

# MINDFUL DINING ON CAMPUS

*Where making a healthy choice  
becomes second nature.*





Weber Dining is committed to providing the finest quality meals and services to the entire Weber State University community – 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 outlines nutrition resources available through on-campus dining services. This booklet will guide students through the overall dining experience to identify and promote healthy meal options at the Food on Demand (FöD) and at retail locations to enhance your dining experience and encourage a healthy lifestyle.

Cheers to a healthy school year!

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

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# Navigating the Dining Options on Campus

When you are on campus to dine it can be overwhelming at first trying to decide where to go and what to eat. Orient yourself, read the menu and become familiar with your options.

There will be lots of them. Good nutrition is about the choices you make.

Use these quick tips for navigating the Student Union dining locations to help you make a Mindful choice.

## subconnection<sup>™</sup>

by *sodexo*

**Subconnection.** The menu features icons that indicate menu items under 500 calories. Calories information is based on 6" white or wheat sub roll, American cheese without dressing. You could choose a low-fat dressing or choose to omit the cheese for even less calories. Load your sandwich up with tomatoes, lettuce, spinach, cucumbers and green peppers and you'll have a satisfying, healthy lunch. You can order a custom salad with a base of greens with your choice of proteins and dressing. TIP: Need gluten-free bread? Just ask the Subconnection crew!

**Waldo's Cheesie Grill.** If we're being honest, Waldo's Cheesie Grill is not the best choice for healthy eating. It's the place to go for a splurge. But if you just can't resist the temptation, try the Veggie D'light, which is a sprouted wheat bread sandwich loaded with hummus, avocado, spinach, tomato and havarti cheese. Ask for your sandwich to be grilled with no added butter and you'll lower the calorie count. Extra sauces mean extra calories so limit those.

**Wildcat Room.** The Wildcat Room features a fresh salad bar with choices of greens and fresh toppings. The Soup du Jour is made fresh every morning. The daily entrée is made from scratch every day and the nutritional information is posted with the menu. The entrée is often prepared with whole muscle meats, local and seasonal vegetables and whole grains. You can find the menu for each day listed on our website at [weberdining.com](http://weberdining.com). The Wildcat Room is a dine-in restaurant but if you are running low on time, just ask the cashier for to-go containers and you can take that meal to go! Lunch is only \$5.99 for soup, salad, dessert + drink and \$7.99 for a full meal.



**Simply To Go.** Simply To Go items can be found in QuickZone, QZ2 and Waldo's Corner Pocket. Simply To Go salads, sandwiches, wraps and side items are prepared fresh in our kitchen every day and never sit on our shelves longer than 24 hours. Our sandwiches are made with Stone Ground Breads which are locally baked and delivered every morning. The dressings and sauces are served on the side in most cases so you can choose the option that is best for you. TIP: Choose mustard over mayonnaise. Healthy snacks can be found in our Simply To Go case, including reduced fat cheese sticks, fruit cups, low-fat yogurt parfaits, vegetable cups and hummus. The nutritional information is listed on each product. Concerned about the cost? We've lowered prices to make it more affordable for you to make healthier choices.



**Starbucks.** Low fat milk is always available. Soy milk and almond milk is also available upon request. Choose your cup size wisely and avoid adding sugar by not adding extra syrups! Drink tea.



**Jamba Juice.** Smoothies can sometimes be deceiving. Ask your Jamba Juicer to "make it light" for a lower calorie option on the same delicious smoothie. Check the calorie counts listed on the menu board and you can't go wrong.



**Lotza Tacos.** Check the menu board for calorie counts. Avoid adding sour cream and instead enjoy any of the in-house made fresh salsas and pico de gallo's. There is a mini quesadilla as well as single "street tacos" that are available if you want to stick to smaller portions. Pair these items with a side of black beans which are loaded with protein and are low in fat, or select a healthy side from Simply To Go.



**Lotza Luck.** All the nutritional information on AFC sushi and the rice bowls are available on the labels. Chat with our friendly sushi chefs for healthier suggestions like going light on the sauce. TIP: Choose teriyaki chicken instead of fried chicken. Avoid the "crunchies" on sushi rolls to avoid extra calories. Be careful with soy sauce which can be loaded with sodium.



**Lotza Pizza and Pasta.** A slice of our pepperoni or cheese pizza is less than 300 calories a slice! Add a side salad or side of veggies from Simply To Go to create a more well-rounded plate. When choosing a pasta dish, look for whole wheat pasta and select a red sauce over a cream sauce to keep those calorie counts in check.





## Dining Outside the Box- Food on Demand

Food on Demand (resident dining located at Wildcat Village) offers you great food, plenty of choices, healthy options and ethnic cuisines. However, when eating every meal at the same location every day, it is 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 dining experience with items that are offered.



