

# Guide to Healthy Eating on Campus

## The University of Tennessee – Knoxville



## Healthy Eating

Every five years, an updated Dietary Guidelines for Americans is released. The Dietary Guidelines for 2015-2020 are as follows:

1. Follow a healthy eating pattern across the lifespan
2. Focus on variety, nutrient density, and amount
3. Limit calories from added sugars and saturated fats and reduce sodium intake
4. Shift to healthier food and beverage choices
5. Support health eating patterns for all

## Purpose

This guide was put together for students, faculty, and staff of the University of Tennessee to act as a supplemental resource for health eating on campus. This guide provides tips, tricks, and resources for success in eating healthy.

## Resources

- General
  - Vol Dining  
<https://ut.campusdish.com/en>
  - Be Well  
<http://bewell.utk.edu/>
  - MyPlate  
<https://www.choosemyplate.gov/>
  - 2015-2020 Dietary Guidelines  
<https://health.gov/dietaryguidelines/>
- Applications
  - FitBit  
<https://www.fitbit.com/>
  - MyFitnessPal  
<https://www.myfitnesspal.com/>
  - iHealth (apple), S Health (android)
  - USDA Super Tracker  
<https://www.supertracker.usda.gov>

## **Healthy Tips**

### **1. Plan ahead**

One of the challenges people express in eating healthy is the time that it takes. Set aside some time over the weekend to meal prep to save time during the week. If you are struggling to select healthy options at locations on campus, pack a lunch. This is a great way to control the content and portion sizes of your meal.

### **2. Snack smart**

Select nutrient dense (low in calorie, high in nutrients) snacks to munch on throughout the day. Instead of grabbing that coke and candy bar, go for a bottle of water and a piece of fresh fruit instead!

### **3. Record what you eat**

What did you have for breakfast? Did you add sugar to your coffee? What did you snack on throughout the day? Write it down! Keep a record with paper and pencil or use an app on your phone. Writing down what you eat makes you more aware of what and how much you are consuming. This can be helpful in tracking how many calories and what kind of food you are consuming.

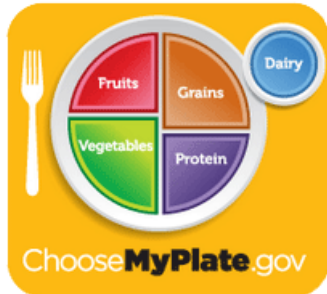
### **4. Be observant**

Appearances are not always what they seem. Check the label before you purchase. Try to select options low in saturated fats, added sugars, and sodium.

### **5. Stay active**

Get up and move! Stuck at a desk all day? Take a walk around the office or go for a walk outside during your lunch break. Physical activity combined with a healthy diet is part of a healthy lifestyle.

## Healthy Tricks



- MyPlate was developed by the U.S. Department of Agriculture (USDA) and provides a general guideline for healthy eating. MyPlate is structured to display each of the major food groups. While each meal does not have to look exactly like this plate, use it as a reference to help you consume proper servings of each food group throughout the day.




- Portion control is a key part of a healthy eating pattern. Eating out can make regulating portion sizes difficult. Use this simple hand guide to help regulate portion sizes when you go out to eat!



## Vol Dining Retail Locations


Bento Sushi  
Chick-fil-A  
Dippers  
Dunkin Donuts  
Einstein's

Jamba Juice  
Panda Express  
Qdoba  
Quizno's  
Raising Canes

Salad Creation  
Starbucks  
Subway  
Twisted Taco  
WhichWich

	<p><b><u>Try this!</u></b></p> <p>All of the menus and nutritional information for the Volunteer Dining facilities are available online at <a href="https://ut.campusdish.com/en">https://ut.campusdish.com/en</a> under the nutrition tab</p>
	<p><b><u>Facilities</u></b></p> <ul style="list-style-type: none"> <li>• Café at the Arena</li> <li>• PCB Café</li> <li>• The Fresh Food Company</li> <li>• Mabel's</li> <li>• Southern Kitchen</li> </ul>
	<p><b><u>Try this!</u></b></p> <p>Recommendation coming soon!</p>
<p><b><u>Location &amp; Hours</u></b></p> <ul style="list-style-type: none"> <li>• Thompson Bowling Arena <ul style="list-style-type: none"> <li>○ Mon-Fri: 10:30am-3:30pm</li> <li>○ Sat: Closed</li> <li>○ Sun: 1:00pm-3:00pm</li> </ul> </li> </ul>	<p><b><u>Healthy tips</u></b></p> <p>Check back on the Be Well Website</p>

