

Tips For Eating In The Dining Rooms

1. Try soup (non-cream) and salad (low fat or no-fat dressings) before the meal.
Low fat / no-fat dressings: Italian, Raspberry Vinaigrette, Honey Dijon, French
2. Make a chef type salad utilizing salad bar and deli area.
3. Incorporate legumes into the diet.
4. The oil Dining Services uses is a combination of canola and olive oil.
5. Egg white omelets are available. Can choose veggies for fillings.
6. Low fat yogurt.
7. Skim milk.
8. Try to eat at least 5 servings of fruits and vegetables per day.
9. Pasta – red sauce vs. Alfredo.
10. Make a deli sandwich using veggies from the salad bar.
11. Choose non-breaded items.
12. Choose fresh fruit.
13. Baked potatoes: use non-traditional toppings (such as broccoli, bell peppers).
14. Look for veggies on the Home Plate line.
15. Smoothies for brunch.
16. At TK and WCD get less than you want. You can always go back.
17. Keep portions small. For instance, if you just have to have a mozzarella cheese stick, ask for only 1 or 2.
18. Plan ahead what you are going to eat.
19. Dark leafy greens are available on the salad bar.