Healthy Eating Guide

Where making a healthy choice becomes second nature
The University of South Carolina is committed to providing the finest quality meals and services to the entire University of South Carolina community which includes students, faculty, staff and guests.

In accordance with our mission and our goals for the Better Tomorrow Plan, this booklet is designed to illustrate healthy eating trends and outline nutrition resources available through on-campus dining services. This booklet will guide the campus community through the overall dining experience to identify and promote healthy meal options at the University of South Carolina-Columbia campus and at retail locations to enhance your dining experience and encourage a healthy lifestyle.

For additional resources, support or specific questions about healthy dining, contact:

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How to Create a Balanced Plate

The food guide pyramid has turned into a plate! That’s right… the government has revamped its image and changed the healthy eating model into a dinner plate. The 2010 dietary guidelines are focused on increasing fruits, vegetables, whole grains, low fat dairy and decreasing foods high in sodium and fats, while also limiting sugary beverages.

Let’s explore what that really means to you. The plate is divided into three sections that represent a balanced meal. One-half of the plate should consist of fruits and vegetables, one-fourth of the plate should be grains (e.g. bread, pasta, rice and starchy vegetables) and one-fourth of the plate is for lean protein (e.g. fish, turkey, lean beef, tofu, beans and nuts). Remember your serving of low-fat dairy (e.g. 1 percent, skim milk, low fat yogurt and cheese) on the side of the plate to help meet calcium needs. Follow these three important tips to healthy eating:

1. Balance
2. Variety
3. Moderation

ChooseMyPlate.gov
THREE KEYS TO HEALTHY EATING

1 BALANCE
Choosing a balanced plate will help you meet all of your body’s nutrient requirements. Think “food first”. Vitamin and mineral supplements should not take the place of healthy eating. That means mixing up what you eat by making sure to include foods from all of the different food groups. Follow the plate model whenever possible to get the most out of your meal. (Fill it with one-half fruit and veggies, one-fourth grains and one-fourth protein). Check out www.choosemyplate.gov for an individualized meal plan.

Remember, all foods fit…even burgers and pizza have their place in a balanced diet. Just fill half your plate with fruit and vegetables.

2 VARIETY
Try to eat an assortment of foods. Think of fruit and vegetables as a rainbow and try to eat all the different colors. The more colors you choose, the more vitamins and minerals you are getting in your diet. Eating a variety of foods keeps your diet interesting.

3 MODERATION
Moderation is also important. Enjoy your favorite foods but eat less and avoid oversized portions. There are no “bad” foods; just watch portion sizes and be sure one-half your plate is filled with fruits and vegetables, one-fourth grains and one-fourth protein. Practice mindful eating – slow down and think about how the food you are eating provides nourishment and energy for your body.

Healthful Hint:
The great thing about dining on campus is that there is a wide variety of fresh, locally grown produce available. That makes it easy to sample fruits and vegetables that you have never tried before. All are washed, prepped and ready to eat and enjoy.
Navigating the Dining Hall

When you are on campus to dine, whether it’s at the dining hall or a retail location, it can be overwhelming to decide where to sit and what to eat. Orient yourself, read the menu and become familiar with the place. It’s going to be fun…a place to meet, eat and socialize with friends. There will be lots of options. Good nutrition is about the choices you make.

Use these quick tips for navigating the dining hall to help you make a Mindful choice:

1. Take two trips through the line. Use the first trip to familiarize yourself with the options. Take the second trip to decide what you really want to eat. You will avoid overfilling your plate with foods you may not want.

2. Include a fruit and vegetable (or two). Fruits and vegetables are foods that fill you up without filling you out. These Mindful choices contain more water, vitamins and minerals with fewer calories than other types of foods. Combine with a lean source of protein such as chicken or fish and a whole grain such as pasta or rice, and you have a satisfying meal!

3. Share. College is about trying new things. See a dish you want to try but aren’t sure you’ll like it? Get your usual plate of food and sample the new entrée with a friend. You won’t feel the need to overeat.

