

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 in partnership with Be Well and the Center for Health Education and Wellness to act as a supplemental resource for health eating on campus. This guide provides tips, tricks, and resources for success.

Resources

- General
 - MyPlate
<https://www.choosemyplate.gov/>
 - 2015-2020 Dietary Guidelines
<https://health.gov/dietaryguidelines/>
 - Be Well
<http://bewell.utk.edu/>
 - Vol Dining
<http://dining.utk.edu/>
- Applications
 - Streaks App (by the HealthierTN Foundation)
 - 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.

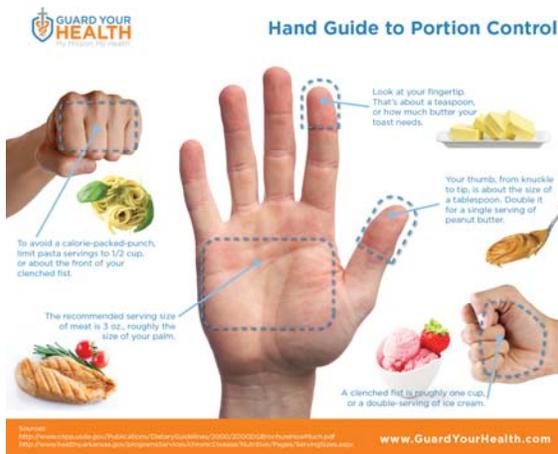
5. Stay active

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

Chick-fil-A
Dippers
Dunkin Donuts
Einstein's
McAlister's
Panda Express
Pizza Hut

Qdoba
Quizno's
Raising Canes
Salad Creation
Starbucks
Subway
Twisted Taco



Try this!

- Chargrilled Chicken Sandwich
- Grilled Market Salad or Side Salad
- Fruit cup

Healthy tips

- Go grilled
- Choose sauces lower in calories
- Swap the fries for a fruit cup
- Go for a water instead of a soda



Try this!

- Hot tea
- Coffee with skim/low-fat milk
- Latte with skim/low-fat milk

Healthy tips

- Cut calories by switching to skim/low-fat milk
- Swap that bagel or croissant for an English muffin



Try this!

- Bacon Tomato Avocado Egg White Sandwich
- Coffee with skim/low-fat milk
- Latte with skim/low-fat milk
- Hot tea

Healthy tips

- Reduce the amount of sugar you add to your coffee or tea
- Ask for spinach on your breakfast sandwich



Try this!

- Select something from the Lite Choose Two menu
- Choose Two Soup Portion
- Choose Two Salad Portion

Healthy tips

- Choose a pick two and save the other half for later
- Choose a salad dressing low in fat and calories



Try this!

- Spring Rolls
- Mixed Vegetables

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
- Go for a water instead of a soda



Try this!

- Personal size cheese pizza

Healthy tips

- Choose cheese instead of pepperoni
- Eat half the pizza and grab a side salad from the salad bar next door to pair with it
- Go for a water instead of a soda



Try this!

- Burrito Bowl

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



Try this!

- 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.

Healthy tips

- Go for the 6" or a foot long and save the other half for the next day
- Chips? Go for baked!
- Go for a water instead of a soda

Try this!

- Make your own!

Healthy tips

- Go light on the cheese
- Choose a dressing low in fat and calories
- Get the dressing on the side
- Choose nutrient dense toppings
- Go for a water instead of a soda





Try this!

- Brewed coffee without added sugar
- Skinny Peppermint Mocha
- Hot tea

Healthy tips

- Sub 2 percent milk with skim/low-fat milk
- Skip the whip cream
- Ask for half the amount of syrup



Try this!

- A 6-inch sub low in fat and calories
- Turn your sub into a salad
- Sliced apples

Healthy tips

- Load up your sub with fresh veggies
- Choose sauces and dressings lower in fat and calories
- Consider your side. Try apples instead of chips.
- Chips? Go for baked

Try this!

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

Healthy tips

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

