

# Healthy Eating in the Dining Hall

Recommendations and meal ideas for better nutrition



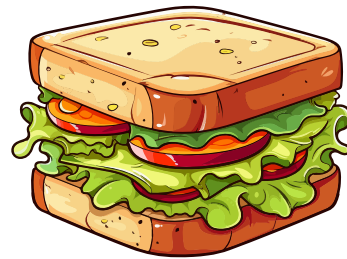
## Lunch

### Salad

- Once you're at the salad bar, add the baby spinach or spring salad mix to your bowl
  - The more color, the more nutrients!
- Add the toppings of your choice:
  - Cucumbers for fiber and antioxidants
  - Carrots for fiber, carotenoids, vitamins A and K, and potassium
  - Bell peppers for carotenoids, fiber, and Vitamins C and A
  - Tomatoes for antioxidants and vitamin A and C
  - Garbanzo beans, red kidney beans, or black beans for a plant-based protein and high fiber source
  - Hard-cooked eggs for protein
  - Diced chicken for a lean protein source
- Lightly drizzle with your salad with dressing
  - If you don't know which to pick, vinaigrettes contain more unsaturated fats and less sugar than creamier dressings

### Sandwich

- At the Deli, grab the whole grain bread for fiber and micronutrients to start your sandwich
- For your protein:
  - Use turkey for a lean protein option
  - Use chicken salad for a higher protein option
- Top with your favorite add-ons:
  - Green-leaf lettuce for fiber and vitamin A
  - Red onions for antioxidants, fiber, and folate
  - Tomatoes for antioxidants and vitamin A and C
  - Swiss cheese for protein and calcium



## Dessert

### Fruit Salad

- At the salad bar, select your favorite fruits:
  - Grapes for antioxidants and fiber
  - Pineapple for fiber and vitamin C
  - Honeydew melon for vitamin C and potassium
  - Cantaloupe for fiber and vitamins A and C
- Make your salad as colorful as you can to get a wide range of micronutrients!

# Dinner



## Build-Your-Own Bowl

- At Fusion or another station, add rice to a bowl
  - If you're unsure what kind to pick, brown rice or quinoa provide more nutrients than white rice
- Add your protein of choice from Fusion, Destinations, Home Line, or another station
  - If you're unsure which protein, choose a leaner protein option, like chicken and turkey!
  - If you're vegetarian/vegan, try the Grill for a vegan meat substitute
- Add toppings from other stations to customize your bowl:
  - For a Mediterranean style: try spinach or spring salad mix, garbanzo beans, tomatoes, cucumbers, and a drizzle of balsamic vinaigrette to finish
  - Try Fusion or Destinations for Asian, Latin, or other unique options!

## Burger Bowl

- At the salad bar, add green leaf lettuce to a bowl for fiber and vitamin A
- Head over to the Grill for a burger patty to add your bowl
  - or substitute for chicken for a leaner protein option!
  - If vegetarian or vegan, try a Beyond burger patty or vegan chicken breast instead!
- Then add the rest of your favorite burger toppings to the bowl:
  - Tomatoes for antioxidants and vitamin A and C
  - Red onions for antioxidants and fiber
  - Pickles
- At the condiments station, you can add any of your favorite sauces to the bowl before mixing:
  - Ketchup
  - Mustard
  - Mayo

# Snacks To-Go



## Snack Board

- Scan your code and get your to-go box before entering the dining hall
- Head over to Mezze and add hummus to your box for a plant-based protein, fiber, and micronutrients
- Also grab some carrots, cucumbers, tomatoes, and celery for fiber and micronutrients
- From any of the fruit baskets, grab a:
  - Banana for fiber, potassium, and vitamin C
  - Apple for antioxidants, fiber, and vitamin C
- You can take these in your backpack or to your dorm for a healthy snack between classes

# How does my plate look?



## Fruits and Vegetables

- Add enough fruits and vegetables to make up **1/2** of your plate
- Fruits and vegetables are a great source of fiber and a wide range of vitamins and minerals
- The more colorful your plate is, the more nutrients there are!

