

## Put in a request!

Our campus is moving in an exciting direction, but there are still some healthy options we hope will be added to the many menus on campus. Help it along by requesting and buying these items from the vendors you visit on a regular basis. *Show them that healthy choices sell!*

### Soups & Salads

Ask for dressings made with no sugar and healthy plant oils (or at least plain olive oil and vinegar). Ask for some of the lower fat soups that we mention.

### Sandwich Builders

Try whole grain bread, rolls, buns, tortilla and pita. You should also ask that vendors carry a low fat cheese option.

### Middle Eastern Requests

Anything that is fried can be baked; ask for more baked falafel and whole wheat pita.

### Influence the Asian Choices

Ask for low sodium soy sauce, brown rice, whole grain noodles or soba noodles, and sushi made with brown rice.

### The Best Tex Mex

Ask for whole wheat tortillas, baked tortilla chips, brown rice, and more dishes made with low-fat dairy (sour cream, cheese, etc).

### Grill It Up Right

Ask for whole grain buns or bread, low-fat cheese, baked or air cooked french fries and veggie burgers. If you're having pizza, ask for whole wheat crust and low fat cheese.

### The Healthy Indian Express

Ask for brown rice, dishes made without ghee (clarified butter), coconut milk or cream, breads and entrees that are baked, and dishes made with lighter plant based oils.

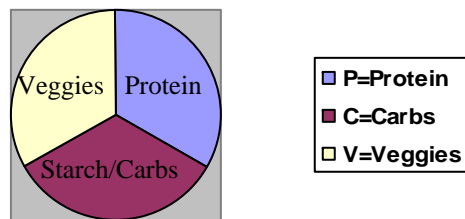
## Principles to help guide your choices:

- **Do NOT skip meals** – Eat at least 3 times a day!
- Select **Whole Grains** whenever possible
- Remove **TRANS FATS** from your diet; **READ YOUR FOOD LABELS.**
- Select **lean and/or low fat** dairy and meat.
- Consume at least **5 SERVINGS** of **fruits and vegetables** each day.
- **Drink eight (8 oz.) glasses of water a day.** If you are sick, exercising or it is really hot outside try to add at least another 4 glasses.

### THE BALANCED PLATE:

#### "Lunch/Dinner Plate"

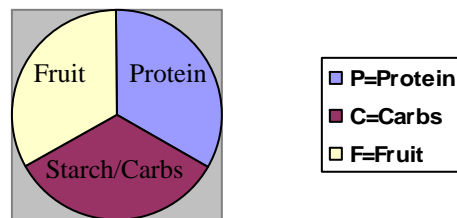
**Sample Lunch & Dinner options** – (1) turkey and low fat cheese with veggies on a whole wheat tortilla, (2) grilled chicken salad with whole grain roll, (3) chicken & veggie burrito with black beans (4) Whole Wheat pasta & tomato sauce with LF ricotta cheese and side salad, (5) brown rice, beans and veggies, (6) Tofu, veggie and brown rice stir-fry.



Add healthy oils & fat daily

#### "Breakfast Plate"

**Sample Breakfast options** – (1) PB&J on whole wheat bread & an orange, (2) Oatmeal with raisins and walnuts, (3) egg and low-fat cheese on whole wheat bagel or toast and an apple, (4) whole grain cereal, skim milk, strawberries.



Add healthy oils & fat daily

"Eating Healthy at MIT" is a series of informational pamphlets developed by the Center for Health Promotion & Wellness at MIT Medical with the support of Campus Dining. This series is designed to meet you where you eat, by helping you navigate the food choices on the part of campus you frequent most.

**Questions about this topic?** Contact Julie Banda, Health Educator at [banj@med.mit.edu](mailto:banj@med.mit.edu) or 617-253-1318.

This is the West Campus pamphlet. For more information or to download other pamphlets in this series (Central Campus or East Campus), visit <http://web.mit.edu/medical/wellness/eatwell/>

**NEW—The Dunkin Menu**—check out the website above for a guide to the popular new addition to the student center.

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## Dining on West Campus



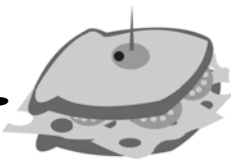
### Ever wonder how you can eat well here at MIT?

With your busy schedule it is no surprise that taking care of this part of your life is a challenge. This brochure can make eating healthfully a little bit easier. Take a look at the guiding principles and balanced plate suggestions; with some information and practice you can learn to navigate any menu or meal.

You can learn to eat for health, energy and enjoyment. Read on and find the way!

Use this guide to build the skills necessary to make choices all over campus. We encourage you to ask questions, eat it your way and ask for things you do not see. We include a list of things to request from the vendors you buy from. If enough people ask, they will stock it!

## Building a **POWERFUL SANDWICH**



**Bread** – Whole grain is the best choice. You should be looking for breads with the following descriptions: whole wheat, whole grain, whole oat, rye, pumpernickel, etc.

**Meat** – The leaner the better; go for sliced turkey, chicken, ham. Try to avoid some of the overly processed or high fat options (roast beef, salami, pastrami or bologna).

**Cheese** – Always ask if there is a lower fat version. Limit yourself to one or two slices.

**Pile on the Veggies** – This is good chance to get your servings and make your sandwich more satisfying. *Add cucumbers, lettuce, avocados, tomatoes, peppers, onions, pickles, sprouts, etc.*

**Condiments** – *Go slow* on the mayonnaise if possible. Instead, go for mustard, ketchup, relish, etc.

## **soup & salad**



**SOUP** – Look for soups with a broth or vegetable base. You can also get a lot of protein and nutrients from black bean soup or veggie chili. *Go slow* on cream based soups (cream of broccoli, chowders, etc) or soups that have a lot of ground meat and/or cheese in them.

