We recommend asking for your order fajita-style for an extra dose of veggies!

SEBASTIAN'S CAFÉ



Sebastian's Café has plenty of vegetarian options to choose from! A Roasted Vegetable Quesadilla, Four Cheese Quesadilla, Garden Chop Chop, and Garden Ibis Panini are all great meatless options. Ask for any salad without chicken and pair it with our vegetarian soup of the day. There are also a variety of meatless breakfast options to choose from.

Don't be fooled by the triple decker burger or buffalo chicken tenders - Burger 305 has a mouthwatering veggie burger that sure to satisfy your craving. You can also ask for a veggie patty on any of our Limited Time Offers so that you can enjoy them too! Pair your meatless burger with a side of sweet potato fries and you're good to go.



Grab a Veggie Delight or craft your own meatless sandwich at Subway. You can even go vegan! Pile your sandwich high with vegetables and add any of their vegan-friendly sauces - yellow or deli mustard, vinegar, sweet onion sauce, Italian dressing, or buffalo sauce.



Starbucks has a number of sandwiches, protein packs, salads, and pastries available that are meat and/or dairy free. We also have soy and almond milk available for you. Additionally, Peta has a great guide to ordering vegan at Starbucks.



Meet Alyson

UM Dining's very own
Registered Dietitian

Our Registered Dietitian and Licensed Dietitian Nutritionist, Alyson Marquez, has her Bachelor's degree in Clinical Dietetics and Nutrition and her Master's of Science degree in Wellness and Human Performance from the University of Pittsburgh. She regularly works with our students to show them how to get the most out of their dining experience. From eating on an animal-product-free diet, to gluten intolerance and weight loss, Alyson is here to show you how to navigate our dining facilities and take advantage of the wide variety of dining options the University of Miami has to offer. The best part is her services are free for all students! Below are some commonly asked questions for new and returning students, from avoiding the "freshman 15" to simply leading a more balanced lifestyle.



I want to avoid putting on weight while in college. What tips do you have?

Weight gain occurs when one increases total caloric intake and/or decreases activity during the day. Below are some tips you can put into practice to help you have a balanced lifestyle and a healthy weight.

1. Disengage with electronics and any distractions during eating. This will allow you to listen to your body's signals of hunger and satiety. On a scale of 1 – 10 (1-extremely starving and 10-extremely stuffed; aim to put your fork down around a 5 – 6 and take a meal or snack when you're feeling 1- 4 on the scale).
2. Be mindful of portion sizes. Unlimited trips for seconds or thirds in the dining hall or finishing a restaurant portion size will bump up one's caloric intake.
3. Reach for balance at each meal & snack time. Work to include vegetables, complex carbs, lean protein and healthy fat during meal times. For snacks try to pick two of the above items. This will ensure you get the right nutrients and balance energy to keep you going throughout the day.
4. Reach for water – make sure to stay well hydrated throughout the day. Feelings of hunger may be a sign of dehydration. Reach for a glass of water and wait 10 minutes before deciding if you still need that snack.



I want to eat healthy. Which items should I select when eating in the dining hall?

Eating healthy is a great opportunity to try the many menu options that UM Dining has to support a balanced lifestyle. When eating in the dining halls look for the Balanced icon (posted on the menu options within the dining halls, and also found on dineoncampus.com/miami or the Dine On Campus app). The icon indicates that the meal or side dish meets specific nutrition criteria; specifically for total calories, fat and sodium content.

Beyond using the Balanced icon, I recommend checking each dining platform and seeing what is available. Piecing together a meal by selecting the vegetables, whole grains and lean protein you want provides great variety. Eating healthy doesn't have to happen each time we eat, but selected routinely with about an 80/20 rule can help you find great variety and balance within a healthy meal plan.



I have a new fitness routine and my goal is to increase muscle mass. What should I do?

In gaining muscle, many people know that protein is important, but total energy intake in the form of calories lays a great foundation. Without extra energy provided for the exercise program and enough to support an increase in muscle mass it will be tough to meet one's goal.

1. Increase caloric intake by 300-500 extra calories a day. This can be accomplished through additional snacks or servings at meal times.
2. Include sources of complex carbohydrates (at breakfast, lunch, dinner, pre- and post-training snack) so your body will have the fuel sources for sustaining the exercise program. Reach for a variety of whole grains, fresh fruits, starchy vegetables, milk and yogurt for a great source of carbohydrates.
3. Take protein post workout session (15 -25g) within 30-45 minutes and routinely throughout the day (breakfast, lunch, dinner and before bedtime). Supplements are not needed to reach post-training and total protein intake goals. Foods rich in protein include Greek yogurt, milk, nuts, seeds, cheese, meat, poultry, fish and beans.



I'm interested in becoming vegetarian or vegan. What nutrition concerns should I consider?

Vegetarian and Vegan dining is a great way to improve one's health and wellness profile. However, not having a balanced vegetarian diet – like any diet – can lead to nutritional deficiencies. Some key nutrients of concerns include total energy and protein intake, iron, calcium, zinc, iodine, Vitamin B12, Vitamin D and omega 3 fatty acids.

