HEALTHY EATING AT TRIM AND BEYOND!
AN INTRO TO COLLEGE DINING

Instead of feasting on sweets, treats, fried foods and burgers open yourself up to a whole new way of healthy eating. As Hippocrates once said “let food be thy medicine”. What you eat now will not only affect your performance for the day but your future health and well-being!

For heart-health and increased sports performance choose a lean protein rich food (chicken, turkey, lean meats, tuna, cod, cottage cheese, eggs and foods high in fiber and complex carbohydrates at each meal (whole grain breads, oatmeal, rice, pasta, kidney beans, vegetables and fruits) Drink plenty of water or skim milk. Watch the saturated fats at meal time and limit use of fatty meats, whole milk dairy and poultry skins. Choose good fats like nuts, olives, avocados, olive oil, sunflower seeds. If you can afford the occasional treat opt for a portion of fruited yogurt or an oatmeal cookie.

FOLLOWING IS A LIST OF THE “BEST PICKS” in TRIM DINING HALL

“BEST PICKS” PROTEIN CHOICE FOR BREAKFAST
Eggs – hard boiled or scrambled
Vegetable omelets when available
1% cottage cheese
Peanut butter – limit portions!

“BEST PICKS” CARBOHYDRATES CHOICES FOR BREAKFAST
Wheat bread, whole wheat pita
Oatmeal and cream of wheat
Low fat granola
Cherrios & Rice Krispies
Pancakes
Bagels

“BEST PICKS” FRUITS FOR EVERYMEAL - try to eat 2-3 servings daily
Apples
Oranges
Grapefruit
Bananas
Mixed cut fresh fruit when available
Grapes – when available
Melons – when available
“BEST PICKS” PROTEIN SALAD BAR CHOICES
Tuna
1% cottage cheese
Hard boiled eggs

“BEST PICKS” LEAN MEAT AND CARBOHYDRATE CHOICES
BEANS, BEANS & MORE BEANS!
Black beans
Kidney beans
Garbanzo beans
Hummus

“BEST PICKS” VEGETABLES FOR LUNCH AND DINNER
GO FOR COLOR!! AIM FOR 5-9 SERVINGS PER DAY!
Green pepper or red pepper
Mixed greens
Carrots
Broccoli
Tomatoes
Green Beans
THE LIST GOES ON!

“BEST PICKS” SALAD SPECIALS
Couscous salad with roasted red peppers, raisins, olives, capers, onions and parsley
Romaine cilantro salad with shredded green cabbage, red pepper, and cilantro dressing
Grilled sweet potato salad
Tabouli Salad
Thai cucumber salad
Curried rice salad

“BEST PICKS” SIZZLING SALAD STATION
Fresh vegetables
Lean protein or tofu

“BEST PICKS” EXHIBITION STYLE
Chicken teriyaki stir fry
Mexican Chicken Wrap
Thai Byte Vegetarian Wrap
Flash in the Pan – Stir fry
“BEST PICKS” COMPLEX CARBS DAILY
Whole wheat buns on deli
Whole wheat pita on deli
Oatmeal
Whole wheat bread at soup and salad station
Whole wheat pasta – with marinara sauce – will be cycled into the menu
Rice
Pasta dishes with beans
Nature Valley whole grain low fat granola

“BEST PICKS” Ultimate Veggies Station
Plantains stuffed with quinoa & black beans
Veggie tofu stir fry with rice
Pasta with olives and tomatoes
Vegetable strudel marinara
Cheese stuffed baked shells
Fried tofu & soy ginger sauce over rice
Roasted vegetable panini
Sweet potato patty sandwich
Roasted Veggie Frittata
Penne with Fresh Mozzarella and Basil
Vegan Bulgur Dish

“BEST PICKS” GRILL STATION
Turkey London Broil – with a starch and vegetable
Grilled Chicken Breasts– over mixed greens or in a bun with more veggies
Grilled cheese sandwich with soup and salad

“BEST PICKS” MAIN ENTREES
LIMIT FRIED FOOD! To be eaten only occasionally - French fries, tater tots and chicken nuggets.
Grilled Marinated Cod
Mexican Chicken Breast
Broiled Strip Steak
Baked Cod with herb crust
Roast Top Round of Beef
Grilled Crab Cake
Salmon fillets
Flank steak
“BEST PICKS” BEVERAGES
Skim milk
Soy milk – located behind the salad bar – rice milk coming soon
Brewed tea
Water

“BEST PICKS” PIZZA STATION
Cheese pizza with side salad and soup

“BEST PICKS” DELI STATION
Turkey or ham with 1 piece cheese on wheat bread

GOOD FATS TO INCLUDE DAILY
Olive oil
Olives
Sunflower seeds
Peanut butter
Polyunsaturated fats to include: salad dressings (the best time to get fat is with your veggies! You absorb the fat soluble vitamins better!

CHEESE PLEASE!
WATCH PORTION
Shredded cheese or slices from the deli: a good source of protein and calcium but higher in fat than lean chicken or tuna – still a good choice if you aren’t a meat eater
You can get 2-3 servings a day along with 2 cups of skim milk for strong bones
Feta cheese has been added back on the salad bar

“BEST PICKS” DESSERTS
Fresh fruit
Low fat yogurt on salad bar
Low fat fruited yogurt
1% cottage cheese with applesauce or fresh fruit
Low fat granola over fruit and/or yogurt
Oatmeal cookies – limit portion size to 1-2