

# EATING HEALTHY

with a Weekly Meal Plan

## RETAIL LOCATIONS

### Center of the ARTS **CAfé**

*Meal Plan Accepted All Hours of Operation*

#### Build Your Own Sandwich

- Turkey or Vegetarian Sandwich with Whole Grain Bread
- Add Additional Veggies to your Sandwich: Spinach, Black Olives, Iceberg Lettuce, Cucumber, Onion, Pickles, and Tomato

### Einstein Bros. **Bagels**

*Meal Plan Accepted after 2pm Monday-Friday*

- Choose a Wheat Bagel
- Ask for any bagel to be Thintastic! Reduces 70-120 Calories from the bagel
- Substitute the Whole Egg for Egg White (+\$0.55)
- Avocado Toast provides a healthy fat for the day!

### Ike Schaffer Commons **Breakfast**

*Meal Plan Accepted During Breakfast*

#### Offered Daily

- Scrambled Eggs
- Yogurt & Granola
- Oatmeal Bar
- Top it off with Fresh Fruit
- Build Your Own Omelet bar



## UC DOWN UNDER

### **h'EAT**

*Meal Plan Accepted After 2pm Monday - Friday*

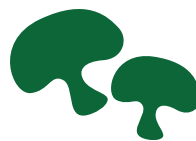
*(One topping accepted with Weekly Meal Plan. Upgrade to a five topping pizza or signature pizza for \$1.05)*

#### Build your own Pizza

- Start with a healthy Sauce: Red Sauce or Garlic Herb Oil
- Choose the Mozzarella Cheese (low-fat)
- Add Chicken for a healthy Protein
- Top with your favorite Veggies!

### **Fire**

- Veggie Burger, skip the cheese
- Turkey Burger, skip the cheese



### TRYON MARKET GOOD EATS TO GO

## Tryon Market PROGRAM

*Any Tryon Market Item is Accepted as a Meal Exchange Entrée*

Available at Willie's, Center of the Arts CAfé, Deloitte CAfé, Food for Thought, Prairie Street Market, and Drumlin Sandwich Shop.



*Look for the blueberry icon to indicate a BeWell Entrée!*

#### Entrée Options

- Mixed Green Salad
- Southwest Shaker Salad
- Hard Boiled Eggs
- Veggie Cups
- Fresh Fruit
- Yogurt Parfaits
- And more!

#### Side Options

- String Cheese
- Whole Fruit

#### Drink Options

- Water
- Hot Tea
- Carton of Milk

**Meet with our Campus Dietitian Today!**

Rachael Omdoll • Registered Dietitian  
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## DINING HALLS



Meal Plan Accepted All Hours of Operation



**Look for the blueberry icon to indicate a BeWell Entrée!**

### A-Zone

This station offers daily healthy protein, carb (brown rice, sweet potato, white potato, and quinoa), steamed vegetable, and vegan options. All entrées on this station are also free from allergens.

### Customizable Stations

- Daily Customizable Salad Station
- Mongolian Grill in Drumlin Dining Hall
- Saute Station in Esker Dining Hall

Look for signage at these customizable stations for the BeWell ingredients



## BeWell

The BeWell eating approach combines the latest in nutrition science and culinary trends to create a crave-worthy, nutritious menu choice. Instead of a calorie-driven or fat-driven diet mentality, BeWell focuses on high-quality, whole food ingredients aimed to satisfy and help you feel good too.

Based on six highly regarded diet patterns recommended by healthcare professionals, including the popular Mediterranean diet, the BeWell eating pattern emphasizes plant-based foods while still incorporating lean meats.

### Our BeWell Recipes Must Meet Three Out of the Following Five Categories:

Contain a plant-based whole food(s)

Contain lean protein or plant-based protein

Contain a healthy fat(s)

Have limited added sugar

Contain a high-fiber food or a probiotic food

### Our BeWell Recipes Will Always:



Be trans-fat free



Use minimally-processed ingredients



Be mindful of added sodium and portion size

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