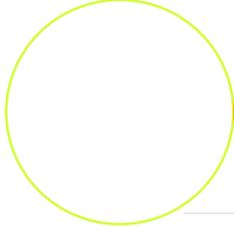
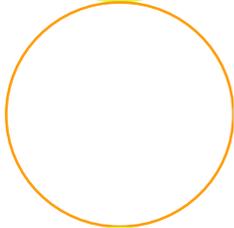
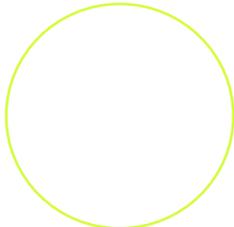




MINDFUL DINING ON CAMPUS

*Where making a healthy choice
becomes second nature.*



MECA
MAINE COLLEGE OF ART





Maine College of Art is committed to providing the finest quality meals and services to the entire MECA community— students, faculty, staff and guests.

A
better
tomorrow
starts
today.

In accordance with our mission and our goals for the Better Tomorrow Plan, this booklet is designed to illustrate healthy eating trends and outline nutrition resources available through on-campus dining services. This booklet will guide students through the overall dining experience to identify and promote healthy meal options at the Café and at retail locations to enhance their dining experience and encourage a healthy lifestyle.

Cheers to a healthy school year!

For additional resources, support or specific questions about healthy dining, contact:

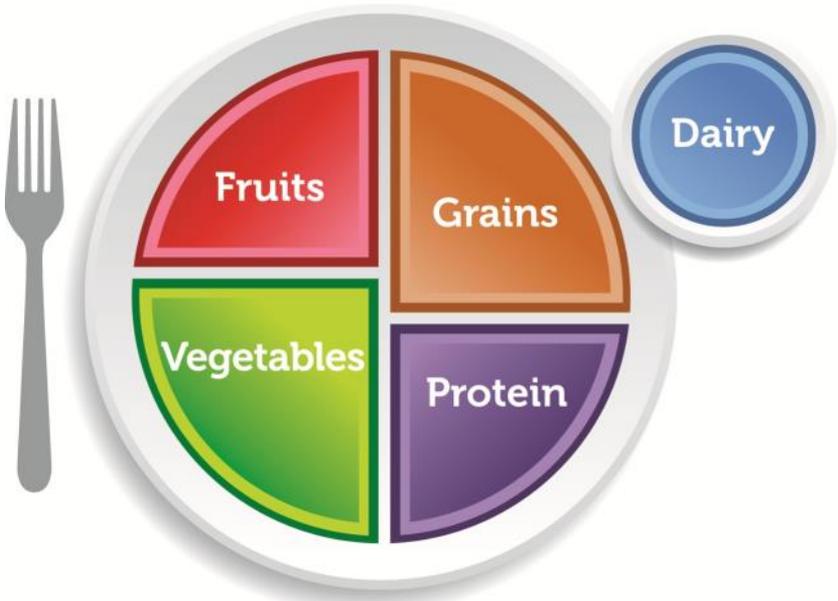
Pam Ryder
General Manager
207-699-5066

Lauren Withers
Campus Nutritionist
207-602-2850

How to Create a Balanced Plate

The food guide pyramid has turned into a plate! That's right... the government has revamped its image and changed the healthy eating model into a dinner plate. The 2010 Dietary Guidelines are focused on balancing calories, increasing fruits, vegetables, whole grains, and low fat dairy, and decreasing foods high in sodium and fats, plus limiting sugary beverages. Let's explore what that really means to you. The plate is divided into three sections that represent a balanced meal. Half of the plate should consist of fruits and vegetables, one quarter of the plate should be grains (i.e. bread, pasta, rice starchy vegetables), and one quarter of the plate is for lean protein (i.e. fish, turkey, lean beef, tofu, beans and nuts). Remember your serving of low-fat dairy (i.e. 1% and skim milk, low fat yogurt, cheese) on the side of the plate to help meet calcium needs. Follow these three important tips to healthy eating:

1. **Balance**
2. **Variety**
3. **Moderation**



Choose **MyPlate**.gov

Three Keys to Healthy Eating

1 BALANCE

Choosing a balanced plate will help you meet all of your body's nutrient requirements. Think "food first." Vitamin and mineral supplements should not take the place of healthy eating. That means mixing up what you eat and making sure to include foods from all of the different food groups. Follow the plate model whenever possible to get the most out of your meal. Fill it with 1/2 fruit and veggies, 1/4 starch and 1/4 protein. Check out www.choosemyplate.gov for an individualized meal plan.