	<p><b><u>Try this!</u></b></p> <ul style="list-style-type: none"> <li>• Chargrilled Chicken Sandwich</li> <li>• Grilled Market Salad or Side Salad</li> <li>• Fruit cup</li> </ul>
<p><b><u>Location(s) &amp; Hours</u></b></p> <ul style="list-style-type: none"> <li>• Student Union <ul style="list-style-type: none"> <li>○ Mon-Thurs: 7:30am-8pm</li> <li>○ Fri: 7:30am-6pm</li> <li>○ Sat-Sun: Closed</li> </ul> </li> <li>• PCB <ul style="list-style-type: none"> <li>○ Mon-Thurs: 7:30am-Midnight</li> <li>○ Fri: 7:30am-11pm</li> <li>○ Sat: 10:30am-Midnight</li> <li>○ Sun: Closed</li> </ul> </li> </ul>	<p><b><u>Healthy tips</u></b></p> <ul style="list-style-type: none"> <li>• Go grilled</li> <li>• Choose sauces lower in calories</li> <li>• Swap the fries for a fruit cup</li> <li>• Go for a water instead of a soda</li> </ul>
	<p><b><u>Try this!</u></b></p> <ul style="list-style-type: none"> <li>• Hot tea</li> <li>• Coffee with skim/low-fat milk</li> <li>• Latte with skim/low-fat milk</li> </ul>
<p><b><u>Location &amp; Hours</u></b></p> <ul style="list-style-type: none"> <li>• Vol Hall <ul style="list-style-type: none"> <li>○ Mon-Fri: 7am-2pm</li> <li>○ Sat-Sun: Closed</li> </ul> </li> </ul>	<p><b><u>Healthy tips</u></b></p> <ul style="list-style-type: none"> <li>• Cut calories by switching to skim/low-fat milk</li> <li>• Swap that bagel or croissant for an English muffin</li> </ul>

	<p><b><u>Try this!</u></b></p> <ul style="list-style-type: none"> <li>• Bacon Tomato Avocado Egg White Sandwich</li> <li>• Coffee with skim/low-fat milk</li> <li>• Latte with skim/low-fat milk</li> <li>• Hot tea</li> </ul>
<p><b><u>Location(s) &amp; Hours</u></b></p> <ul style="list-style-type: none"> <li>• A&amp;A <ul style="list-style-type: none"> <li>○ Mon-Thurs: 7:30am-4pm</li> <li>○ Fri: 7:30am-3pm</li> <li>○ Sat-Sun: Closed</li> </ul> </li> <li>• Haslam <ul style="list-style-type: none"> <li>○ Mon-Fri: 7:30am-6pm</li> <li>○ Sat-Sun: Closed</li> </ul> </li> </ul>	<p><b><u>Healthy tips</u></b></p> <ul style="list-style-type: none"> <li>• Reduce the amount of sugar you add to your coffee or tea</li> <li>• Ask for spinach on your breakfast sandwich</li> </ul>
	<p><b><u>Try this!</u></b></p> <p>Recommendation coming soon!</p>
<p><b><u>Location &amp; Hours</u></b></p> <ul style="list-style-type: none"> <li>• TRECS <ul style="list-style-type: none"> <li>○ Mon-Fri: 8am-9pm</li> <li>○ Sat: 10am-5pm</li> <li>○ Sun: Noon-8pm</li> </ul> </li> </ul>	<p><b><u>Healthy tips</u></b></p> <p>Check back on the Be Well Website</p>



**Try this!**

- Spring Rolls
- Mixed Vegetables

**Location(s) & Hours**

- Student Union
  - Mon-Thurs: 10:30am-8pm
  - Fri: 10:30am-6pm
  - Sat-Sun: Closed
- Cumberland Ave.
  - Mon-Thurs: 10:30am-Midnight
  - Fri: 10:30am-1am
  - Sat: 11:30am-1am
  - Sun: 11:30am-Midnight

**Healthy tips**

- Load your plate with veggies
- Limit crispy or battered foods as that tends to indicate it has been fried
- Choose sauces such as Chili or Soy, which are lower in calorie than sauces such as Sweet and Sour and Teriyaki



**Try this!**

- Burrito Bowl




**Location & Hours**


- Student Union
  - Mon-Thurs: 10:30am-8pm
  - Fri: 10:30am-6pm
  - Sat-Sun: Closed

**Healthy tips**

- Go easy on the cheese, cheese sauce, and sour cream
- Chips and dip? Try salsa instead of cheese to save on calories
- Go for a water instead of a soda



