



UNIVERSITY OF ARKANSAS

◆Wellness Dining Guide◆



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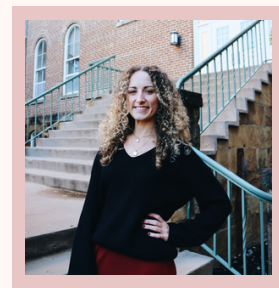
WHAT DOES HEALTHY EATING MEAN?

Eating healthy in college looks different for every person, making it important for students to find options that work for them. It's not a one-size-fits all approach, so don't try to copy someone else's diet! Instead focus on incorporating healthier foods into your existing diet. Healthier foods such as lean proteins, whole grains, healthy fats, and a variety of fruits and vegetables can go a long way when you are switching your eating patterns. Remaining mindful of the variety and type of foods you are eating and making choices that make you feel good is important.

When you focus on incorporating healthy foods with the comfort foods you love, you're more likely to stick with this approach long-term and make incorporating healthy foods into your diet a habit. College is the place where you can start establishing good eating patterns that will last a lifetime.

MEET FOOD ON THE HILL'S DIETITIAN

Ashton Julian is a Registered Dietitian and Licensed Dietitian Nutritionist. She completed her undergraduate degree in nutrition and dietetics at the University of Arkansas, and went on to complete her dietetic internship with Morrison Healthcare in the Northwest Arkansas Area. She has a wide-range of experiences in nutrition education and counseling, food allergen management, and wellness promotion.



Ashton loves educating and empowering others to make healthy dietary and lifestyle choices. She regularly works with our students to show them how to get the most out of their dining experience. From eating a vegetarian diet, to gluten intolerance, or building a healthy plate, Ashton is here to show you how to navigate our dining facilities and take advantage of the wide variety of options the University of Arkansas has to offer. The best part is her services are free to all students. If you are interested in nutrition counseling, a dining hall or grocery store tour, feel free to reach out to her at the email below!

Want to learn more? Schedule a one-on-one session with Ashton!

**Email: diet@uark.edu
Phone: (479)-575-4867**

TIPS TO EATING HEALTHY IN COLLEGE

- 1. Plan your meals ahead of time.** Sometimes busy schedules make it hard to find the time to go to the dining hall to eat which can lead to skipping meals. To prevent this, look at your schedule for the week and plan when and where on campus you can eat breakfast, lunch, and dinner.
- 2. Balance and Variety.** Incorporate a variety of foods into your diet. Choose lean proteins, whole grains, a colorful variety of fruits and vegetables, and healthy fats. See the next page for how to build a balanced plate!
- 3. Try to have at least have one serving of fruits or vegetables with every meal.** An easy way to do this is by getting a side salad or vegetable-based soup with your meal.
- 4. Don't forget to drink water.** Drinking the daily recommended amount of water helps you avoid being dehydrated. Staying hydrated can help increase your energy levels, mood, and ability to focus. Aim for 3.7 liters for men and 2.7 liters for women.
- 5. Eat good foods before class or an exam.** Eating a breakfast filled with complex carbs, healthy fats, and lean proteins can help give your brain a boost and keep you focused during the test. Some examples include oatmeal with berries or eggs with toast.
- 6. Eating healthy doesn't mean all or nothing.** It is possible to eat healthy without only eating vegetables. If you get discouraged by eating healthy, try to change your mindset so you aren't focusing on always eating a certain way.
- 7. Restricting or only eating certain foods can lead to disordered eating patterns that are hard to break.** Eating a variety of food and food that you enjoy is important for mental and physical health.

BUILD A BETTER PLATE

MAKE 1/4 GRAINS:

- Rice
- Oats
- Bread
- Pasta
- Quinoa
- Potatoes
- Fortified Cereals
- Tortillas
- Corn

MAKE 1/2 PRODUCE:

- Hand Fruit
- Cut Fruit
- Fresh Vegetables
- Most Cooked Vegetables
- Smoothies
- Veggie Noodles
- Vegetable Soup

TO ROUND OUT YOUR MEAL

ADD IN HEALTHY FATS:

- Olive Oil
- Nuts and Seeds
- Olives
- Avocados
- Chia Seeds
- Flax Seeds
- Nut and Seed Butters

1/2 your plate
vegetables
and/or fruits.

1/4 your plate
protein



1/4 your plate grains

MAKE 1/4 PROTEIN:

- Tofu
- Chicken
- Turkey
- Greek Yogurt
- Eggs
- Beans
- Lean Beef
- Fish
- Nuts and Seeds
- Lentils
- Hummus

BALANCED EATING IN THE DINING HALLS

FULBRIGHT & POMFRET DINING HALL:

FRUITS:

- Apples, oranges, bananas, and cut fruit offered daily.
- The Green Table offers a fruit smoothie daily at breakfast.

VEGETABLES:

- Three lettuce options offered at the salad bar with a variety of raw vegetables such as, mushrooms, tomatoes, carrots, broccoli, onions, bell peppers, and cucumbers.
- Steamed or roasted vegetables offered every day.
- A variety of vegetables available at Pasta and Deli stations.

