



## WHAT KIND OF FOODS YOU WILL FIND THINGS TO CONSIDER HOW TO PLAN FOR BALANCE

### SETTING YOUR COURSE

If you're new on campus, the place where you eat...whether you are joining us in our resident restaurant 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 the old favorites like burgers and pizza, fried chicken and spaghetti, new dishes and flavors from around the country and the world to enjoy. And vegan, vegetarian choices, and an abundance of seasonal fresh fruits and vegetables.

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. A healthy diet is a balance of different foods with different nutrients. Try varying where you eat...the grill, the soups, the entrée station, the salad bar, the deli. You will have a more balanced diet and you may experience a new, interesting culinary adventure.

### WHAT YOU MAY FIND

#### Breakfast Offerings

Breakfast is the fuel you need to begin your day of learning--one meal you shouldn't skip. From homemade waffles, cereals with fresh seasonal fruit, omelets made to order with your choice of toppings, fresh fruit juices, yogurt, a traditional eggs and breakfast meat meal, you will find what you like to get your learning engine rumbling. Balance your breakfast with a fresh seasonal fruit and citrus juice, a whole grain cereal, toast or bagel, perhaps some yogurt or an egg. Take some fruit as a healthy snack to keep you going.

#### Soups

Ladle up to good health with soups. From chicken noodle soups to chili, chowder and gumbos, your soups will be made fresh daily using the best available ingredients. You will probably find a vegan or vegetarian offering here. Soups are fast, they fill you up, are satisfying, and nutritious.

#### Salads

Classic Caesar to sizzling salads tossed to order...a must at every meal...goodies fresh from the farm field to the plate, abundant flavor, color and nutrients. Build your nutrition profile. Add some dark greens like spinach. Dressings made from olive oils that are vinegar based add the best flavors and nutritional values.

#### Entrees

From a roasted breast of turkey, tossed pasta with roasted vegetables and fresh Parmesan, an old fashioned meatloaf, to a vegetarian couscous, entrée selections are center of the plate for many of your meals. The portions will be appropriate and will be paired with accompaniments like fresh vegetables, starches, grains and legumes. You won't need to add much more to your meal than this. Add some fruit or salad and a tall glass of milk or water, and your meal is complete.

## Deli

From Italian subs to chicken salad sandwiches to a veggie wrap the deli is the hot spot during lunch. When making choices select low fat/ low calorie mayonnaise or use vinegar or olive oil based condiments. Only use enough condiments to add flavor and not overpower the sandwich. Instead of opting for the big portion of potato chips, try some fresh cut vegetables from the salad bar or a small green salad to add some crunch to your meal. If you must have potato chips, do so in moderation, and try a baked option (if available). At the deli you will always find a cheese selection if you want to choose meatless.

## Grill

From the chicken sandwich to the cheeseburger to the Philly style cheese steak. The grill is one of everyone's favorite places to stop to get some good eats. Your Balance point to remember is moderation. Don't get French fries and cheeseburgers every day. Treat yourself to one of these great tasting offerings every other week. Remember it's all about moderation (not over-portioning), and Balance. If you do indulge think about signing up for that game of ultimate Frisbee or give your pedometer a good work out.

## Pizza

From NY-style thin crust to Sicilian thick-style to plain white pizza to the meat lover's pizza topped with about everything. Practically everyone loves a good slice of pizza. You'll also find items like calzones, pizza wraps and more from this area. Remember one cannot live solely on pizza alone. It's all about Balance. So when you do choose to select pizza don't forget to add a fresh green salad and nice cold water to top off the meal. This is probably a good place to find a vegetarian choice.

## Desserts

From Rice Krispies bars to apple cobblers to chocolate cheese cakes nothing is more rewarding than finishing a meal with a treat. Think... there is more to sweets than just pastry and baked goods. Awesome alternatives that will give you a natural sugar fix are some ripe seasonal melon or some fresh grapes or berries. If you must indulge, balance the portion, get an extra plate and share the chocolate cheese cake with a friend.

## Specialty Offerings

From stir fry dishes to southwestern make-your-own taco stations to top-your-own potatoes. You'll see flavors that come from all regions of this country and the world. The challenge is having good balance. So if you know that you want to have the top-your-own potato with bacon, cheese and other tasty treats balance out your other meals of the day or take the long way to classes for a day so you can enjoy the potato feast! This is another place where you may find vegan and vegetarian options.

## SO YOU ARE PROBABLY SAYING WOW WHERE DO I BEGIN??

Your best bet is to begin simply and use moderation. You may be tempted to try sampling everything at once. This isn't practical. You could possibly eat more than you should and it is wasteful. We recommend getting a copy of your menu early and begin to highlight items that you would like to try (from an old favorite perspective to new food you've always wanted to try).

You may come across days where your favorite is on the menu and you want to try something new. How do you handle this crossroad?? Simply go to your meal with a friend, pick up an extra plate and share your selection. You will have a taste of something new but will help control the amount of food you eat in a given meal.

*If have further questions or if your not sure about something ask us either on-site in the restaurant or at [www.balancemindbodysoul.com](http://www.balancemindbodysoul.com)*