	<p><b><u>Try this!</u></b></p> <p>Go for a 6-inch sub low in fat and calories. Try a 6-inch sub from the under 500 calories menu such as the: Ultimate Turkey Club, Veggie Guacamole, Traditional, etc.</p>
<p><b><u>Location(s) &amp; Hours</u></b></p> <ul style="list-style-type: none"> <li>• Volunteer Hall <ul style="list-style-type: none"> <li>○ Mon-Fri: 10:30am-9pm</li> <li>○ Sat-Sun: Closed</li> </ul> </li> </ul>	<p><b><u>Healthy tips</u></b></p> <ul style="list-style-type: none"> <li>• Go for the 6" or a foot long and save the other half for the next day</li> <li>• Chips? Go for baked!</li> <li>• Go for a water instead of a soda</li> </ul>
	<p><b><u>Try this!</u></b></p> <ul style="list-style-type: none"> <li>• Make your own!</li> </ul>
<p><b><u>Location &amp; Hours</u></b></p> <ul style="list-style-type: none"> <li>• Student Union <ul style="list-style-type: none"> <li>○ Mon-Thurs: 10:30am-8pm</li> <li>○ Fri: 10:30am-6pm</li> <li>○ Sat-Sun: Closed</li> </ul> </li> </ul>	<p><b><u>Healthy tips</u></b></p> <ul style="list-style-type: none"> <li>• Go light on the cheese</li> <li>• Choose a dressing low in fat and calories</li> <li>• Get the dressing on the side</li> <li>• Choose nutrient dense toppings</li> <li>• Go for a water instead of a soda</li> </ul>
	<p><b><u>Try this!</u></b></p> <ul style="list-style-type: none"> <li>• Brewed coffee without added sugar</li> <li>• Skinny Peppermint Mocha</li> <li>• Hot tea</li> </ul>

<p><b><u>Location(s) &amp; Hours</u></b></p> <ul style="list-style-type: none"> <li>• Student Union <ul style="list-style-type: none"> <li>○ Mon-Thurs: 7am-8pm</li> <li>○ Sat: 10am-10pm</li> <li>○ Sun: Noon-10pm</li> </ul> </li> <li>• Hodges Library <ul style="list-style-type: none"> <li>○ Mon-Fri: 6am-1am</li> <li>○ Sat: 10:30am-Midnight</li> <li>○ Sun: Closed</li> </ul> </li> <li>• Stokely Hall <ul style="list-style-type: none"> <li>○ Tues-Fri: 8am-3pm</li> <li>○ Sat-Mon: Closed</li> </ul> </li> </ul>	<p><b><u>Healthy tips</u></b></p> <ul style="list-style-type: none"> <li>• Sub 2 percent milk with skim/low-fat milk</li> <li>• Skip the whip cream</li> <li>• Ask for half the amount of syrup</li> </ul>
	<p><b><u>Try this!</u></b></p> <ul style="list-style-type: none"> <li>• A 6-inch sub low in fat and calories</li> <li>• Turn your sub into a salad</li> <li>• Sliced apples</li> </ul>
<p><b><u>Location(s) &amp; Hours</u></b></p> <ul style="list-style-type: none"> <li>• Student Union <ul style="list-style-type: none"> <li>○ Mon-Thurs: 7am-8pm</li> <li>○ Sat: 10am-10pm</li> <li>○ Sun: Noon-10pm</li> </ul> </li> <li>• Hodges <ul style="list-style-type: none"> <li>○ Mon-Fri: 6am-1am</li> <li>○ Sat: 10:30am-Midnight</li> <li>○ Sun: Closed</li> </ul> </li> </ul>	<p><b><u>Healthy tips</u></b></p> <ul style="list-style-type: none"> <li>• Load up your sub with fresh veggies</li> <li>• Choose sauces and dressings lower in fat and calories</li> <li>• Consider your side. Try apples instead of chips.</li> <li>• Chips? Go for baked</li> </ul>



**Try this!**

- A taco with grilled meat
- Get your burrito in a bowl and save calories by eliminating the tortilla

**Location & Hours**

- Fred Brown
  - Mon-Thurs: 10:30am-9pm
  - Fri: 10:30am-8pm
  - Sat: Closed
  - Sun: 4pm-9pm

**Healthy tips**

- Go for grilled
- Go easy on cheese, cheese sauces, and sour cream
- Go for a water instead of a soda



**Try this!**

Recommendation coming soon!

**Location & Hours**

- Thompson Bowling Arena
  - Mon-Fri: 10:30am-3:30pm
  - Sat: Closed
  - Sun: 1:00pm-3:00pm

\*Always open 2 hrs. before Home Basketball Games

**Healthy tips**

Check back on the Be Well Website