GRAINS:

- Whole wheat bread and bagels can be found at our Deli and Pantry.
- Whole grain hot and cold cereals are available daily.
- Brown rice and whole wheat pasta in rotation in our menus.

PROTEIN:

- Lean turkey, ham, chicken, falafel at Deli station.
- Seasoned chicken, roast pork loin, roast beef, tofu offered in rotation daily.
- Garbanzo beans and boiled eggs offered on Salad Bar.
- Greek yogurt in rotation on Fruit Bar.

HEALTHY FATS:

- Nut butters offered at the Pantry daily.
- Sunflower seeds and olive oil available on the Salad Bar.

BALANCED EATING IN THE DINING HALLS CONTINUED...

1021 FOOD HALL:

Whole grain breads, peanut butter, hand fruit (orange, bananas, and apples) offered at the Pantry every day.

Yogurt with berries and side salad offered at Fruit Bar daily.

Below includes examples of balanced meal options at each station:

Debbie's Morning Drive:

- Egg White, Spinach, and Swiss Sandwich.

Ark N Style:

- BBQ pulled pork, roasted potatoes or baked beans, and side salad from Fruit Bar.

Root For You:

- Chef or Caesar salad with soup.

El Cerdo:

- Chicken tinga, rice, and cheese burrito bowl with a side salad from Fruit Bar.

The Green Table:

- Offers a balanced meal everyday with a lean protein, grain, and cooked vegetable option.

Herbimore:

- Features a balanced plant-based bowl option each week.

Passport to Pasta:

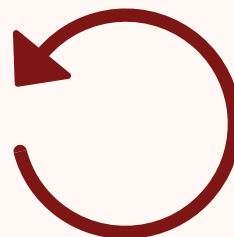
- Pasta Primavera Bake.

Loaf & Pickles:

- Turkey sandwich with lettuce, tomato, cucumber, tomatoes, provolone cheese, and mustard. Choose the daily soup option for your side.

DINING HALL HACKS

1. Take a lap around the dining hall first and plan for what all you want to eat. When you grab the first thing that looks good, you are more likely to overeat by grabbing more foods as you walk around and see more things you like.



2. Variety is key! When you get into a rut with your food choices that is when you will tend to make unhealthy decisions. If you want to eat healthy challenge yourself to get creative.

3. Get creative! These are a few dining ideas to try out next time you are in a dining hall.

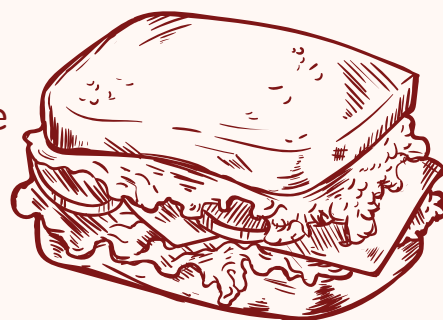
- Build a better salad. You don't have to stick to just the salad bar for your salad. Get your base of lettuce or spinach, then start to explore! Add some roasted veggies from grill, get a more seasoned meat from the hot line, snag a fancy cheese from the deli, then head back over to the salad bar for your dressing. You can also add parmesan or red pepper from the pasta bar, don't hesitate to ask for one of the pasta toppings on your salad too!



DINING HALL HACKS

- **Gourmet PB&J.** If you feel like getting fancy, toast your bread and spread on some butter or cream cheese, before adding your Peanut Butter and favorite fruit spread, then sprinkle in granola for a crunch, or incorporate fruit by adding slices of banana, dried fruit, or sliced apple.

- **Grilled cheese 2.0.** You can use any type of cheese you want, but you can also add cream cheese from the waffle area. Or go grab some yummy, sated veggies from the grill and ask the deli worker to put them on your sandwich, before melting the cheese. You can also make it a little less carb heavy by asking for it to be made open face.



- **Mock Fried rice.** Amp up your rice by stirring in some mixed veggies from one of the hot lines and then cutting up a protein source into the rice, stir it all together with some soy sauce.
- **Grilled cheese and soup.** Make yourself a grilled cheese at the deli and dip it into one of the hot veggie soups for the day.
- **The Perfect Parfait.** A parfait doesn't have to just be berries, yogurt, and granola, turn this into a creative dessert by adding some peanut butter for a healthy fat, or stir in some fruit spread or jelly for a new flavor, chop up a banana or apple into the yogurt and top it all off with some cookie crumbs from the pancake bar.

GET TO KNOW THE ICONS IN THE DINING HALLS



These foods are limited in calories, fat, saturated fat, cholesterol and sodium. Eating these food choices more often will help you feel energetic and healthy.



Foods that do not contain animal products except dairy or eggs. We celebrate the environmental and wellness benefits of a plant-based diet by offering multiple options in each location.



Foods that do not contain any animal-derived products at all including honey, dairy, or eggs. A variety of vegan options are offered throughout campus.