**SALAD** – **Start with a foundation of fresh greens.** *Go slow* on salads made with mayonnaise, pasta or potatoes.

**Veggie Variety** – Color is key; add peppers, tomatoes, cucumbers, broccoli, carrots, etc.

**Protein** – Add white meat turkey, chicken, or tofu; cottage cheese or low fat cheese.

**Dressing** – *When a salad goes wrong* – There can be a lot of calories and saturated fat in prepared dressings. *Ask for it on the side.* When possible, select low fat, low calorie, or olive oil and vinegar. **Watch your serving size** – a serving of dressing is usually 1-2 Tbs., about the size of your thumb.

## **MIDDLE EASTERN**



**Grains/Bread** – Opt for whole grains (couscous, brown rice) and whole wheat pita bread if it is available.

**Vegetables** – Do not be afraid to ask about preparation. Try veggies that are not fried or made with a lot of oil and/or cheese.

**Cheese** – Feta cheese has less fat than other popular cheeses, but it is quite salty.

**Protein** – Select leaner meats like white meat chicken, fish and shrimp, and you can always opt for the many vegetarian options.

*Go slow* on fried dishes such as falafel (many campus vendors offer a baked version), kibbeh (deep-fried meat and wheat balls) and stuffed pastries. Ask for tahini on the side or order cucumber-yogurt sauce instead.

## **AT THE GRILL**



**Burgers and cheese steaks are not the only way to go at the grill.**

When possible ask for grilled chicken, fish or a veggie burger. *Go slow* on the red meat.

**Watch your buns** – Is there a whole grain option? If not, ask if there is whole wheat bread you can have instead.

**Add Veggies** – Lettuce, tomato, avocado, pickles, peppers, cucumbers, sprouts, mushrooms, onions, etc. *Go slow* on the cheese and high fat condiments like mayonnaise.

**Fries or Salad?** – If you choose to have a burger, choose the salad in order to have a balanced meal.

**PIZZA** – Cheese and veggie are the best choices. Watch your servings – a slice of pizza in the dining hall can be 2-3 servings. Get just one slice and a side salad.

## **asian influence**



**When getting a stir-fry, ask if it can be sautéed in broth or water.**

*Most people do not know this is an option!*

**Go for fresh or steamed** (as opposed to fried) spring rolls, dumplings and egg rolls and opt for the vegetarian or seafood versions.

**Pick the whole grain** – Ask if there is a whole grain noodle or brown rice available. Try to avoid fried rice or fried noodle dishes.

**Choose your meat** – Go for the seafood, chicken, tofu or tempeh. *Go slow* on the red meat. *Go slow* on entrees described as crispy or fried.

**Veggie Variety** – Get as much variety as possible. *Add flavor with garlic and onions.*

**Do not be afraid to have it your way** – Ask for the sauce on the side or for them to go light on the sauce. This is where most of the calories and fat come from – you should control how much.

## **Indian**



**Grains/Bread** – "pulkas," "nann," "chapati," and "kulcha" (various types of baked, low-fat breads).

*Opt for whole wheat pita bread if it is available.*

**Ask about preparation.** Many items are cooked with ghee (clarified butter), coconut oil or coconut milk (all add a lot of calories and fat). Items that include the words "kandhari," "malai," or "korma" indicate dishes high in cream or coconut milk.

**Among your more healthful choices** – Salad or vegetables with yogurt dressing; *mulligatawny* (chicken) or *del rasam* (lentil) soups; chicken and fish cooked *tandoori* (marinated and baked) or *vindoori*-style (marinated and braised).

*Go slow* on "samosa" (fried meat or vegetables); "pakori" (deep-fried breads and vegetables); and thick cheese puddings and honeyed pastries.

## **convenience**



**Best cereals** – Quaker Old Fashioned Oatmeal, Kashi Heart to Heart, Go Lean and Go Lean

Crunch, Original Cheerios, Grape Nuts, Shredded Wheat and Bran

**Best snacks** – Fruit and cut-up vegetables

**Best portable protein** – Tuna in pop-top can or foil bag, fat free or low fat yogurt or cottage cheese, string cheese

**Best crackers:** – Ak-Mak 100% whole wheat crackers, Reduced Fat Triscuits

**Best munchies** – Soy Crisps or Pita Chips in single serving bags, nuts, baked potato chips, unpopped popcorn (if you have an air popper)

*Go slow* on the Lunchables, which have more than 50% of your daily sodium maximum and are very high in fat.

*Go slow* on the Dannon Frusion, which has about 50 grams of sugar – about as much as a Pepsi.

## **TEX MEX**



**Going whole grain** – Pick whole wheat or corn tortillas and brown rice when available. *Go slow* on fried tortilla chips and nachos.

**Protein** – Go for white meat chicken, seafood or beans and you can always go for grilled vegetables. *Go slow* on the red meat and pork.

**Beans are great for you.** Be sure to opt for pinto beans and/or black beans. *Go slow* on refried beans.

**Cheese/Condiments** – Ask for no cheese or only half the amount they normally put. *Go slow* on sour cream and guacamole (get it on the side so you can add it in small quantities).

*Go slow* on white rice. Most restaurants prepare their Mexican rice with chicken broth (**vegetarians:** be sure to ask). Watch your portions – ½ cup is a serving; try not to have more than two servings.