- To easily access the nutritional content of any dish, tap on the “i” icon on the bottom of each picture on the ordering kiosk. This will open up a new screen with the nutritional information and the ingredient list.
- Take advantage of the Build to Order items on the menu. This option allows you to order a custom built sandwich or salad. Stick to fresh vegetables, lean meats and low-fat dressings and sauces.
- Many of the menu items allow you to customize your plate. If you want to lower your carb intake, you can remove the starch from your entrée and replace it with additional vegetables. Or you can change out the white rice for a whole grain, etc.
- Most of our vegetable sides are prepared from fresh vegetables delivered daily. Our produce company sources locally as much as possible. The only frozen vegetables we use are corn kernels and peas. So you can feel good about the nutritional content and quality of the fresh vegetables we use.
- The breads that we use are mostly from Stone Ground Bakery who deliver locally baked breads every morning. Stick with whole grains where you can.
- Attend the focus groups. It’s a great way to share your thoughts, suggestions and concerns.
- Be brave! Try something new. There is very little risk to trying something you have never had before. Your meal swipe includes up to six dishes. If you don’t like something, you can get something else but you’ll never know unless you try.
- Please talk to one of our chefs about any dietary concerns or allergies. We would love to accommodate you! If you don’t feel comfortable talking to someone in person, contact our General Manager or Executive Chef with the email address in the front of this brochure.

## A Guide to Eating Mindfully

Health and wellness are important to Weber Dining. 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.

Mindful meals follow the USDA's plate design and include a vegetable, protein and wholesome carbohydrate such as whole grain. They also meet certain nutritional criteria:

- $\leq 600$  calories
- $\leq 35\%$  of calories from fat
- $\leq 10\%$  of calories from saturated fat
- $\leq 100\text{mg}$  cholesterol
- $\leq 800\text{mg}$  sodium
- $> 3\text{g}$  fiber
- Trans fat free

**Mindful recipes are an exciting approach to health that focuses on great flavors, satisfying portions and “healthy indulgence.”**





A  
better  
tomorrow  
starts  
today.

**WEBER**  **DINING**

offers many choices  
to make your dining  
experience great.

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



**O**  
Organic

**GF**  
Gluten Free

**VG**  
Vegan

**L**  
Local

**V**  
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).



## Start the Day Right... Eat Breakfast

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. 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 (i.e. donut, danish, muffin).



The FöD and Quick Zone locations 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



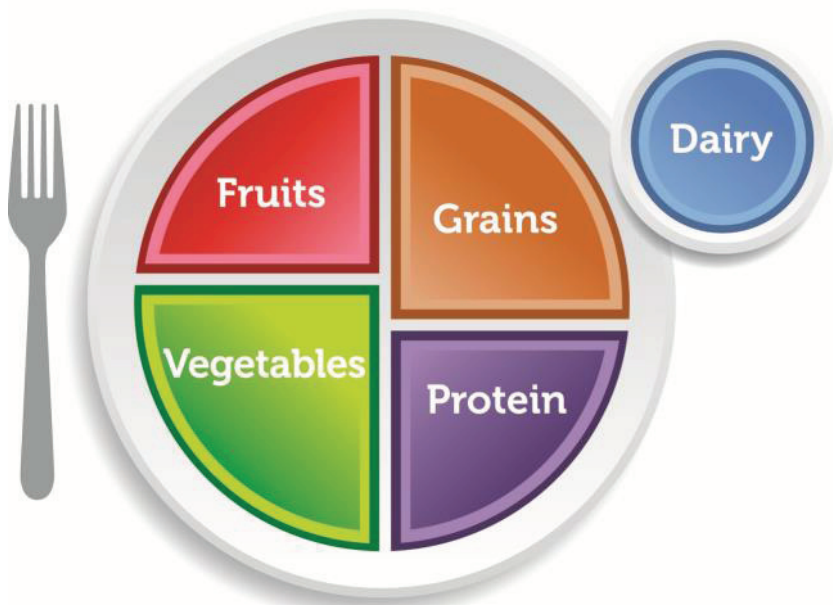
Jamba Juice serves delicious steel-cut oatmeal with a variety of healthy toppings!