4. Don’t get too hungry. When we let ourselves get too hungry, we tend to overeat – usually on less-than-nutritious options. By eating breakfast and packing snacks, you can prevent that ravenous feeling. Try eating every 3-4 hours. You’ll make better choices at meal times!

5. Slow down. Before you go for a second helping, take 15-20 minutes to let your body digest the food you’ve just eaten. It takes about that long before we can decide if our bodies are still hungry. Take your time; enjoy the conversation and your food!
Food Groups

The amount of calories a person needs in a day depends on several factors including age, height, weight and level of physical activity. On any given day, you may need more or less calories depending on these factors. A day when you are running from class to the gym you will need more calories than a day spent sitting on the couch watching television. When choosing foods from the five food groups there are recommendations that everyone should follow.

Grains: Choose whole grains when possible. The recommendation is that half your grains should be whole. Whole grain options include whole wheat bread, brown rice, whole wheat pasta, oatmeal and popcorn.

Vegetables: Eat from a rainbow of vegetables: dark green, red, orange, yellow and other colors of veggies. The different colors provide various vitamins and minerals. Choosing fresh and frozen vegetables more often is recommended. Canned vegetables should be used sparingly due to their high salt content.

Fruits: Fruit can be added to breakfast, lunch and dinner and can be eaten as a snack as well. It can be a great portable snack that travels well. Choose fruits that are fresh, frozen, dried, canned in water or 100 percent juice. Choose fruits canned in heavy syrup less often because sugar has been added.

Dairy: Choose low fat or fat free dairy products such as milk, yogurt and cheese. Dairy provides calcium and Vitamin D to help keep bones healthy and strong. Sweet dairy choices such as flavored milk, frozen yogurt, pudding and ice cream should be limited due to the added sugars.

Protein: Aim for variety—choose from seafood, eggs, lean meat and poultry. Try eating plant protein like beans, peas, nuts, seeds and tofu more often. They contain fiber and are naturally low in saturated fat. Red meat should be limited to cuts that are at least 90 percent lean.
**Portion Distortion**

**What is a serving size?** What’s the difference between serving size and a portion of food? Serving size is a standardized way to measure food. When looking at nutrition labels, serving size is what you can use to determine how much of a particular nutrient is in one serving of food. A portion of food is the amount served in a single eating occasion, for example the amount of food a restaurant puts on your plate or how many chips you eat from the bag in one sitting. Portion size is not necessarily the amount that is recommended for you to eat all at once. Portion sizes have increased over the years making it difficult to determine appropriate servings. Use this reference guide to estimate how much you are actually eating:

<table>
<thead>
<tr>
<th>MEASUREMENT</th>
<th>REFERENCE</th>
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<tbody>
<tr>
<td>1 Cup</td>
<td>Baseball or fist</td>
</tr>
<tr>
<td>1/2 Cup</td>
<td>Computer mouse</td>
</tr>
<tr>
<td>3 ounces of protein</td>
<td>Deck of cards</td>
</tr>
<tr>
<td>1 ounce of cheese</td>
<td>2 Dominoes or 4 dice</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>Golf ball</td>
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<tr>
<td>1 teaspoon</td>
<td>Postage stamp or thumb print</td>
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A GUIDE TO EATING MINDFULLY

Health and wellness are important to the University of South Carolina. We understand the importance of providing balanced and nutritious choices in the dining hall and retail locations. Mindful is a program that makes choosing the healthy choice, the easy choice. Mindful foods balance nutrition with enticing flavors to create an indulgent way to enjoy a healthy lifestyle. Look for the logo which identifies the Mindful choices on campus.

Every Mindful recipe meets the Healthy Carolina standards for a Healthy Choice (HC). They also meet:

- **Healthy vending options**
  - < 35% calories from fat
  - < 10% calories from sat. fat
  - < 35% total weight from sugar
  (Nuts and seeds excluded)

- **Balanced Plates**
  - < 600 calories
  - < 30% calories from fat
  - < 800mg of sodium
  - ≥ 3g of fiber

Mindful recipes are an exciting approach to health that focuses on great flavors, satisfying portions and “healthy indulgence”. 
University of South Carolina offers many choices to make your dining experience great.