Remember, all foods fit... even burgers and pizza have their place in a balanced diet. Just fill half your plate with fruit and vegetables.

2 VARIETY

Try to eat an assortment of foods. Think of fruit and vegetables as a rainbow and try to eat all the different colors. The more colors you choose, the more vitamins and minerals you are getting in your diet. Eating a variety of foods keeps your diet interesting.

3 MODERATION

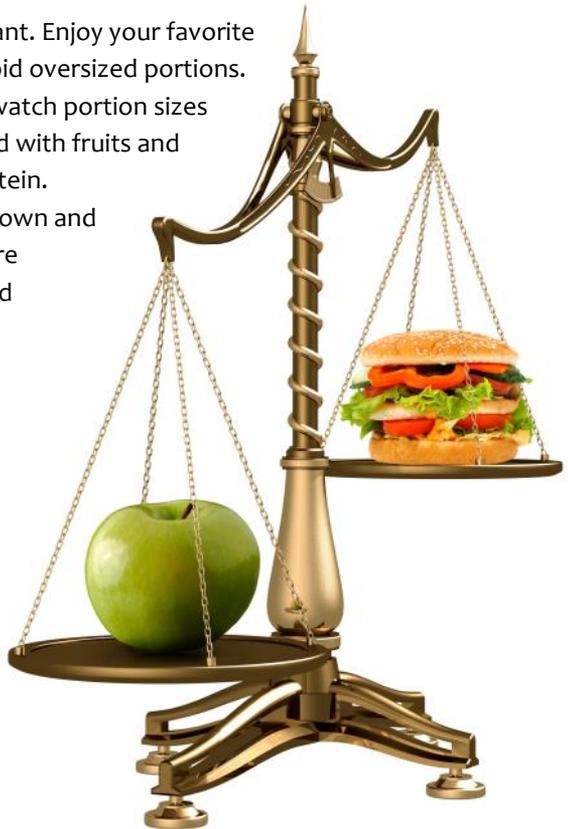
Moderation is also important. Enjoy your favorite foods, but eat less and avoid oversized portions.

There are no "bad" foods, just watch portion sizes and be sure 1/2 your plate is filled with fruits and vegetables, 1/4 starch, and 1/4 protein.

Practice mindful eating – slow down and think about how the food you are eating provides nourishment and energy for your body.

Healthful Hint:

The great thing about dining on campus is that there is a wide variety of fresh, locally grown produce available. That makes it easy to sample fruits and vegetables that you have never tried before. All are washed, prepped, and ready to eat and enjoy.



Navigating the Dining Hall

When you are on campus to dine, whether it's at the dining hall or a retail location it can be overwhelming at first trying to decide where to sit and what to eat. Orient yourself, read the menu and become familiar with the place. It's going to be fun... a place to meet, eat and socialize with friends. There will be lots of options. Good nutrition is about the choices you make.

Use these quick tips for navigating the dining hall to help you make a Mindful choice:

1. **Take two trips through the line.** Use the first trip to familiarize yourself with the options. Take the second trip to decide what you really want to eat. You will avoid overfilling your plate with foods you may not want.
2. **Include a fruit and vegetable (or two).** Fruits and vegetables are foods that fill you up without filling you out. These Mindful choices contain more water, vitamins and minerals with fewer calories than other types of foods. Combine with a lean source of protein such as chicken or fish and a whole grain such as brown rice or whole grain pasta and you have a satisfying meal!
3. **Share.** College is about trying new things. See a dish you want to try but aren't sure you'll like it? Get your usual plate of food and sample the new entrée with a friend. You won't feel the need to overeat.
4. **Don't get too hungry.** When we let ourselves get too hungry, we tend to overeat – usually on less than nutritious options. By eating breakfast and packing snacks, you can prevent that ravenous feeling. Try eating every 3-4 hours. You'll make better choices at meal times!
5. **Slow down.** Before you go for a second helping, take 15-20 minutes to let your body digest the food you've just eaten. It takes about that long before we can decide if our bodies are still hungry. Take your time; enjoy the conversation and your food!



