

Eating Healthy in Garvey Commons

There are many ways to eat healthy, fill your body with nutrients, and help ward off dreaded weight gain. To start, follow these dining hall tips:

PORTION CONTROL. The majority of extra calories come from oversized portions and second helpings. Begin with one plate and appropriate-sized portions. If you are truly still hungry, you can always go back for more. Start with an extra serving of fruits and vegetables first.

FOLLOW “MYPLATE” GUIDELINES. Fill half your plate with fruits and vegetables, one-fourth with a lean protein, one-fourth with a (whole) grain, and accompany it with low-fat or non-fat dairy. Following these guidelines will ensure you are getting adequate nutrients and help keep you full longer. For more information on MyPlate, check out www.choosemyplate.gov.

CHOOSE FRUITS AND VEGETABLES. Fruits and vegetables contain fiber, which helps fill you up, in addition to important vitamins and minerals. Vegetables are offered with most entrees and also at various stations—salad bar, sauté & omelet station. Don't forget to top your sandwich or burger with vegetables at the deli station or grill. Whole fresh fruits are offered at every meal in the front; grab a piece to accompany your meal.

BE AWARE AT THE SALAD BAR. The salad bar is a good choice. However, what you put on your salad could end up adding several hundred calories to an otherwise low-calorie side. Limit the amount of cheese, seeds, and croutons; instead, add additional vegetables. Skip regular dressings and choose low-fat or fat-free. Low-fat cottage cheese makes for a good salad dressing alternative. Limit pasta or potato salads made with mayonnaise or oil, and choose more vegetable-based side salads.


DESSERTS SHOULD BE “TREATS”. Having a cookie, piece of cake, or other dessert with every meal, every day can quickly add up. Desserts are treats and should be just that—an OCCASSIONAL treat. Try to limit these to a couple per week. Instead, grab a piece of fruit rather than a cookie on your way out the door.

Healthy Breakfast Choices in Garvey Commons:

Oatmeal	Cream of Wheat
Omelet (with Egg Whites, packed with veggies)	Scrambled Eggs & Scrambled Egg Whites
Pancakes: Buttermilk Whole Wheat, Banana, Blueberry	French Toast
Low-Fat Muffins: Banana, Blueberry, Carrot Raisin	Turkey Bacon & Turkey Sausage
Whole Wheat Toast	Whole Grain Cereal
Fresh Fruit	Skim or 1% Milk, Soymilk

Healthy Lunch/Dinner Choices in Garvey Commons:

Lean Meats (with little breading or sauce)	Lean Deli Meats (turkey, ham)
Brown/Pilaf/Wild Rice	Baked Potatoes (Regular or Sweet)
Whole Wheat Rolls/Bread	Wheat Pasta
Flatbread Pizza with Vegetables	Well-Balanced Soups
Vegetables (without sauces or cheese)	Fresh Fruit
Salad Bar (with low-fat or fat-free dressing)	Skim or 1% Milk, Soymilk

Look for the Mindful symbol  on the menu to represent other healthy choices.

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MYPLATE
On Campus

