Looking to eat healthy? Our Registered Dietitians tips to eating healthy on campus!

EATING HEALTHY TIPS

- Plan ahead by visiting www.umldining.com to view menus and nutritionals.
  - Choosing what you will eat before you visit the dining hall will ensure you choose something healthy
- Did you know adults need 2.5-3 cups of vegetables a day? Adding a fresh side salad to your meals will help ensure you meet this recommendation!
- Choose lean protein options that are grilled or baked or try choosing a plant-based protein option for added variety.
  - Plant based proteins generally have more fiber and are lower in saturated fat and cholesterol. Some options that can found include: vegetarian burgers at Sizzle, beans at the salad bar, and our fresh daily made vegan dishes.
- Watch your intake of creamy soups and spreads/dressings. These tend to have more calories along with saturated fat.
  - If having a soup, choose a broth-based option.
  - Choose a low fat or oil-based dressing for salads.
  - If choosing a spread, stick with a mustard or hummus instead of mayo.
- Choose water with your meals and snacks. Soda has no nutritional benefits and comes with unwanted sugar and calories.
- Limit desserts to once in a while. If you want something sweet, try some fruit with yogurt or peanut butter.

University Dining wants all guests to feel comfortable and confident with their food options. If there is absolutely anything that you are unsure of, please ask! Our team is more than willing to answer any of your dietary questions, address concerns, and accommodate reasonable requests.

If you have an allergy or dietary restriction, recommendations above may need to be modified. Please contact our Registered Dietitian Tina Fallon, MS, RD with any questions, consults, or concerns.

Fallon-Kristina@aramark.com