## Protein

- Choose lean protein options, like chicken and turkey, for **1/4** of your plate to hit your protein goals without also consuming a high amount of saturated fats
- Fish is a great source of protein, as well as omega-3 fatty acids
- Tofu is a hearty plant-based protein source that also has a range of minerals such as calcium and phosphorus
- Plant-based meats are a great protein source with more fiber and less saturated fat than their animal-based counterpart

## Whole Grains

- Add sources of grains to **1/4** of your plate for fiber, B vitamins, and minerals
- Choose brown rice or quinoa instead of white rice to get more nutrients in your diet
- Whole wheat or whole grain bread/pasta has more micronutrients than refined bread/pasta

# Nutrition Vocab

**Micronutrients**- vitamins and minerals that our body needs

**Carotenoids**- the main dietary source of vitamin A, and is essential for vision, the immune system, and development

**Antioxidants**- function to neutralize free radicals in our body to prevent damage to our cells

**Phytochemical**- compounds produced by plants with antioxidant benefits for humans

**Healthy fats**- unsaturated fats that help lower cholesterol

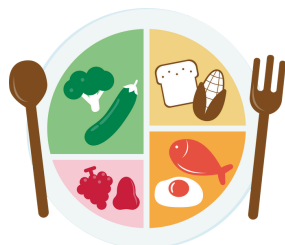
**Saturated fats**- unhealthy fats that raise your cholesterol and can lead to health issues later

**Omega-3 fatty acids**- healthy fat that helps lower cholesterol and reduce disease risk

**Fiber**- aids in digestion and makes you feel full longer

**Lean protein**- meat with less or no saturated fat

**Refined grains**- grains that have been processed and have their vitamins, minerals, and other micronutrients removed



## Additional Questions?

Contact Clemson's Registered Dietitian: Hannah Scott  
[nutrition@clemson.edu](mailto:nutrition@clemson.edu)

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## Breakfast



### Omelet

- Head to Under The Hood to customize an omelet
  - Select eggs for protein and lots of micronutrients
  - Select egg whites for a lower calorie/fat option
- Add spinach as a source of iron, fiber, and vitamins A, C, and K
- Add bell peppers for carotenoids, fiber, and vitamins C and A
- Add onions for micronutrients and antioxidants
- Add cheddar cheese for protein and calcium
- Grab a turkey sausage patty for a source of lean protein

### BYO Acai Bowl

- Add acai sorbet from Naked station for antioxidants and B vitamins
- Top with fruit for fiber, antioxidants, and other micronutrients
- Put a sprinkle of granola for extra fiber

### Protein-Packed Parfait

- Add chia pudding from Naked or greek yogurt from Greens & Grains to a bowl for protein and calcium
- Top yogurt with fruit for fiber, antioxidants, and other micronutrients
- Put a scoop of granola for extra fiber
- Drizzle with peanut butter for additional protein and healthy fats

### Oatmeal

- Go to the soup station and get a bowl of oatmeal for protein and fiber
- Add fruit for fiber, antioxidants, and other micronutrients
- Top with peanut butter for fiber, healthy fats, and protein

### Breakfast Wrap

- Start at Greens & Grains and grab a flour tortilla
- Head over to Under The Hood and add these items to your tortilla:
  - Scrambled eggs for protein and micronutrients
  - Turkey sausage for lean protein
  - Then roll your tortilla and enjoy your wrap
    - You could also fold it in half and use the sandwich press to make it into a breakfast quesadilla!



# Lunch

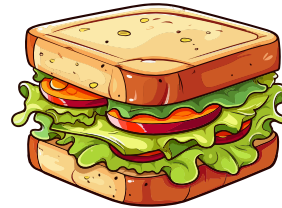
## Salad

- Once you're at Greens & Grains, add the baby spinach or green leaf lettuce to your bowl
  - The more color, the more nutrients!
- Add the toppings of your choice:
  - Cucumbers for fiber and antioxidants
  - Carrots for fiber, vitamins A and K, and potassium
  - Bell peppers for carotenoids and Vitamins C and A
  - Black olives for iron, fiber, vitamin E
  - Tomatoes for antioxidants and vitamin A and C
  - Garbanzo beans for calcium, iron, and B vitamins
  - Hard-cooked eggs for protein
- Lightly drizzle with your salad with dressing
  - If you don't know which to pick, vinaigrettes contain more unsaturated fats and less sugar than creamier dressings



## Sandwich

- At Sweet Pickles, grab the whole grain bread for fiber and micronutrients to start your sandwich
- For your protein:
  - Use turkey for a lean protein option
  - Use chicken salad for a higher protein option
- Top with your favorite add-ons:
  - Green-leaf lettuce for fiber and vitamin A
  - Red onions for antioxidants, fiber, and folate
  - Tomatoes for antioxidants and vitamin A and C
  - Swiss cheese for protein and calcium