Available every morning  
M-F

# 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 2015 dietary guidelines are focused on balancing calories, increasing fruits, vegetables, whole grains, and low fat dairy, and decreasing foods high in sodium and fats, plus limiting sugary beverages. Let's explore what that really means to you. The plate is divided into three sections that represent a balanced meal. Half of the plate should consist of fruits and vegetables, one quarter of the plate should be grains (i.e. bread, pasta, rice starchy vegetables), and one quarter of the plate is for lean protein (i.e. fish, turkey, lean beef, tofu, beans and nuts). Remember your serving of low-fat dairy (i.e. 1% and skim milk, low fat yogurt, 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



Choose**MyPlate**.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 and 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  $\frac{1}{2}$  fruit and veggies,  $\frac{1}{4}$  starch and  $\frac{1}{4}$  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.

## 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**

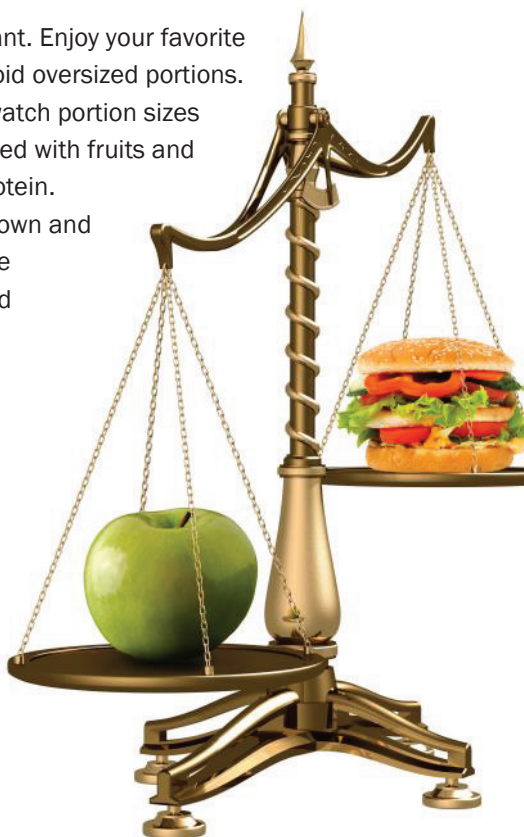
Moderation is also important. Enjoy your favorite foods, but eat less and avoid oversized portions.

There are no "bad" foods, just watch portion sizes and be sure  $\frac{1}{2}$  your plate is filled with fruits and vegetables,  $\frac{1}{4}$  starch, and  $\frac{1}{4}$  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.





# 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 some 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.



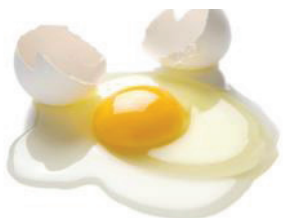
**Vegetables:** Eat from a rainbow of vegetables: dark green, red & orange, beans & peas, starchy, and other colors of veggies. The different colors provide different vitamins and minerals. Choosing fresh and frozen vegetables more often is recommended. Canned vegetables should be used sparingly due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



**Fruits:** Fruit can be added to breakfast, lunch and dinner and eaten as a snack as well. It can be a great portable snack that travels well. Choose fruits that are dried, frozen, fresh and canned in water or 100% 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 & 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% lean.

# Portion Distortion

**What is a serving size?** You may be aware of the recommended number of servings, but 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 you 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:

MEASUREMENT

REFERENCE

1 Cup

Baseball or Fist



1/2 Cup

Computer Mouse



3 ounces of protein

Deck of Cards



1 ounce of cheese

2 Dominoes or 4 Dice



2 Tablespoons

Golf Ball



1 Teaspoon

Postage Stamp or Thumb Tip





## 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 keep 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. Something to keep in mind if you are munching mindlessly (see the first tip!).
- **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 out 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

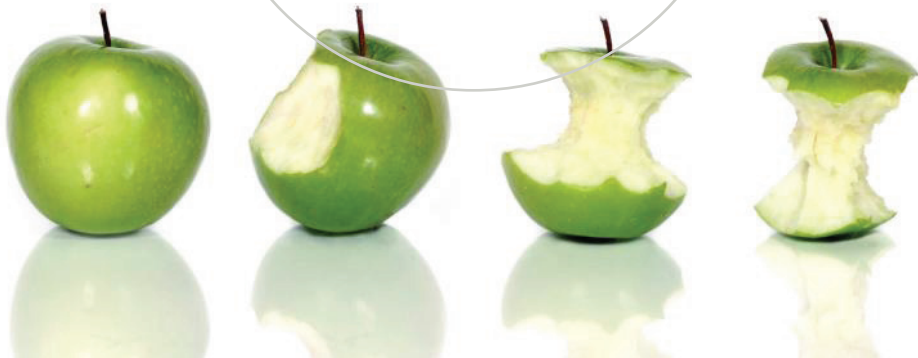
There is no “magical hour” when you should stop eating in order to prevent weight gain. The issue that many students face is more related to food choices than food itself. Remember, food is fuel—if you are staying up all night cramming for an exam, your body needs energy to continue to function properly. 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





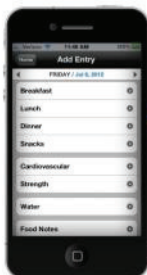
**Earn rewards across campus with the FREE digital punch card app! Select Ogden and start saving today!**



MyFitnessPal is a website and smart phone app that can be used to track diet and exercise. Weber State University and MyFitnessPal have partnered together to provide you with nutrition information for most of the foods you eat on campus. You can search for featured Weber Dining

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, 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 when dining on campus.

