

9. Make dessert special.

Save dessert for a Friday night treat or on special occasions.

When you can't resist, opt for something healthy like a yogurt parfait or a piece of fruit.

10. Don't linger. Avoid staying in the dining halls for too long to reduce your temptation to keep eating.



Information obtained from
choosemyplate.gov

Try This!

At KU: Create your own pita pizza with red sauce, low-fat cheese, and vegetables.

At Marycrest: The salad bar can provide a fresh, nutritious meal. Stick to veggies and a vinaigrette dressing.

At VWK: Try the Mongolian Grill. Load up on veggies and lean meat!

At the Empo: Choose a broth-based soup and 1/2 Sandwich.

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Be Choosey in the Dining Hall



10 tips for eating
healthy in the
dining hall

1. Know what you're

eating. Check out the nutrition information available for the dining halls before making a purchase. Plan out what you will eat ahead of time to avoid making last minute impulse decisions.

2. Enjoy your food, but

eat less. Take small portions and use a smaller plate. Try splitting large meals with a friend or saving half for dinner tomorrow.

3. Make half your grains

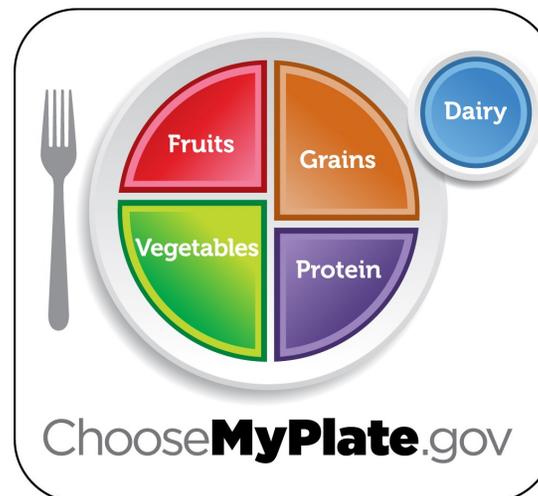
whole grains. Make the switch to 100% whole grain breads, oatmeal, and pasta!

4. Re-think your drink.

Americans drink about 400 calories every day. Consider how often you drink sugary beverages such as sodas, energy drinks, fruit beverages, cappuccinos, sweetened teas, and sports drinks. Drink water instead!

5. Make half your plate

fruits and veggies. Make your plate more nutritious, colorful, and flavorful by adding vegetables to pasta, eggs, sandwiches, pizza, and soups!



6. Make it your own!

Instead of choosing pre-made plates, create your own meal! Throw veggies, tofu, and lean meats into your meals.

7. Slow down on the

saucers. These tend to be high in sodium and fat. You don't have to do away with sauces all together, just ask for them on the side so you can control the amount used.

8. Be on your guard at the

salad bar. Most veggies are good options, but watch out for foods high in sodium and fat such as olives, bacon bits, croutons, and pasta salads. Stick to fat-free or low-fat dressings on the side.