## Mediterranean-Inspired Bowl

- Start at Greens & Grains to add spinach and/or green leaf lettuce to a bowl for fiber and micronutrients
- Then head over to Global Exchange to finish building your bowl
  - Add the quinoa rice over your greens for extra fiber and protein
  - Top with the protein of your choice:
    - Chicken for a lean protein option
    - Tofu for a vegetarian/vegan option
  - Next, add on your favorite toppings
    - Garbanzo beans for plant-based protein
    - Kalamata olives for iron, antioxidants, and healthy fats
    - Tomatoes for antioxidants and vitamins
    - Cucumbers for fiber and antioxidants
    - Black bean and corn salad for fiber
    - Pickled red onion for antioxidants
  - Finally, add one or more dips/dressings
    - Hummus for fiber and a plant-based protein
    - Guacamole for healthy fats



# Dinner

## Burger Bowl

- At Greens & Grains, add green leaf lettuce to a bowl for fiber and vitamin A
- Head over to Under The Hood and add a burger patty to your bowl
  - If vegetarian or vegan, try an Impossible burger patty instead!
- Then add the rest of your favorite burger toppings to the bowl:
  - Tomatoes for antioxidants and vitamin A and C
  - Red onions for antioxidants and fiber
  - Pickles
- At the condiments station, you can add any of your favorite sauces to the bowl before mixing:
  - Ketchup
  - Mustard
  - Mayo



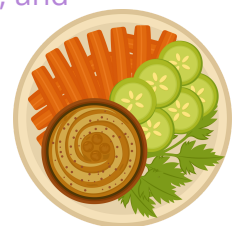
## Create-Your-Own Bowl

- From Clean Eats or Naked Foods, add rice to a bowl
  - If you're unsure what kind to pick, brown rice or quinoa provide more nutrients than white rice
- Add your protein of choice from Clean Eats, Naked Foods, Global Exchange, or another station
  - If you're unsure which protein, choose a leaner protein option, like chicken and turkey!
  - If you're vegetarian/vegan, an Impossible burger from Under The Hood or potentially a protein from The Root can also be used!
- Head to Greens & Grains for more of your toppings:
  - Spinach or green leaf lettuce for fiber and micronutrients
  - Garbanzo beans for plant-based protein
  - Black olives for iron, fiber, vitamin E
  - Tomatoes for antioxidants and vitamins
  - Cucumbers for fiber and antioxidants
- Or get creative and use another station to create different style bowls, like Asian or Latin!

# Snacks To-Go

## Snack Board

- Scan your code and get your to-go box before entering the dining hall
- Head over to Umami and add hummus to your box for a plant-based protein, fiber, and micronutrients
- Also grab some carrots, cucumbers, and celery for fiber and micronutrients
- From any of the fruit baskets, grab a:
  - Banana for fiber, potassium, and vitamin C
  - Apple for antioxidants, fiber, and vitamin C
- Then head over to the spreads station by the soups and grab a couple packs of peanut butter for protein and healthy fats
- You can take these in your backpack or to your dorm for a healthy snack between classes

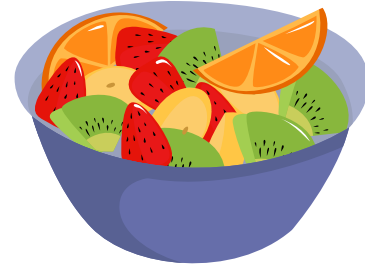


# Dessert

## Fruit Salad

- At Greens & Grains, select your favorite fruits:
  - Grapes for antioxidants and fiber
  - Pineapple for fiber and vitamin C
  - Honeydew melon for vitamin C and potassium
  - Cantaloupe for fiber and vitamins A and C
- If you wanted extra protein, add one of these:
  - Greek yogurt
  - Cottage cheese
  - Peanut butter

\*\*Mix any of these with vanilla or strawberry yogurt for extra sweetness!