Food Groups

The amount of calories a person needs in a day depends on several factors including age, height, weight and level of physical activity. On any given day, you may need more or less calories depending on these factors. A day when you are running from class to the gym you will need more calories than a day spent sitting on the couch watching television. When choosing foods from the five food groups there are some recommendations that everyone should follow.



Grains: Choose whole grains when possible. The recommendation is that half your grains should be whole. Whole grain options include whole wheat bread, brown rice, whole wheat pasta, oatmeal and popcorn.



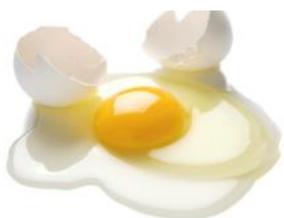
Vegetables: Eat from a rainbow of vegetables: dark green, red & orange, beans & peas, starchy, and other colors of veggies. The different colors provide different vitamins and minerals. Choosing fresh and frozen vegetables more often is recommended. Canned vegetables should be used sparingly due to their high sodium content.



Fruits: Fruit can be added to breakfast, lunch and dinner and eaten as a snack as well. It can be a great portable snack that travels well. Choose fruits that are dried, frozen, fresh and canned in water or 100% juice. Limit fruits canned in heavy syrup less often because sugar has been added.



Dairy: Choose low fat or fat free dairy products such as milk, yogurt and cheese. Dairy provides calcium and Vitamin D to help keep bones healthy and strong. Sweet dairy choices such as flavored milk, frozen yogurt, pudding and ice cream should be limited due to the added sugars.



Protein: Aim for variety—choose from seafood, eggs, lean meat & poultry. Try eating plant protein like beans, peas, nuts, seeds and tofu more often. They contain fiber and are naturally low in saturated fat. Red meat should be limited to cuts that are at least 90% lean.

Portion Distortion

What is a serving size? You may be aware of the recommended number of servings, but what's the difference between serving size and a portion of food? Serving size is a standardized way to measure food. When looking at nutrition labels, serving size is what you can use to determine how much of a particular nutrient is in one serving of food. A portion of food is the amount served in a single eating occasion, for example the amount of food a restaurant puts on your plate or how many chips you eat from the bag in one sitting. Portion size is not necessarily the amount that is recommended you eat all at once. Portion sizes have increased over the years making it difficult to determine appropriate servings. Use this reference guide to estimate how much you are actually eating:

MEASUREMENT

REFERENCE

1 Cup

Baseball or Fist



1/2 Cup

Computer Mouse



3 ounces of protein

Deck of Cards



1 ounce of cheese

2 Dominoes or 4 Dice



2 Tablespoons

Golf Ball



1 Teaspoon

Postage Stamp or Thumb Tip



A Guide to Eating Mindfully



Health and wellness are important to MECA. We understand the importance of providing balanced and nutritious choices in the dining hall and retail locations. Mindful is a program that makes choosing the healthy choice, the easy choice. Mindful foods balance nutrition with enticing flavors to create an indulgent way to enjoy a healthy lifestyle. Look for the logo which identifies the Mindful choices on campus.

Mindful meals follow the USDA's plate design and include a vegetable, protein and wholesome carbohydrate such as whole grain. They also meet certain nutritional criteria:

- ≤ 600 calories
- $\leq 35\%$ of calories from fat
- $\leq 10\%$ of calories from saturated fat
- $\leq 100\text{mg}$ cholesterol
- $\leq 800\text{mg}$ sodium
- Trans fat free

Mindful recipes are an exciting approach to health that focuses on great flavors, satisfying portions and “healthy indulgence.”





A better tomorrow starts today.

MECA offers many choices to make your dining experience great.

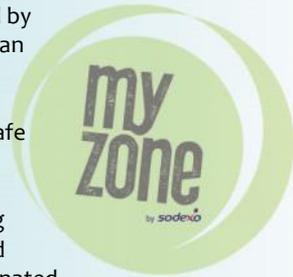
Look for these icons to help you identify menu items that meet your needs:



FOR YOUR HEALTH

Questions? Please speak to a chef or manager today, we are happy to help! Learn more about making smart choices for a Better Tomorrow at www.tomorrowstarts2day.com.

