WHEN LOOKING FOR HEALTHY OPTIONS, A FEW GREAT PLACES TO START INCLUDE:

CLASSICS 1839: Serves up restaurant quality dishes accompanied by sides and vegetables that are locally or regionally sourced whenever possible. Customize your entrée by requesting smaller portions or only vegetables/protein to add to other menu items.

HARMONY: Features a completely plant-based concept that provides diners with wholesome and nutritionally balanced meal options that include house-made salads, soups, entrees, sides and even desserts. Whether you are vegan or not, there is something for everyone at Harmony!

FRESH FOOD MARKET: Features fresh greens, salad vegetables and accompaniments ranging from hummus to chicken to beans to tofu. We also craft contemporary composed salads daily. Pair with your favorite fresh sliced meats from the State Street Deli or protein from Classics 1839 to make a complete entrée.

STATE STREET DELI: Create your own deli sandwich by choosing from a variety of breads, freshly sliced meats, cheeses, vegetable toppings, dressings and sandwich spreads.

SIMPLE SERVINGS: Simple Servings takes the worry and confusion out of dining on-campus by providing safe, delicious choices for diners with food allergies or gluten intolerance. Simple Servings excludes milk, eggs, wheat, soy, shellfish, peanuts, tree nuts, and gluten from menus, which change for lunch and dinner. Simple Servings has its own cookware, oven and stovetops, utensils and silverware as well as storage space to avoid cross-contact.

UCOOK @ FSU: Cook and customize your own meal here! Choose from a variety of lean proteins, vegetables, and sodium free seasonings.

To Learn More About Mindful Dining Contact:
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LIKE. DOUBLE-TAP. TWEET. SNAP.
@FSUDINING
FRAMINGHAM.EDU/DINING
FOLLOW THESE THREE IMPORTANT TIPS TO HEALTHY EATING:

BALANCE
Choosing a balanced plate will help you meet all of your body’s nutrient requirements. That means mixing up what you eat and making sure to include foods from all of the different food groups.

VARIETY
Try to eat an assortment of foods. Think of your food choices as a rainbow. The more colors you choose, the more vitamins and minerals you are getting in your diet.

MODERATION
Enjoy your favorite foods, but eat less and avoid oversized portions. There are no “bad” foods, just watch portion sizes.

TRY USING YOUR HAND AS A GUIDE:
- Fist = 1 cup (raw fruits & vegetables)
- Cupped Hand = ½ cup (cooked grains & vegetables)
- Thumb Tip = 1 tablespoon (condiment or spread)
- Palm = 3-4 ounces (beef, poultry, fish & pork)

MINDFUL DINING
Look for the Mindful icon (the green apple) to indulge in the healthy and delicious items offered at each meal. Over half of our menu each meal consists of Mindful choices. Mindful is a healthy dining program that offers items that meet stringent nutritional criteria based on the Dietary Guidelines for Americans. Mindful menu items are not just in the Dining Commons. At Toasted you can find our Mindful Chicken Bruschetta Sub, Hummus Petite Wrap, Chicken Caesar Salad and more! The Ram’s Den Grille offers a Mindful Turkey Burger, Chicken Sandwich, Grilled Portobello Burger and more. Try one today!

NAVIGATING THE McCARTHY DINING COMMONS
Navigating the McCarthy Dining Commons can be overwhelming. To orient yourself, read the menu and become familiar with the options. Use these quick tips for navigating the Dining Commons to help you make healthy choices:

TAKE TWO TRIPS. Use the first trip to familiarize yourself with the options. Take the second trip to decide what you really want to eat.

INCLUDE A FRUIT OR VEGETABLE (OR TWO). Fruits and vegetables contain more water, vitamins and minerals and fill you up without filling you out! Remember to take a piece of fruit with you when you leave for a healthy snack.

SHARE. Get your usual plate of food and sample the new entrée with a friend.

SLOW DOWN. It takes the body 15-20 minutes before your stomach signals to the brain that you are full.

BITE APP
What is Bite? Bite puts consumers’ dining options where they want it to be. They can see what’s on the menu before they enter our Dining Commons—plus two taps, a little scrolling and one more tap, they’ll know everything there is to know.

How it works: Bite allows guests to find nutritional and allergen information quickly and make the decision that’s best for them. The app also integrates with FitBit and MyFitnessPal to help users reach fitness goals. BITE is available on the App Store and Google Play store for free.