

Making the Most out of Your Meal Plan

by Emily Viglianco

Along with Healthy U options there are other ways to make sure you're eating a balanced meal. When at a dining hall make sure each meal follows rules having mostly fruits and vegetables. Look online at the dining services website to check each dining hall's menus for the best options and the options that suit your tastes.

When looking at non-Healthy U menu options consider the following things:

- ★ **What style of cooking was used on this item?**
For example, a vegetable eggroll may seem healthy but eggrolls are normally fried. A baked vegetable would be a better choice.



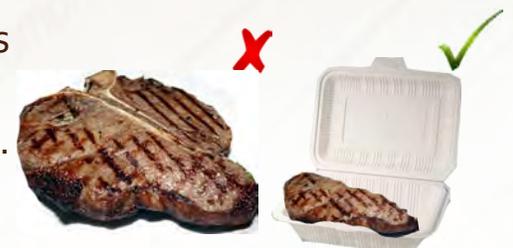
- ★ **What types of seasoning is on this item?**
Rice pilaf would sound like a healthy choice but is often high in sodium due to seasonings. Brown rice with peas is a better option.



- ★ **Are there any sauces on the item and if so is it healthy?** When given the choice, choose tomato based pasta sauce over alfredo sauce. It has less fat and an overall healthier option.

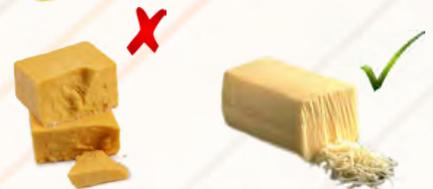


- ★ **How large is the portion size?** Most dining halls serve portions larger than recommended; protein at a meal should only be as large as your fist. Ask the server for a take-out box and save half of the item for later.



What about at sandwich counters?

- ★ Always choose a whole wheat bread or wrap; avoid white bread.
- ★ Stay away from high fat dressings like creamy Ranch. Choose a low fat dressing like balsamic vinaigrette or Italian dressing. Low fat mayo is also a healthier option.
- ★ If you purchase deli meat at the store, look for the low sodium product. Healthy Choice is a good example. Better yet, choose whole meat over deli meat.
- ★ Mozzarella cheese is low fat and low sodium and a good cheese option.
- ★ Don't overload your sandwich with multiple meat and cheese options; just choose one.



When selecting buffet items follow the rules of a proper proportioned plate:

- ★ $\frac{1}{4}$ protein
- ★ $\frac{1}{4}$ whole grain
- ★ $\frac{1}{2}$ fruits/vegetables



Dining Hall Options:

All dining halls offer certain healthy foods every day...

- ★ When choosing a drink go for natural fruit juices, low-fat milk, or unsweetened tea.
- ★ Dining halls offer healthier cereals such as Cheerios, Mini-Wheats, and Raisin Bran which when combined with low-fat milk and fruit make a healthy breakfast.
- ★ Lunch options include a salad bar. Just stay away from extra toppings such as croutons and bacon bits. Dressings such as low-fat Italian or oil and vinegar are low calorie options. Baked potatoes, and cottage cheese with fruit along with a hearty salad make a complete meal.

Drinks



Breakfast



Lunch



Fast Food Options:

When eating out on meal plan it can be hard to choose healthy options. This list can help you start choosing better meals:

Hatfields

- ★ Breakfast-Healthy "u" options or scrambled eggs and wheat toast or oatmeal
- ★ Lunch- healthy "u" options, or wraps and pitas with limited dressings
- ★ Dinner- healthy "u" option or fish(not fried) with brown rice and salad

Burger King

- ★ Breakfast- blueberry biscuits without icing dipping sauce, breakfast muffin with egg and cheese
- ★ Lunch/dinner- Side salad with light Italian dressing, tendergrill chicken
- ★ sandwich without mayonnaise, plain hamburger

Chic-fil-a

- ★ Lunch/dinner-chargrill chicken sandwich, southwest chargrilled chicken salad, chargrilled chicken garden salad, carrot and raisin salad, fruit cup, side salad

Quizno's

- ★ Breakfast- egg and cheese on 9grain wheat
- ★ Lunch- Tuna melt with cheese bullet, veggie with cheese and dressing Sammie, Baja chicken with cheese and dressing, honeycured ham without dressing, cantina chicken Sammie