Healthy Eating on Campus
DIETITIAN'S GUIDE TO NAVIGATING THE DINING HALLS

There are many stations within our dining halls. University Dining encourages you to see these stations as your pantry guide to creating the perfect dish for you that matches both your taste preferences and nutritional goals! This is a guide developed by our dietitian to help you navigate the dining halls and create a healthy plate! If you have food allergies or sensitivities, please consult with our dietitian. Anyone looking for additional information, our dietitian is available for nutrition consults in the wellness center.

Flip over for some dining hall tips!
Create a Healthy Plate!

Choose at least three food groups! The more food groups, the more nutritional variety on your plate! Our dietitian recommends 1/4 of your plate to include protein (animal or plant) and choosing lean proteins, as this helps with satiety! Additionally, aim to make 1/2 of your plate fruits and vegetables. Fruits & vegetables are full of vitamins, minerals, antioxidants and fiber!

Salad

Salads can be a great meal or side option! However, be careful what you add! Choose color and get creative! You can add beans and fruits to create a unique salad that you will enjoy. Choose an oil based dressing like Italian or balsamic over a creamy one (i.e. ranch, French, etc.) and don't over-do it on the croutons!

Pizza

If choosing pizza, limit your intake to one slice! Enjoy it, but savor it! Fill the rest of your plate with vegetables! Add some protein or a glass of milk for a complete meal!

Soup

Choose broth-based soups over creamy ones! Soups with beans and vegetables are a healthy addition to one's meals!

Deli

Add lean protein and vegetables! Skip the chips and enjoy a piece of fruit!

Beverages

Water, water, water! If this seems boring to you – choose infused waters or make your own! Other good choices are low fat milk, almond or soy milk, and coffee/tea without the added sugars & creamers! If you are an athlete, have a medical condition or are looking to gain weight, other options might be more appropriate.

FOOD for THOUGHT!

Skipping meals can lead to overeating later in the day. By the time we get to the dining hall, we end up choosing foods that are quickest to access (no lines anyone?). These foods also tend to be less nutritious and higher in calories! Plan ahead, pack snacks and don't skip meals! You can also visit the UML dining website (www.uml.edu/dining) to see what foods are being served during each meal period! Planning your meals ahead of time can help you stick to healthier options!

Having trouble navigating the dining halls or have other nutritional concerns?
Consult with our school dietitian! To set up an appointment, contact the Wellness Center at 978-934-6493

Visit www.uml.edu/dining to check out our menus and follow us @UMLDining on social media to find out about our dining program & more!