## Dessert Wrap

- At Sweet Pickles, grab a flour tortilla for your plate
- Next, take a banana from one of the fruit baskets and slice it on your plate
- From the spreads station by the soups, get some of the peanut butter packs
- Once you have all your items, spread the peanut butter on the tortilla, add your sliced banana, and then fold in half
- Head over to the sandwich press at Greens & Grains to warm up your creation
  - Optional: before toasting, sprinkle some granola inside for extra fiber

# General Tips

## MyPlate

- Select a lean protein like chicken or turkey
- Add a source of grains like brown rice or quinoa
- Fill up the other half of your plate with fruits and vegetables
- Try to make your plate as colorful as possible to help you get a wide range of nutrients and phytochemicals

## Nutrition Vocab

**Micronutrients**- vitamins and minerals that our body needs

**Carotenoids**- the main dietary source of vitamin A, and is essential for vision, the immune system, and development

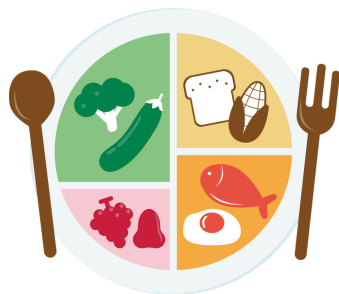
**Antioxidants**- function to neutralize free radicals in our body to prevent damage to our cells

**Phytochemical**- compounds produced by plants with antioxidant benefits for humans

**Healthy fats**- unsaturated fats that help lower cholesterol

**Fiber**- aids in digestion and makes you feel full longer

**Lean protein**- meat with less or no saturated fat



## Additional Questions?

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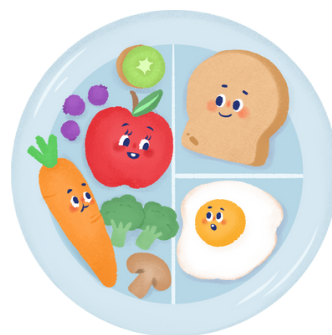
Recommendations and meal ideas for better nutrition



## Breakfast

### How do I make a balanced plate?

- Add the protein(s) of your choice to 1/4 of your plate
  - Scrambled eggs for protein and micronutrients
  - Pick turkey sausage, instead of bacon or breakfast sausage, for a lean protein source
  - Greek yogurt is a source of protein as well as dairy!
- Add a source of grains to 1/4 of your plate
  - Choose whole wheat toast, instead of a bagel or pancakes, for a source of fiber
- Add fruits and vegetables to 1/2 your plate
  - Make it as colorful as you can to get a range of micronutrients
  - Pick roasted potatoes instead of hash browns for a lower fat option



### Protein-Packed Parfait

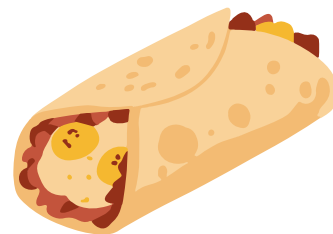
- Add chia pudding from True Balance or greek yogurt from the salad bar to a bowl for protein and calcium
- Top with fruit for fiber and antioxidants
- Put a scoop of granola for extra fiber
- Drizzle with peanut butter for additional protein and healthy fats

### Oatmeal

- Go to the soup station and get a bowl of oatmeal for protein and fiber
- Add fruit for fiber and antioxidants
- Top with peanut butter for fiber, healthy fats, and protein

### Breakfast Wrap

- Start at the Deli and grab a flour tortilla or 2 slices of whole wheat bread
- Head over to Comfort and add these items to your tortilla:
  - Scrambled eggs for protein and micronutrients
  - Turkey sausage for lean protein
  - Then roll your tortilla (or stack your sandwich and enjoy!
    - You could also fold a tortilla in half and use the sandwich press to make it into a breakfast quesadilla!



# Lunch

## Keep Balanced

- If you're unsure of what to choose:
  - Find a lean protein (chicken or turkey)
  - A source of grains (whole wheat bread, quinoa)
  - Load up your plate with fruits and vegetables
    - The more color, the more nutrients!

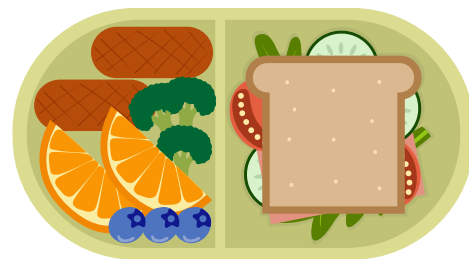
## Salad

- Once you're at Greens & Grains, add the baby spinach or green leaf lettuce to your bowl
  - The more color, the more nutrients!
- Add the toppings of your choice:
  - Cucumbers for fiber and antioxidants
  - Carrots for fiber, carotenoids, vitamins A and K, and potassium
  - Bell peppers for carotenoids, fiber, and Vitamins C and A
  - Black olives for iron, fiber, vitamin E
  - Tomatoes for antioxidants and vitamin A and C
  - Garbanzo beans for a plant-based protein, calcium, iron, and B vitamins
  - Hard-cooked eggs for protein
- Lightly drizzle with your salad with dressing
  - If you don't know which to pick, vinaigrettes contain more unsaturated fats and less sugar than creamier dressings



