

TEN QUICK TIPS for staying healthy

- 1) Enjoy your food but know the basics—check out the ChooseMyPlate site online or Harvard Healthy Eating Plate.
- 2) Avoid skipping meals—this will help you cut down on excessive eating at the next meal or unnecessary snacking.
- 3) Eat at least 5 servings of fruit and vegetables each day. Incorporate more whole grain foods into your meals.
- 4) Get adequate sleep.
- 5) Make eating conscious—don't read or watch television while you eat.
- 6) Preplan carefully when eating in an all-you-care-to-eat environment.
- 7) Avoid excessive eating by strategic seating—sit away from calorie dense desserts or frozen dairy machines.
- 8) Walk at least 45 minutes every day. Each 10 minute walk to class counts—add it up.
- 9) The world does not thrive on cereal, frozen yogurt, and bagels alone—balance your intake.
- 10) There are no good or bad foods, just poor or unplanned choices. Moderation helps you accommodate all foods and maintain a healthy body.

University of Virginia Dining

Each day we offer a wide variety of foods—take a look at our menu and notice that it accommodates many different tastes and cultural food preferences. Our healthy items, particularly our Eat Well (EW) items, are designed to be lower in sodium, saturated fat and excessive calories. Additional healthy offerings like our full soup and salad bars, our vegan and vegetarian stations, and our Mongolian grill stir-fry stations, are just a few of the options that are available to those who choose to eat healthier.

Nutritionist Paula Caravati, Ph.D., R.D.N., assists with our healthy and vegetarian menu development. She is available for wellness-based dietary counseling. For an appointment, please email her at caravati-paula@aramark.com or call at (434) 982-5117.

We value feedback and suggestions from our customers. Please contact U.Va. Dining at (434) 982-5141 or email us at dining@virginia.edu.



EATING WELL AND STAYING HEALTHY on a meal plan



What is a healthy diet?

What kinds of food should you eat?
How many calories are right for you?
What changes should you make to lead a healthier lifestyle?

There's no single answer to these important questions because we're all different. Every one of us is unique. Our body types, activity levels, food preferences, nutrition concerns and health profiles are as individual as our personalities.

The most important thing about a "healthy diet" is that it fits your life, fosters good health, and the maintenance of a stable and healthy body weight. To this end, we provide you with meals that are filled with fresh, flavorful, and satisfying foods that you love, prepared in ways that make good-for-you seem right-for-you.



University of Virginia Dining
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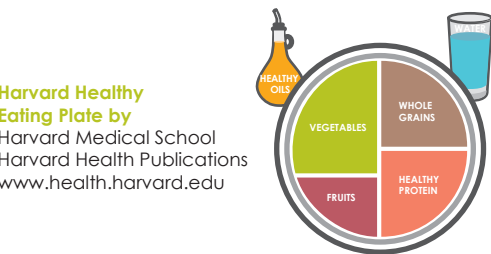
Eating Well & Staying Healthy

Making the transition from home to the university setting involves many changes. Food and a new eating lifestyle may be just one piece of the new start. Health and wellness awareness are key to making a successful transition. Our Healthy for Life™ wellness program is designed to assist students with their food choices, and to provide nutrition education and wellness information that nourishes all aspects of good health.

Freshman Fifteen has garnered a great deal of publicity; however, if you become a little nutrition-savvy, unnecessary weight gain is avoidable when you eat in the university dining rooms. Maintaining health and good nutritional status involves taking care of the body, mind, and spirit.

Simple nutrition basics still apply and can prevent settling into unhealthy lifestyle habits. Harvard's Healthy Eating Plate, www.hsph.harvard.edu/nutritionsource, is a simplified graphic that provides sound, evidence-based suggestions on the best way to fill your plate. Their recommendation to focus on healthy proteins and whole grains, along with fruits and vegetables is achievable in our Residential Dining Rooms. USDA's MyPlate, at choosemyplate.gov, also provides helpful tips on healthy eating.