Look for these icons to help you identify menu items that meet your needs:

Questions? Please speak to a chef or manager today; we are happy to help! Learn more about making smart choices for a Better Tomorrow at www.tomorrowstarts2day.com.
Plan-it Healthy

Plan-it Healthy (located in Grand Market Place) is a unique platform that encompasses the growing need for specialty diets without singling out any specific diet. The recipes are not only developed gluten free for celiac diets but are also focused on the Sodexo’s Balanced Way concept. This provides both a healthier lifestyle diet and access for those with a need to eat gluten free. When plated, you are balanced in fruits, vegetables, lean meats and carbohydrates.

Market 101

If you're looking for the perfect place to grab a quick salad, stock up on fruit or pick up a few grocery items, look no further than Market 101. This addition to the Carolina Dining family has set up shop in McBryde A (behind the library). For the first time ever, all your fresh, local, all-natural, organic and gluten-free foods are available at your fingertips!

MyFitnessPal

MyFitnessPal is a website and smart phone app that can be used to track diet and exercise. University of South Carolina and MyFitnessPal have partnered together to provide you with nutrition information for most of the foods available on campus.

You can search for featured University of South Carolina recipes in the database by scanning a barcode or typing in the name of the recipe you are looking for. It is a simple, user-friendly way to keep track of what you are eating. All types of foods are in the database whether you are eating at the dining hall, a retail location or taking your Simply to Go food with you.

Using the MyFitnessPal is a great way to make sure you are choosing nutritious, balanced and mindful options.
**Dining Outside the Box**

The University of South Carolina Dining Services offers you great food, plenty of choices, healthy options and exotic cuisines. However, when eating every meal at the same location every day, it is very common to look forward to something different every once in a while. Sometimes you just need to mix things up a bit. Check out some great ideas to shake up your campus dining experience with items that are offered daily.

**Fiesta Taco Salad** – Create a colorful salad including all your favorite veggies, beans, shredded cheese, salsa and a topping of crushed chips for added crunch.

**Tuna Melt Supreme** – At the deli, add tuna and a slice of your favorite cheese to whole wheat bread. Add tomatoes and heat in the microwave or panini press until cheese is bubbly and melted.

**Pasta Salad Primavera** – To spice up your pasta (use whole wheat if available for increased fiber), add your favorite veggies such as broccoli, tomatoes, olives and cucumbers and a splash of Italian dressing. Add some lean protein (e.g., cooked chicken, turkey, tofu) if you are in the mood.

**Cheesy Veggies** – Cheese is a good source of calcium and adds pizzazz to your vegetables. It is available either at the salad bar or pizza station. Add some of your favorite spices from the great selection of spices and heat in the microwave until cheese melts.

**Bravo Burrito** – Burrito ingredients are always available. Make yours vegetarian or with meat—either way, it will be delicious. Find your wrap at the deli station, add veggies, cheese and beans; at the salad bar, choose salsa or guacamole (as available). If you wish, add turkey or chicken and heat in microwave until cheese melts.

**Custom Yogurt Parfaits** – Choose low-fat yogurt, add fresh-cut fruit and sprinkle with granola or whole grain cereal for breakfast, dessert or a satisfying snack! Shake It Up - combine seltzer water with a splash of juice to give flavor without increasing calories.

**Rice or Noodle Bowl** – Start with rice or noodles (whole wheat pasta or brown rice if available). Then add a variety of different colored vegetables, lean protein sources (e.g. tofu, fish, chicken, turkey) and top with low-sodium soy sauce or your favorite dressing.
It’s true; breakfast is the most important meal of the day! Similar to a car, our bodies need fuel to perform well throughout the day. Eating something shortly after waking boosts your metabolism and gets your brain and body ready to learn and take on the day. Studies have shown that breakfast eaters tend to weigh less than people who consistently skip breakfast because breakfast skippers tend to overeat later in the day. Breakfast has also been shown to help improve concentration levels and help with weight control. However, not all breakfasts are created equal. It is important to eat a healthy well-balanced breakfast consisting of protein and/or whole grains rather than one loaded with fat and sugar (e.g., donut, danish, muffin).

