

EATING SMART IN THE RESIDENCE HALLS

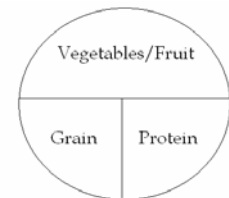
Who doesn't love a good buffet? Being on a residential meal plan has great advantages, but if you find your clothes fitting tighter, it might be time to re-evaluate the all-you-can-eat everyday approach. Here are some strategies to help you keep your current wardrobe and your meal plan:

- **Plan Meals**

- Eating smart means thinking ahead.
- Go to www.mypyramid.gov and put in your stats to receive the exact amount of grain, vegetables, fruits, milk, and protein sources that you need.
- Distribute the foods using the "My Meal Plan" download also available on the Boynton website (www.bhs.umn.edu)
- Look at the menu for your residence hall at www.UnivofMinnesota.CampusDish.com and decide what you are going to eat *ahead of time*.

- **Balance Your Plate using the "Half-Plate Rule"**

- Limit your meal to one plate of food
- Half-Plate Rule
 - Half of your plate should be fruits or veggies
 - ¼ of your plate should be grains (breads, rice, pasta, cereal)
 - ¼ of your plate should be a protein source (lean meat, fish, beans, eggs, soy)
 - Add a glass of skim milk, a cup of yogurt or a sprinkle of cheese



- **Whoa! Identify the Diet Busters**

- You don't need to completely avoid high-calorie foods, but there are certain foods that are not worth it. Here are some "diet buster" foods chosen from the Centennial Hall menu:

Breakfast: Caramel apple cinnamon roll (495 cal), loaded breakfast potato (450 cal), stuffed French toast (2881 cal!)

Lunch: 9 oz. French fries (830 cal), Buffalo chicken wrap (1157 cal), Four cheese wrap (882 cal), Ham & cheese sub (984 cal)

Dinner: Patty melt (698 cal), Cajun sensation (872 cal), Summer vegetable alfredo (782 cal)

- **Go! Find the Good Stuff**

- So what are better choices?

Breakfast: Oatmeal (120 cal), Scrambled eggs (157 cal), Cereal (120 cal)

Lunch: Baked ziti (280 cal), Beans & rice (228 cal), Roast turkey (247 cal)

Dinner: Mediterranean pasta (121 cal), California turkey sandwich (298 cal), Mexican lentils (210 cal), Cranberry glazed pork roast (212 cal)

A RESIDENTIAL RESTAURANT TOUR

Salad Bar

Choose:

- Raw vegetables: try to get a rainbow of colors
- Protein extras: grilled chicken, tuna, beans, tofu, low-fat cottage cheese, nuts
- Low-fat/fat-free dressings

Watch your portions on:

- Anything creamy, like coleslaw, potato or pasta salad and dressing
- Cheese
- Croutons



Deli & Grill

Choose:

- Anything grilled: chicken, hamburgers, veggie burgers
- Sandwiches with sliced meat, peanut butter or vegetarian spreads (like hummus)

Watch your portions on:

- Anything fried: French fries, onion rings, chicken
- Creamy extras like butter, mayonnaise, and sauces

Entrees

Choose:

- Roasted, grilled, baked or barbequed dishes

Watch your portions on:

- Anything with cheese in the name, in a creamy sauce or fried

Desserts

Choose:

- Fresh fruit
- Low-fat ice cream/ yogurt

Watch your portions on:

- Baked goods like cake, cookies, and bars
- Limit non-fruit desserts to twice per week



Beverages

Choose:

- Water
- Unsweetened iced tea
- Low-fat milk
- Sugar-free lemonade

Watch your portions on:

- Fruit juice
- Regular soda



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To make an appointment to see the nutritionist, call 612-625-3222.

www.bhs.umn.edu