Occasionally spot check your eating habits against the recommendations of the Harvard Healthy Eating Plate or MyPlate.



Avoid Skipping Meals

Remember that breakfast is important and can be a major determinant of how the rest of the day and your overall nutritional intake stacks up. Most people who skip breakfast tend to overeat at the next meal or snack their way through the day. Try to eat balanced meals to prevent overeating. If you are not much of a breakfast eater, at least try to eat a lighter and balanced meal of fruit, whole grains (bread, cereal) and some protein.

Try portable foods that you can take from the dining room to class. A few portable suggestions include: raisin bagel and an apple, dry bran cereal, or a low fat muffin and fruit. Make sure to accompany all with to-go cups of regular or soy milk, yogurt, or cottage cheese.

If you like breakfast, make **smart choices**. Try to limit your intake of omelets to no more than one or two a week. Ask for EggBeaters™ or request that our cooks use low fat/calorie spray on the grill. Belgian waffles with fresh cut up fruit (you do the cutting) are good occasional choices. Higher fiber breads (we have 100% whole wheat bread with at least 3 grams of fiber), whole grain cereal, fresh fruit, and lean protein are better daily choices.

Other techniques for curbing your appetite include starting your meal with high fiber foods (whole grain bread, fresh fruit, or salad) and filling up on broth based soup with fewer than 5 grams of fat per serving.

All You Care to Eat

An all-you-care-to-eat environment is definitely a lifestyle change for many university students. Making good conscious choices and limiting your time in the dining room to no more than 20 minutes (eating time) can help cut back on unnecessary intake. Strategic seating also helps; if you are tempted by desserts, sit away from frozen dessert machines. Practice changing the environment in order to maximize on developing healthful habits.

Limit intake of high fat meats and cheeses. Check out the deli for lean sliced turkey, ham, hummus, and roast beef. Check for reduced fat cheeses and other entrees. Try a vegan burger in place of the usual hamburger. The vegan stations at Fresh Food Company and O'Hill add many options for those choosing a diet made without meat, poultry and fish, animal by-product or honey.

Try a healthier choice when ordering meat. Our Chop House menu at Runk offers lean red meat choices, fish and poultry on a regular basis.

With the **healthy alternatives** that U.Va. Dining now provides, creating and maintaining a nutritious diet has never been easier. For information on the nutritional content of menu items or instructions on how to download MyFitnessPal, visit us at virginia.edu/dining. Again, all things in moderation, these tools are best used as occasional spot checks.



Food Allergies & Intolerances

U.Va. Dining is committed to providing delicious quality choices to all students in our residential dining rooms and food courts. We are constantly aware of the rising incidence of food allergies and intolerances. We are proud of our proactive and **innovative approach** to helping students avoid allergic reactions and other food-related problems.

The Copper Hood is U.Va. Dining's solution to providing students with allergies and intolerances a safe dining experience that eliminates many allergens and avoids the hazards of cross-contact. The Copper Hood station at O'Hill, Fresh Food Co., and Runk Dining Rooms serve only those menu items that do not contain gluten and the following allergens: egg, milk, soy, wheat, fish, shellfish, tree nuts and peanuts. The Copper Hood is open for lunch and dinner service.

Our nutritionist, Paula Caravati, Ph.D., R.D.N., works with the dining staff to ensure that ingredient and allergen information is accessible to student diners who are coping with dietary problems. Through an active student, chef, and nutritionist partnership, we have helped to maintain the health and safety of those who have participated in our dietary consultation and services.

Staying safe and healthy is key. If you need assistance with allergies, have food intolerances or other therapeutic dietary concerns and want assistance, we strongly advise that you make use of the information and services that we have available. Please contact the residential dining room chefs, food court managers, or our nutritionist, Paula Caravati, to arrange an appointment, caravati-paula@aramark.com.