The Grand Market Place offers a great selection of items for a healthy, well-balanced breakfast. Check out some delicious suggestions:

- Yogurt with fruit and whole-grain cereal
- Whole-grain cereal with low-fat milk and a banana
- Whole-grain bread with peanut butter and a glass of orange juice
- Oatmeal with fruit and nuts
- Hardboiled egg with whole-grain toast and a piece of fruit
Snacking Survival Strategies

When your schedule is hectic, it can be hours until you find time to sit down for your next meal. It is important to keep healthy snacks on hand to keep your energy levels high and to provide fuel for your brain for studying and greater concentration. Smart snacking can help you stay focused on school. Snacking throughout the day can help regulate blood sugar, which can help prevent you from feeling tired, sluggish and irritable. It also keeps you from feeling too hungry at night, which can lead to overeating. Try to pair healthy protein with complex carbohydrates, like whole grains, to keep you feeling full for a longer period of time.

Follow these snacking tips to ensure healthful munching:

**Snack Mindfully.** Pay attention to what you are eating and how you are feeling. Ask yourself if you are eating because you are hungry or for other reasons. Listen to your body’s hunger cues. Eat when hungry and stop when satisfied.

**Read food labels.** Look for snacks that are high in fiber but lower in calories, fat, sugar and salt. Pay attention to the serving size. Sometimes snack foods are packaged with more than one serving in the container.

**Practice moderation.** Snacks are snacks and should not be mistaken for meals in portion size or caloric amount. A small handful of unsalted nuts, an apple with peanut butter, a glass of chocolate milk or a yogurt with berries are all realistic snack options.

**Only snack when you are hungry.** If you are stressed or eating for emotional reasons, find something to keep you busy (i.e., go for a walk, meditate, read, take a shower). Try to avoid the vending machine and pack your own snacks to munch on throughout the day.

**Hydrate.** It is easy to mistake thirst for hunger. Keep a reusable bottle of water or other favorite low calorie drink on hand when thirst strikes.
LATE-NIGHT MUNCHING

There is no “magical hour” when you should stop eating in order to prevent weight gain. The issue that many students face is related more to food choices than food itself. Remember, food is fuel—if you are staying up all night cramming for an exam, your body needs energy to continue to function properly. The key is to avoid the temptation to order a large pizza or wings and to choose instead healthy options that will not only satisfy your hunger but will provide you with many other nutrients to help your body function properly.

If you do decide to order a pizza or some Chinese food, watch your portions. Practice mindful eating—pay attention and enjoy your food. This way, you will be less likely to eat more than you actually need.

Try these quick and easy snack ideas:
- Banana with peanut butter
- Apple with string cheese
- Vegetables and hummus
- Hard-boiled eggs
- Yogurt with granola
- Home-made trail mix with whole-grain cereal, dried fruit and assorted unsalted nuts
Resources Available

The University of South Carolina is committed to enhancing the health and wellness of all students, faculty and staff members on campus. Individuals with food allergies, intolerances and medical conditions will have access to a registered dietitian nutritionist, where their individual dietary needs can be safely addressed. Please reach out to a member of our management team for information and access to Sodexo registered dietitian nutritionists. The University of South Carolina understands the need for the community to have the availability of a wide variety of foods that are fresh, healthy and conducive to their diets. In order to exceed expectations, this requires us to accommodate students that need special food arrangements due to dietary restrictions, allowing them to feel relaxed and comfortable in our dining halls.

Health and wellness is just a click away.

Like the Healthy Carolina and the Sodexo Campus Health & Wellness Facebook pages. You will receive up-to-date nutrition information, healthy tips, great recipes and more.

The University of South Carolina offers you the opportunity to have your nutrition questions personally answered by a registered dietitian nutritionist. Please contact a member of our management team if you would like to talk with a registered dietitian nutritionist.
Campus Wellness
Student Health Services

Campus Wellness has a registered dietitian nutritionist available to answer questions related to nutrition and diet.

www.sa.sc.edu/shs/cw/nutrition
Ph: 803-777-3175

@UofSCshs
facebook.com/UofSCshs

Resources
