EATING HEALTHY
with a Weekly Meal Plan

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 Thinstastic! 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

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.

UC DOWN UNDER
Meal Plan Accepted After 2pm Monday – Friday

h’EAT
(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

Meet with our Campus Dietitian Today!
Rachael Omdoll • Registered Dietitian
omdollr@uww.edu • 262.472.1357
**EATING HEALTHY**

with a Weekly Meal Plan

**DINING Halls**

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**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.

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**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.

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<table>
<thead>
<tr>
<th>Our BeWell Recipes Must Meet Three Out of the Following Five Categories:</th>
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<tbody>
<tr>
<td>Contain a plant-based whole food(s)</td>
</tr>
<tr>
<td>Contain lean protein or plant-based protein</td>
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<tr>
<td>Contain a healthy fat(s)</td>
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<tr>
<td>Have limited added sugar</td>
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<tr>
<td>Contain a high-fiber food or a probiotic food</td>
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<tr>
<th>Our BeWell Recipes Will Always:</th>
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<tbody>
<tr>
<td>Be trans-fat free</td>
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<tr>
<td>Use minimally-processed ingredients</td>
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<tr>
<td>Be mindful of added sodium and portion size</td>
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