

A  
better  
tomorrow  
**starts**  
today.

# A Guide to Eating Healthy On-Campus

*sodexo*<sup>\*</sup>



FOR YOUR  
**HEALTH**

Colby College



Sodexo at Colby College is committed to providing the finest quality meals and services to the entire Colby community—students, faculty, guests, and friends.

In accordance with our mission and our goals for the Better Tomorrow Plan, this booklet is designed to illustrate healthy eating trends, and outlines nutrition resources available through on-campus dining services. This booklet will guide first year students through the overall dining experience to identify and promote healthy meal options at Roberts, Dana and Foss Dining Halls to enhance your dining experience and encourage a healthy lifestyle.

For additional resources, support, or to ask specific questions about healthy dining, contact: Executive Chef Wendy Benney, she may be reached at [Wendy.Benney@colby.edu](mailto:Wendy.Benney@colby.edu).

Here is to a healthy school year!

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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 new 2010 dietary guidelines are focused on balancing your calories; increasing fruits, vegetables, whole grains, and low fat dairy in your diet; and decreasing foods high in sodium and fats, plus limiting sugary beverages.

Let's explore what that really means to you. The balanced plate is divided into three different sections that represent a balanced meal. Half of the plate should be comprised of fruit and vegetables, one quarter of the plate is for starches (i.e., bread, pasta, rice starchy vegetables, etc.), and one quarter of the plate is for lean protein (i.e., fish, turkey, lean beef, tofu, beans and nuts, etc.). Don't forget the serving of low-fat dairy (i.e., 1% and skim milk, low fat yogurt, cheese, etc.) that is on the side of the plate to help you meet your calcium needs. Follow these three important tips to healthy eating: balance, variety, and moderation.



# Balance, Variety, and Moderation: The Keys to Healthy Eating

## BALANCE

Choosing a balanced plate will help you to meet all of your body's requirements. I always like to say "Food First." Vitamins are more of an insurance policy and should not take the place of healthy eating. That means mixing it up, but make sure to include foods from all of the different food groups and follow the plate model (1/2 fruit and veggies, 1/4 starch, 1/4 protein). Check out [www.choosemyplate.gov](http://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.**

## VARIETY

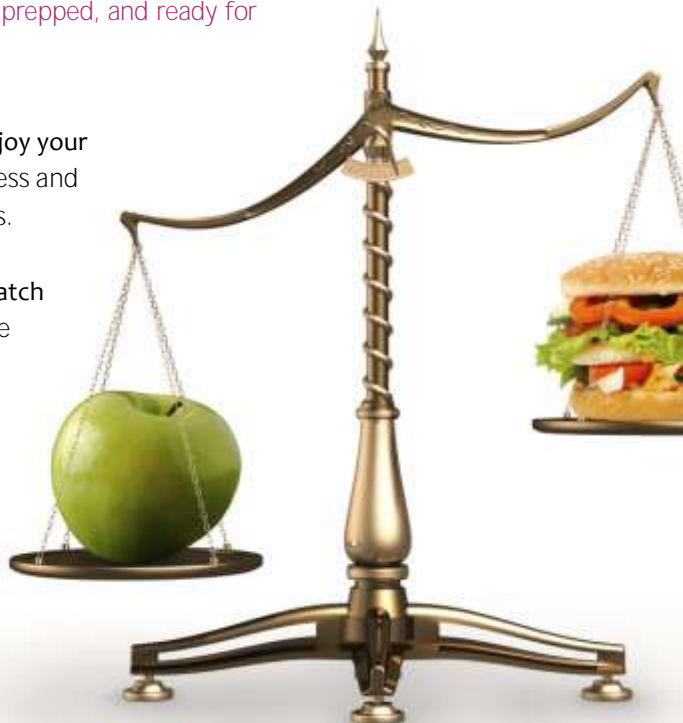
Try to eat a variety of different foods. Think of fruit and veggies as a rainbow and try to eat all different colors. The more colors you choose, the more vitamins and minerals you are getting in your diet.

**Healthful Hint:** The great thing about eating on campus is that we have a wide variety of fresh, locally-grown produce available for you. It is easy to try new varieties of fruits and veggies that you have never eaten before. All are washed, prepped, and ready for you to eat and enjoy.

## MODERATION

**Moderation is key...** Enjoy your favorite foods, but eat less and avoid oversized portions.

**There is no "bad or unhealthy" food, just watch portion sizes and be sure 1/2 of your plate is filled with fruits and vegetables, 1/4 with starch, and 1/4 with protein.**





## A Guide to Eating for Wellness...

### **Navigating Colby's** Dining Services on Campus

If you're new on campus, the place where you eat — whether you are joining us in our resident dining hall or retail food court may seem a little overwhelming at first. Orient yourself. Read the menu. Walk around. Become familiar with the place.

It's going to be fun...a place to meet, eat, and socialize with friends. You will have lots of choices. There will be old favorites, and new dishes and flavors from around the country and the world to enjoy. There are also vegan and vegetarian choices, and an abundance of seasonal fresh fruits and vegetables available.