**Add meals, snacks and exercise to your diary**



**For Sodexo recipes, just add "Sodexo Campus" to your search**

**Or just scan bar codes on products, labels, and signs**



**Log and save your daily snacks, meals, and exercise**





Weber Dining, in partnership with the Food Recovery Club at Weber State University, has donated thousands of pounds of food to a local poor, needy and homeless shelter called Lantern House as well as to Weber State's own Weber Cares food pantry. We make 2-3 donation deliveries every week!



Mon-Fri 12:30-3:30  
Open To All Students & Staff  
Shepherd Union 427





## PEOPLE

- Developing our people.
- Fostering diversity and Inclusion
- Respecting Human Rights.
- Achieving world class health and safety standards.



## HEALTH

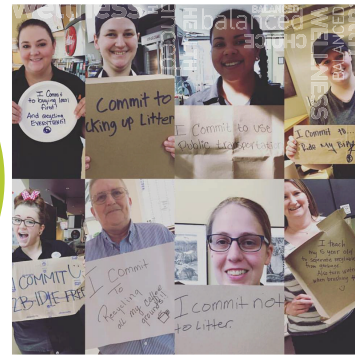
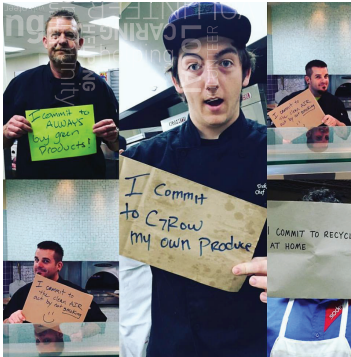
- Developing and Promoting health and wellness solutions.
- Advocating balanced meal options.
- Reducing sugar, salt & fats.



local  
Caring  
COMMUNITY  
local helping

wellness  
HEALTH  
choice  
HEALTH  
WELLNESS

A  
better  
tomorrow  
starts  
today.



- Fighting hunger and malnutrition through Stop Hunger.
- Supporting local community development.
- Increasing fairly traded certified purchases.



- Ensuring compliance with Global Sustainable Supply Chain Code of Conduct.
- Sourcing local, seasonal, or sustainably grown and raised products.
- Sourcing sustainable fish and seafood.
- Reducing our carbon footprint.
- Reducing our water footprint.
- Reducing organic waste.
- Reducing non-organic waste.

FOR YOUR  
COMMUNITY

FOR YOUR  
PLANET



## What is sustainability?

Being responsible users of our resources so that others in the future can enjoy the same quality of life we do.

sodexo  
QUALITY OF LIFE SERVICES

# CONVENIENTLY DELICIOUS

Don't just eat; eat well!

Get \$5 for every \$25 you  
put on your Wildcard.

Thats a 20% bonus!

Plan	Cost	Bonus Dollars
Starter	\$100	20 dining dollars
Purple	\$200	40 dining dollars
Wildcat	\$400	80 dining dollars

Purchase at the Information Desk or  
at [weber.sodexomyway.com/shop](http://weber.sodexomyway.com/shop)



@DINEatWEBER



## Resources Available

Weber Dining 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, 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 dietitians.

Weber Dining understands the need for students, faculty and staff to have the availability of a wide variety of foods that are fresh, healthy, and conducive to their diets. 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 restaurants.

## Health and wellness is just a click away.



Become a fan of the Sodexo Campus Health & Wellness Facebook page by going to [www.facebook.com](http://www.facebook.com), search Sodexo Campus Health & Wellness. You will receive up-to-date nutrition information, healthy tips, great recipes and much more.

Weber Dining offers you the opportunity to have your nutrition questions personally answered by a Registered Dietitian. Please contact a member of our management team if you would like to talk with a registered dietitian.

Nutrition Book Created by:  
Erin Hickey, RD  
Registered Dietitian at Merrimack College



*Where making a healthy choice  
becomes second nature.*

<https://weber.sodexomyway.com>

[www.mindful.sodexo.com](http://www.mindful.sodexo.com)

[www.MyFitnessPal.com](http://www.MyFitnessPal.com)