Vegetarian eating has different subsets based on one's type and style of vegetarian eating. Therefore not all vegetarians may be at risk for all of the above nutrients of concern. Learning how to find balance and to eat a variety of plant-based foods is vital to the success of one's vegetarian diet and overall health. To learn more about being a vegetarian or vegan, check out the chart below or schedule a meeting with Alyson.

	DAIRY	EGGS	HONEY	VEGGIES	FRUIT	PULSES	LEGUMES	WHEAT
LACTO-OVO-VEGETARIAN	★	★	★	★	★	★	★	★
OVO-VEGETARIAN		★	★	★	★	★	★	★
LACTO-VEGETARIAN	★		★	★	★	★	★	★
VEGAN				★	★	★	★	★

Want to learn more?
Schedule a one-on-one session with Alyson!

Email: umdiningrd@miami.edu

Phone: (305) 563 - 4831

Dining Hall Hacks



Bruschetta Bites

This is a simple and healthy appetizer to try anytime! Either grab the garlic bread or toast bread of your choice, tomatoes, salt, olive oil, and basil. Dice up the tomatoes, mix in salt, olive oil, and basil, and finally scoop that combo onto your garlic bread!

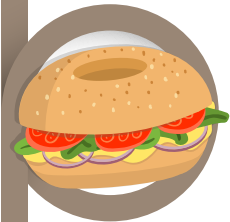


Banana Sandwich / Banana Split

Toast two pieces of whole wheat bread and spread on a tablespoon of WOWBUTTER®. Then slice up a banana, top with honey and put the two slices together for a satisfying breakfast. For a healthy banana split, slice the banana in half long ways, spread with WOWBUTTER® and top with Greek yogurt and your choice of fruits.



DID YOU KNOW? Both of our dining halls are completely peanut-free! We use a peanut butter alternative called WOWBUTTER® which is available anytime in the Avoiding Gluten station.



Veggie Bagel

You can make your own veggie bagel right here in the dining hall. Grab a bagel from the bagel case and toast it. Shmear with hummus (located in the cane zone) and top with arugula and other veggies from the salad bar such as tomatoes, red onions, and olives. Yum!

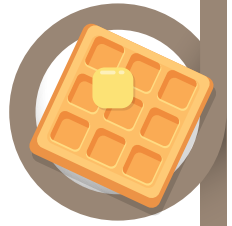


Apple Cinnamon Oatmeal

Grab a cup of oatmeal, an apple, 2 tps of honey, and some cinnamon. Cut up your apple slices small enough to top your oatmeal off, add a dash cinnamon, and drip the honey over the top for a sweet and delicious breakfast. You can also add some granola as well.

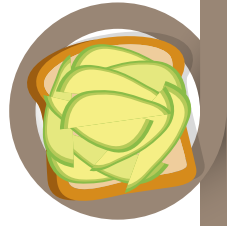
Design-Your-Own Waffles

There are so many different things you can do with waffles. For example, you can make a waffle Patty Melt, Waffle Ice Cream Sandwich, Waffle Chicken BLT, and much more! Our favorite is probably the Chicken and Waffle mini sandwich. Grab chicken from the grill, fried or grilled. Cut a waffle in half and put chicken inside, smother with syrup, and enjoy! Also try a Waffle Parfait by grabbing yogurt, granola, and fresh fruit from the salad bar.



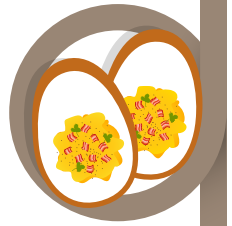
Avocado Toast

Grab some avocado from the deli and toast bread of choice. Use a spoon to scoop avocado out, then a fork to mash it onto the toast (or cut thin pieces of avocado and place on toast). Season with salt and pepper and drizzle with olive oil and lemon juice. *Note: to add a bit more protein to the mix, add a hard boiled egg! Slice in half and place on top.*



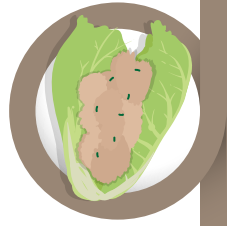
Deviled Eggs

Grab a few hard boiled eggs from the salad bar and take the yolks out. Mix the yolk with mayo, mustard, relish, and salt and pepper and then put the mixed yolk back in the eggs. Throw some salad-bar bacon bits on top and voila!



Tuna Salad Lettuce Wrap

You can find tuna salad at the Deli station in either dining hall. Simply ask the associate for some, as well as a few lettuce leaves. Season with salt and pepper and top with your favorites such as tomatoes, avocado, hard boiled eggs, etc. Finally close the lettuce leaf and enjoy! *Note: this can also be a very yummy bowl or salad combo!*



Burrito Bowl




You can make an awesome burrito bowl any night in the dining halls. Start by mixing rice with your choice of protein such as tofu, garbanzo beans or cut-up grilled chicken. Then add your toppings; lettuce, tomatoes, beans, and shredded cheese which all can found at the salad bar.





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