You're getting a degree, but you want to graduate with a healthy and fit body as well. Good nutrition is about choice and balance and a healthy diet is a balance of different foods. Try varying where you eat—the grill, the soups, the entree station, the salad bar, the deli. You will have a more balanced diet and you may experience a new, interesting culinary adventure.

The Plate endorsed by the USDA is our model for well-balanced eating. Criteria for each category is defined with foods we should **USE FREELY**, **USE CAREFULLY**, and **USE SPARINGLY**. Let's take a closer look.

## FOOD CATEGORIES

The grain category specifies that whole grains (whole wheat bread, brown rice, whole wheat pasta, etc.) should be consumed more of the time, refined grains (white bread, pasta, etc.) should be used some of the time, and desserts (cake, cookies, etc.) should be used sparingly.

The vegetable category recommends 2 ½ cups of a variety of deeply colorful veggies daily (fresh and frozen are recommended). Canned veggies should be used sparingly due to their high salt content.

The fruit category aims for 2 cups of fruit daily (fresh and frozen are recommended most of the time). Canned fruits in their own juices or light syrup can be eaten some of the time, along with fruit juices. Fruit flavored candies and desserts should be used sparingly.

The dairy category suggests low-fat dairy products (1% or skim) should be used freely to obtain calcium and vitamin D.

The meat category suggests lean protein sources (chicken, fish, nuts, seeds, etc.) and healthier cooking methods (grilling, steaming, etc.) should be used freely.

The fat category recommends limiting salt, choosing healthier oils (canola and olive oil, avocado, and nuts—more of the time choices), and limiting junk foods. Fat is essential in our diets, but should be used carefully.



Sodexo at Colby College offers a great selection of foods that are well-balanced and can fit into any healthy eating plan. Just look for our apple logo, which identifies balanced choices. Delicious foods available at Roberts, Dana and Foss Dining Halls and the retail locations include foods from the categories that are - used freely, used carefully and used sparingly. Check out the list below.



### USE SPARINGLY

French fries, fried foods, fresh selection of desserts baked daily, soda, etc.

### USE CAREFULLY

Canned fruit, frozen yogurt, lean hamburgers, fruit juices, creamy soups, pizza, etc.

### USE FREELY

Salad bar, vegetable of the day, fresh fruit, low-fat dairy products, broth-based soups, whole wheat breads, wraps, pasta, English muffins, pancakes, waffles, and pizza, brown rice, lean protein sources (sliced turkey, garden burgers, beans, peanut butter, tofu, fish and chicken selections), etc.

A better tomorrow starts today.



Sodexo offers many choices to make your dining experience great.

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



**Balanced**



**Gluten Free**



**Local**



**Organic**



**Vegan**



**Vegetarian**

**FOR YOUR HEALTH**

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](http://www.tomorrowstarts2day.com).

# Avoid Portion Distortion

## Know Your Serving Sizes

What is a serving size? You may be aware of the recommended number of servings for each food group, but you also have to know what an actual **serving size looks like**. **Since we don't walk around with measuring cups** in our backpacks, use this reference guide to estimate actual serving sizes.

**Reality Hint:** You may be eating more or less than you actually think you are. Think about the last time you ordered pasta at a restaurant. The plate was probably overflowing with starches. However, one serving of pasta is only one cup. Your plate may have provided three to four servings. Next time share it with a friend or take half home for another meal.

MEASUREMENT

REFERENCE

1 Cup

Baseball



---

3/4 Cup

Tennis Ball



---

1/2 Cup

Computer Mouse



---

1/4 Cup

Egg



---

3 Ounces

Deck of Cards



---

2 Teaspoons

Ping-Pong Ball





## Recommended Servings

The following are the recommended servings for an entire day from each food group, according to the US Department of Agriculture, for men and women from age 19 to 30. Use the reference chart on the previous page to get a better idea of what a serving looks like.

	MEN	WOMEN
Grains	8 Ounce	6 Ounce
Vegetables	3 cups	2 1/2 Cup
Fruits	2 Cups	2 Cups
Dairy	3 Cups	3 Cups
Protein	5 1/2 Ounce	5 1/2 Ounce
Oils	7 Teaspoons	6 Teaspoons

Additional resources available at:

[www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)

[www.choosemyplate.gov](http://www.choosemyplate.gov)

## Dining Outside the Box

Roberts, Dana, and Foss Dining Halls offer you great food, plenty of choices, healthy options, and exotic cuisines. However, when eating all your meals 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 Sodexo campus dining experience with items that are offered daily.