## Sandwich

- At Sweet Pickles, grab the whole grain bread for fiber and micronutrients to start your sandwich
- For your protein:
  - Use turkey for a lean protein option
  - Use chicken salad for a higher protein option
- Top with your favorite add-ons:
  - Green-leaf lettuce for fiber and vitamin A
  - Red onions for antioxidants, fiber, and folate
  - Tomatoes for antioxidants and vitamin A and C
  - Swiss cheese for protein and calcium



# Dinner

## Build-Your-Own Bowl

- At Clean Eats or another station, add rice to a bowl
  - If you're unsure what kind to pick, brown rice or quinoa provide more nutrients than white rice
- Add your protein of choice from Fusion, the Grill, or another station
  - If you're unsure which protein, choose a leaner protein option, like chicken and turkey!
  - If you're vegetarian/vegan, try the vegan station for a vegan meatball or other substitute
- Add toppings from other stations to customize your bowl:
  - For a Mediterranean style: try spinach or green leaf lettuce, garbanzo beans, black olives, tomatoes, cucumbers, and a drizzle of balsamic vinaigrette to finish
  - Try Destinations or Mongolian for Asian, Latin, or other unique options!

## Burger Bowl

- At the salad bar, add green leaf lettuce to a bowl for fiber and vitamin A
- Head over to the Grill and add a burger patty to your bowl
  - Also could use a piece of chicken instead for a leaner protein option!
- Then add the rest of your favorite burger toppings to the bowl:
  - Tomatoes for antioxidants and vitamin A and C
  - Red onions for antioxidants and fiber
  - Pickles
- At the condiments station, you can add any of your favorite sauces to the bowl before mixing:
  - Ketchup
  - Mustard
  - Mayo



## Check your plate

- Do I have a protein source?
- Do I have any grains?
- Is my plate colorful?

# Snacks To-Go

## Snack Board

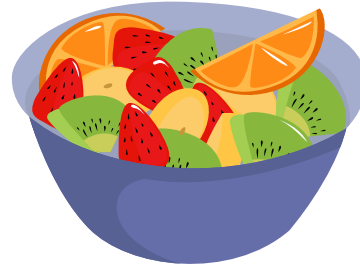
- From any of the fruit baskets, grab a:
  - Banana for fiber, potassium, and vitamin C
  - Apple for antioxidants, fiber, and vitamin C
- Then head over to the spreads station by the soups and grab a couple packs of peanut butter for protein and healthy fats
- You can take these in your backpack or to your dorm for a healthy snack between classes



# Dessert

## Fruit Salad

- At the salad bar, select your favorite fruits:
    - Grapes for antioxidants and fiber
    - Pineapple for fiber and vitamin C
    - Honeydew melon for vitamin C and potassium
    - Cantaloupe for fiber and vitamins A and C
  - If you wanted extra protein, add one of these:
    - Greek yogurt
    - Cottage cheese
    - Peanut butter
- \*\*Mix any of these with vanilla or strawberry yogurt for extra sweetness!



## Dessert Wrap

- At the deli, grab a flour tortilla for your plate
- Next, take a banana from one of the fruit baskets and slice it on your plate
- From the spreads station, get some of the peanut butter packs
- Once you have all your items, spread the peanut butter on the tortilla, add your sliced banana, and then fold in half
- Head over to the sandwich press to warm up your creation
  - Optional: before toasting, sprinkle some granola inside for extra fiber

# General Tips

## MyPlate

- Select a lean protein like chicken or turkey
- Add a source of grains like brown rice or quinoa
- Fill up the other half of your plate with fruits and vegetables
- Try to make your plate as colorful as possible to help you get a wide range of nutrients and phytochemicals

## Nutrition Vocab

**Micronutrients**- vitamins and minerals that our body needs

**Carotenoids**- the main dietary source of vitamin A, and is essential for vision, the immune system, and development

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**Phytochemical**- compounds produced by plants with antioxidant benefits for humans

**Healthy fats**- unsaturated fats that help lower cholesterol

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