My Zone is a “pantry” where food items needed by customers with celiac disease or food allergies can be housed with precautions against cross-contamination. This special area gives students the ability to be involved in their own allergen-safe meal preparation.



My Zone will always be free of gluten-containing ingredients and products, as well as tree nut and peanut products. There will be a separate, designated refrigerator and toaster in the area.

Examples of products available in My Zone: Udi's gluten free bread, rolls, cookies and muffins. Gluten free cereals, granola, pizza crust. Gluten free spaghetti available on request.

Sodexo managers and staff members are trained to avoid cross-contact of menu items. Separate equipment, storage areas, utensils, and preparation areas minimize, but do not completely eliminate the chances of gluten and other allergens in dining and retail spaces.



MyFitnessPal is a website and smart phone app that can be used to track diet and exercise. MECA and MyFitnessPal have partnered together to provide you with nutrition information for most of the foods you eat on campus. You can search for featured MECA recipes in the database by scanning a barcode or

typing in the name of the recipe you are looking for. It is a simple, user friendly way to keep track of what you are eating. All types of foods are in the database whether you are eating at the dining hall, retail location or taking your Simply to Go food with you. Using MyFitnessPal is a great way to make sure you are choosing nutritious, balanced and mindful options when dining on campus.

Add meals, snacks and exercise to your diary



For Sodexo recipes, just add “Sodexo Campus” to your search

Or just scan bar codes on products, labels, and signs



Log and save your daily snacks, meals, and exercise

Dining Outside the Box

The Café at MECA offers you great food, plenty of choices, healthy options, and exotic cuisines. However, when eating every meal at the same location every day, it is very common to look forward to something different every once in a while. Sometimes you just need to mix things up a bit. Check out some great ideas to shake up your campus dining experience with items that are offered daily.



- ◆ **Fiesta Taco Salad** – Create a colorful salad including all your favorite veggies, beans, shredded cheese, salsa, and a topping of crushed chips for added crunch.
- ◆ **Tuna Melt Supreme** – At the deli, add tuna and a slice of your favorite cheese to whole wheat bread. Add tomatoes and heat in the microwave or panini press until cheese is bubbly and melted.
- ◆ **Pasta Salad Primavera** – To spice up your pasta (use whole wheat if available for increased fiber), add your favorite veggies such as broccoli, tomatoes, olives and cucumbers and a splash of Italian dressing. Add some lean protein (i.e. cooked chicken, turkey, tofu) if you are in the mood.
- ◆ **Cheesy Veggies** – Cheese is a good source of calcium and adds pizzazz to your vegetables. It is available either at the salad bar or pizza station. Add some of your favorite spices from the great selection of spices and heat in the microwave until cheese melts.
- ◆ **Bravo Burrito** – Burrito ingredients are always available. Make yours vegetarian or with meat—either way, it will be delicious. Find your wrap at the deli station, add veggies, cheese, and beans at the salad bar, choose salsa or guacamole (as available). If you wish, add turkey or chicken and heat in microwave until cheese melts.
- ◆ **Custom Yogurt Parfaits** – Choose low-fat yogurt, add fresh cut fruit, and sprinkle with granola or whole grain cereal for breakfast, dessert or a satisfying snack!
- ◆ **Shake It Up** – Combine seltzer water with a splash of juice to give flavor without increasing calories too much.
- ◆ **Rice or Noodle Bowl** – Start with rice or noodles (whole wheat pasta and brown rice if available). Then add a variety of different colored vegetables, lean protein sources (i.e. tofu, fish, chicken, turkey), and top with low-sodium soy sauce or your favorite dressing.

Start the Day Right... Eat Breakfast

It's true; breakfast is the most important meal of the day! Similar to a car, our bodies need fuel to perform well throughout the day. Eating something shortly after waking boosts your metabolism and gets your brain and body ready to learn and take on the day. Studies have shown that breakfast eaters tend to weigh less than people who consistently skip breakfast. Breakfast skippers tend to overeat later in the day. Breakfast has also been shown to help improve concentration levels and help with weight control. However, not all breakfasts are created equal. It is important to eat a healthy well balanced breakfast consisting of protein and/or whole grains rather than one loaded with fat and sugar (i.e. donut, danish, muffin).



The Café at MECA offers a great selection of items for a healthy, well balanced breakfast.