- ◆ *Fiesta Taco Salad* - Create a colorful salad that will include all your favorite veggies, beans, shredded cheese, salsa, and a topping of crushed chips for added crunch.
- ◆ *Tuna Melt Supreme* - At the deli station, 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 plate (use whole wheat if available for increased fiber), add your favorite veggies such as broccoli, tomatoes, olives, cucumbers, etc. plus a splash of Italian dressing. Add lean protein (cooked chicken, turkey, tofu, etc.) if you are in the mood.
- ◆ *Cheesy Veggies* - Cheese is a good source of calcium and adds pizzazz to your veggies. It is available either at your salad bar or pizza station 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 your low-fat yogurt, add fresh cut fruit, and sprinkle with granola or your favorite cereal for a breakfast or snack that is sure to please.
- ◆ *Shake It Up* - Combine seltzer water with a splash of juice to give flavor without increasing calories. Better yet, if flavored water is available, it will not add any extra calories, but will be tasty and quench your thirst.
- ◆ *Satisfying Rice or Noodle Bowl* - Start with rice or noodles (whole wheat pasta and brown rice are preferable if available) as your base. Then add a variety of different colored vegetables, lean protein sources (i.e. tofu, fish, chicken, turkey, etc.), and top with low-sodium soy sauce or your favorite dressing.

## Start the Day Right... Eat Breakfast

- ◆ Breakfast is the most important meal of the day!
- ◆ Similar to a car that needs fuel, your body needs energy (fuel from food) to perform well throughout the day.
- ◆ Breakfast gives your body energy and boosts your metabolism.
- ◆ A healthy breakfast is linked to health benefits such as weight control and improved performance.
- ◆ Studies have shown that breakfast eaters tend to weigh less than breakfast skippers.
- ◆ Not all breakfasts are created equally. It is important to eat a healthy well-balanced breakfast consisting of protein and/or whole grains instead of one loaded with fat and calories (donut, bagel with cream cheese, Danish, muffin, etc.).



Roberts, Dana and Foss Dining Halls offer you a great selection of items for a healthy, well balanced breakfast. Check out some delicious suggestions:

### QUICK BREAKFAST 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 level high and to provide fuel for your brain for studying and greater concentration. So smart snacking can help you keep focused on school.

Snacking throughout the day can help regulate your 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 often 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:

- ◆ *Only snack when you are hungry.* If you are stressed out, find an alternative outlet (i.e. exercise, meditation, etc.).
- ◆ *Hydration is important.* It is easy to mistake thirst for hunger, so always have water or low calorie drinks accessible.
- ◆ *Snack consciously.* Do not snack when you are bored, reading, watching TV, or socializing. This can lead to overeating.
- ◆ *Read food labels.* Look for snacks that are high in fiber, but low in calories, fat, sugar, and salt.
- ◆ *Moderation is key.* Snacks are snacks and should not be mistaken for meals in portion size and caloric amount.





## 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 more related to *food choices* than to 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 sat-

isfy your hunger, but will also 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:

- ◆ A small, whole grain bagel with peanut butter
- ◆ An apple with string cheese
- ◆ Vegetables and hummus
- ◆ Home-made trail mix with whole grain cereal, dried fruit, and assorted unsalted nuts.



## Resources Available

Sodexo is committed to enhancing the health and wellness of all students, faculty, and staff members on your campus community. Individuals with food allergies, intolerances, and medical conditions will have access to a Registered Dietitian, where their individual dietary needs can be safely addressed. Please feel free to contact Executive Chef, Wendy Benney at [Wendy.Benney@colby.edu](mailto:Wendy.Benney@colby.edu) or Danielle Shargorodsky, RD, LDN, Regional Nutrition Manager at 401-500-5151 or [Danielle.RD@sodexo.com](mailto:Danielle.RD@sodexo.com) with any nutrition related questions or concerns.

Sodexo at Colby College understands the need for students to have the availability of a wide variety of foods that are fresh, healthy, and conducive to their diet. In order to exceed the expectation, 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 areas.

All aspects of student Health and Wellness is extremely important and is taken very seriously by Dining Services at Colby College. It seems that more and more students are developing allergies. Currently, Dining Services offers ingredient lists for all menu items and also posts signs next to food that contains possible allergens.

We make a great effort to make sure students have all the necessary information they need to make educated decisions about what they eat. Some commonly-known allergens, such as nuts, gluten and lactose-intolerance are noted on the menus. The most recent changes made by Dining Services to improve and address student allergy needs are offering nut-free pesto and gluten-free sauces and soups.

We encourage students to contact a manager or chef to discuss any specific concerns they may have to ensure that their needs are being addressed.

# Health and Wellness is just a click away.

Become a fan of *Sodexo Campus Health & Wellness* Facebook Page by scanning the QR code or go to [www.facebook.com](http://www.facebook.com), search Sodexo Campus Health & Wellness. You will receive healthy tips, up-to-date nutrition information, great recipes, prizes and incentives, and much more.

Sodexo offers you the opportunity to have your nutrition questions personally answered by a Registered Dietitian.

Questions can be sent anonymously to: [Danielle.RD@sodexo.com](mailto:Danielle.RD@sodexo.com)

If your question is published, you will receive a free gift.

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Questions? Please speak to a chef or manager today, we are happy to help!

Feel free to send us your questions through our campus suggestion page at  
[http://www.colby.edu/campus\\_cs/dining\\_services/suggestions.cfm](http://www.colby.edu/campus_cs/dining_services/suggestions.cfm)

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