Foods that have a Farm-To-Gate Carbon footprint lower than 70% of conventional food at large. The Farm-To-Gate stage is where the majority of greenhouse gas emissions are derived from in most food products.



Recipe has an environmental and social impact better than 95% of food.



Recipe has an environmental and social impact better than 85% of food.



Recipe has an environmental and social impact better than 75% of food.

+ To learn more about finding climate friendly foods on campus & How Good ratings visit our website, dineoncampus.com/climate-friendly.

BALANCED OPTIONS AT RETAIL LOCATIONS

There's multiple options at our retail locations to eat a balanced meal, but view the options below for some of the dietitian's picks!

Cabo:

- BYO rice bowl: brown rice, chicken tinga, shredded lettuce, diced onions, fejita vegetables, shredded cheese, topped with salsa.

Chick-Fil-A:

- Grilled chicken cool wrap with side salad.

Curry Corner:

- Bowl with rice, veggies, tofu or chicken, your choice of curry, kimchi hot sauce, side of cucumber salad.

FujiSan:

- California roll with side of seaweed salad.

Hill Coffee Co.:

- Fresh veggie bagel.

Maple Grill:

- English walnut salad.

Paper Lantern:

- Beef and broccoli with brown rice.

BALANCED OPTIONS IN RETAIL LOCATIONS CONTINUED...

True Burger:

- Americana burger with lettuce instead of the bun and fries.

Where the Wild Greens, AR:

- Butterhead lettuce and brown rice, topped with garlic hummus, pickled beets, pickled onions, mushrooms, carrots, chicken, pumpkin seeds, and lemon ginger vinaigrette.

Pig Theory:

- Smokey pit Arkansas chicken sandwich with buttered green beans.

Rustic Italian:

- Slice of pizza with a side salad.

Slim Chickens:

- Slim's salad with grilled tenders.

Starbucks:

- Kale & mushroom egg bites.

The Drove:

- The gainz smoothie bowl.

HEALTHY SNACKING



If you are prone to go longer than 3-4 hours without eating, incorporate healthful snacks, which manages hunger and keeps blood sugar levels stable.

Snacking should and can be nutritious and satiating depending on what you choose! A balanced snack is a food high in protein plus a food high in fiber. This combination helps keep you fuller longer, improves blood sugar control and concentration, and sustains your energy throughout the day. Snacks are also a great way to pack in nutrients by choosing fresh fruits or vegetables! Some options that you can find within the dining hall and our retail locations include:

- + Hand Fruit + Nut Butter
- + Yogurt Cup with Berries & Granola
- + Veggies + Hummus
- + Beef Jerky + Hand Fruit
- + Protein Bars
- + Smoothies
- + Cottage Cheese + Fresh Cut Fruit



NUTRITIOUS SNACK OPTIONS AT CLUB RED & THE MARKETS



EATING GLUTEN FREE IN THE DINNING HALL

If you're trying to cut a little bit of gluten out of your life because of a sensitivity or intolerance, there are a lot of options for you in our dining halls! If you are not needing to avoid cross contact, there are even more resources for you.

- The Green Table will always be gluten free. And they almost always have gluten free bread and bagels upon request. There is also a made-to-order menu where you can find a special secret list of options you can have made specially for you at the green table, everything from gluten free pancakes to sweet potatoes.
- Most things on the line that don't obviously contain gluten are safe, but you will want to double check if:
 - There is a sauce or gravy.
 - There is a topping or crumble of some sort.
 - It is a creamy soup or a soup that looks like it has been thickened.
 - For all of these you can ask an associate to go ask the chief if there is gluten in the product, there are gluten-free alternatives that are often used, you just must ask to know.
- If you are missing pasta, ask the pasta station to make you a no-pasta dish using the toppings and sauce at the station. This can still be a really yummy dish when paired with rice or potatoes when they are served on the hot line or try putting it over top your favorite chopped veggie.
- Gluten Free grains = Rice, Barley, Quinoa
- Sub out bread for lettuce, at the deli you can make a no-bread sandwich or wrap! Ask the deli associate to prepare a wrap with either lettuce or deli meat as the base.
- Missing PB&J? Make a PB&J cereal! Many cereals are gluten free, including cheerios. Mix peanut butter and jelly into a bowl with cheerios and eat it with a spoon. It may sound crazy, but it is a yummy source of protein and energy.

DINEONCAMPUS

Check out our dining website dineoncampus.com/razorbacks to view menus for all dining locations. Full nutrition and ingredient information is available for your review. Dine on Campus is also available for download in your app store to make finding ingredient information quick and easy. Use this information to determine any questions regarding a specific menu item.

If you have food allergies, intolerances, and/or sensitivities, create and Allergen ID on our site or on the app. This will create a digital ID card that can be printed or uploaded to your smartphone wallet. Use your Allergen ID card to privately inform our staff of your dietary needs.

Hours differ depending on location, so make sure to check our website where all hours are listed. Our Instagram account (@foodonthehill_ar) also has all hours posted as well as up-to-date posts if hours are temporarily changed.





WWW.DINEONCAMPUS.COM/RAZORBACKS



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