Check out some delicious suggestions:

- ◆ Yogurt with fruit and whole grain cereal
- ◆ Whole grain cereal with low fat milk and a banana
- ◆ Whole grain bread with peanut butter and a glass of orange juice
- ◆ Oatmeal with fruit and nuts
- ◆ Hardboiled egg with whole grain toast and a piece of fruit





Snacking Survival Strategies

When your schedule is hectic, it can be hours until you find time to sit down for your next meal. It is important to keep healthy snacks on hand to keep your energy levels high and to provide fuel for your brain for studying and greater concentration. Smart snacking can help you keep focused on school. Snacking throughout the day can help regulate blood sugar, which can help prevent you from feeling tired, sluggish and irritable. It also keeps you from feeling too hungry at night, which can lead to overeating. Try to pair healthy protein with complex carbohydrates to keep you feeling full for a longer period of time.

Follow these snacking tips to ensure healthful munching:

- ◆ **Snack Mindfully.** Pay attention to what you are eating and how you are feeling. Ask yourself if you are eating because you are hungry or for other reasons. Listen to your body's hunger cues. Eat when hungry and stop when satisfied.
- ◆ **Read food labels.** Look for snacks that are high in fiber, but lower in calories, fat, sugar and salt. Pay attention to the serving size. Sometimes snack foods are packaged with more than one serving in the container. Something to keep in mind if you are munching mindlessly (see the first tip!).
- ◆ **Practice moderation.** Snacks are snacks and should not be mistaken for meals in portion size or caloric amount. A small handful of unsalted nuts, an apple with peanut butter, a glass of chocolate milk or a yogurt with berries are all realistic snack options.
- ◆ **Only snack when you are hungry.** If you are stressed out or eating for emotional reasons, find something to keep you busy (i.e. go for a walk, meditate, read, take a shower). Try to avoid the vending machine and pack your own snacks to munch on throughout the day.
- ◆ **Hydrate!** It is easy to mistake thirst for hunger. Keep a reusable bottle of water or other favorite low calorie drink on hand when thirst strikes.



Late-Night Munching

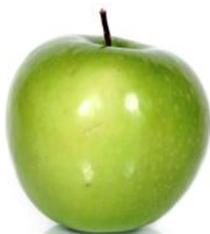
There is no “magical hour” when you should stop eating in order to prevent weight gain. The issue that many students face is more related to food choices than food itself. Remember, food is fuel—if you are staying up all night cramming for an exam, your body needs energy to continue to function properly. The key is to avoid the temptation to order a large pizza or wings and to choose instead healthy options that will

not only satisfy your hunger, but will provide you with many other nutrients to help your body function properly.

If you do decide to order a pizza or some Chinese food, watch your portions. Practice mindful eating—pay attention and enjoy your food. This way, you will be less likely to eat more than you actually need.

Try these quick and easy snack ideas:

- ◆ Banana with peanut butter
- ◆ Apple with string cheese
- ◆ Vegetables and hummus
- ◆ Hard-boiled eggs
- ◆ Yogurt with granola
- ◆ Home-made trail mix with whole grain cereal, dried fruit and assorted unsalted nuts





Resources Available

MECA is committed to enhancing the health and wellness of all students, faculty and staff members on campus. Individuals with food allergies, intolerances, and medical conditions will have access to a Registered Dietitian, where their individual dietary needs can be safely addressed. Please reach out to a member of our management team for information and access to Sodexo registered dietitians.

MECA understands the need for students to have the availability of a wide variety of foods that are fresh, healthy, and conducive to their diets. In order to exceed the expectation, this requires us to accommodate students that need special food arrangements due to dietary restrictions, allowing them to feel relaxed and comfortable in our dining halls.

Health and wellness is just a click away.



Become a fan of the Sodexo Campus Health & Wellness Facebook page by going to www.facebook.com, search Sodexo Campus Health & Wellness.

You will receive up-to-date nutrition information, healthy tips, great recipes and much more.



Visit our Mindful website at <https://mindful.sodexo.com>



MECA offers you the opportunity to have your nutrition questions personally answered by a Registered Dietitian. Please contact a member of our management team if you would like to talk with a registered dietitian.

mindful

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<http://www.meca.edu/meca-life/cafe#tab-caf>
www.mindful.sodexo.com
www.MyFitnessPal.com

