



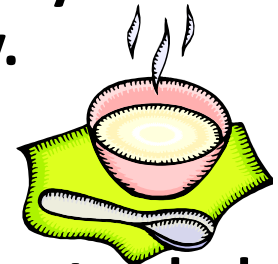
## Residence Hall Eating: 101



University of Illinois at Urbana-Champaign

# Start your day off right with a Balanced Breakfast

- Combine whole grains with lean proteins and a piece of fruit for a well-rounded breakfast
  - Having a hearty, healthy breakfast will help you stay focused in class & may prevent overeating later in the day.



- Whole Grains (high in fiber)

- Oatmeal, cream of wheat, cheerios, shredded wheat, whole grain/wheat breads.

- Note: multi-grain ≠ whole-grain

- Lean Proteins (high in protein, low in fat)

- Non-fat or low-fat dairy products, eggs, veggie sausage, soy products, peanut butter, cottage cheese.



- Fruits (high in fiber, vitamins, & minerals)

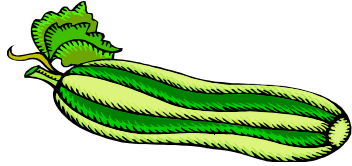
- Wide variety of fresh fruits offered daily, fruits canned in juice, smoothies (be sure to ask for NO sugar syrup)



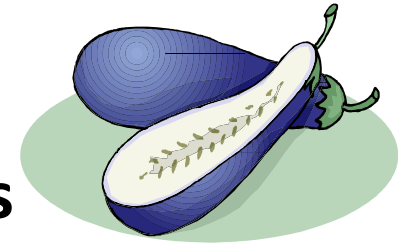
# Watch What You Drink

- Minimize “liquid Calories” by drinking water, unsweetened iced tea, or diet soda, which contain 0 Calories.
  - Other drinks such as: soda, sweet iced tea, juice, & coffee drinks may be very high in Calories & sugars
    - It’s easy for these “liquid Calories” to add up quickly because they will not necessarily leave you feeling fuller after consumption.
  - Drink non-fat or low-fat milk
    - Contain significantly fewer Calories than while milk with no other significant differences in nutritional value.





# Eat Your Veggies!



- Veggies are high in fiber, vitamins, & minerals
  - Try eating your veggies first; this will help you fill up on the “good stuff” before you even think of getting a dessert

- Cold Veggies: take advantage of the salad bar!

- Customize your plate to your liking; filling a plate at the salad bar doesn't mean you have to be eating “salad”



- Tomatoes, cucumbers, carrots, celery, mushrooms, hard-boiled eggs, beans, deli-meat, & more are available.



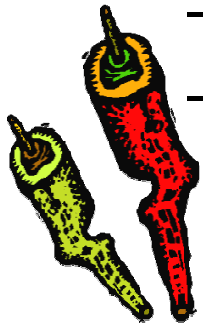
- Limit the addition of croutons, cheese, & salad dressings as these may be high in fat & Calories

- Put them in a container on the side so you can better monitor consumption

- Hot Veggies: at least 1 is offered at lunch & dinner.

- Season with a pinch of pepper or herbs for extra flavor.

- Limit the addition of butter/margarine (high in fat & Calories) & salt to your veggies.



- Most people get more than the recommended daily intake of salt *without* adding any to their food.



# Go Lean with Protein

- Trim fat & Calories by choosing lean protein sources.
- Limit: Breaded & Fried proteins.
- Choose: Grilled, Boiled, Baked, & Steamed proteins.

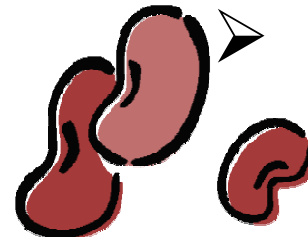
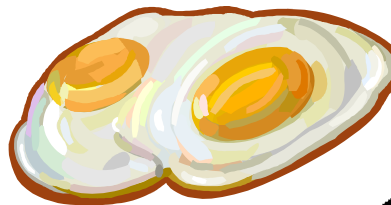
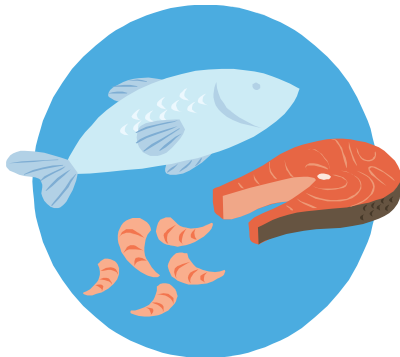


➤ Skinless chicken/turkey breast

➤ Veggie burgers

➤ Eggs

➤ Fish

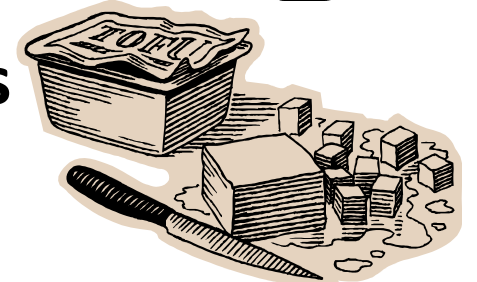


➤ Roast beef

➤ Nuts

➤ Tofu

➤ Beans



# Indulge in Moderation

- Fried foods & desserts are typically staples at any buffet-style eatery– remember just because they’re there doesn’t mean you need them.
- These foods are often “empty Calories,” meaning they are:
  - Very High in: Calories, Fats, & Sugars
  - Low in: Vitamins & Minerals
  - Make these “once in a while” foods
  - Eat a small serving
  - Share with a friend



# Plan Ahead, Make Conscious Food Choices



- Plan your meals ahead of time to decrease the likelihood of overconsumption & food-related anxiety.
  - Look at the menu & nutrition info *before* heading to the dining hall:

<http://housing.illinois.edu/eatsmart>



- Building your meals on EatSmart *before* you're in front of the endless dining options will help make healthy eating easier.

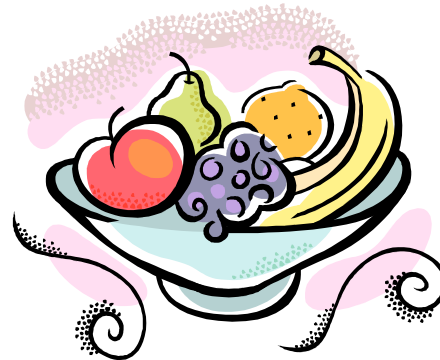
# Perfect Your Portion Knowledge

- Portion control is important for ALL foods you consume, not just “bad foods.”
  - If you over-eat ANYTHING, even healthy foods, you can gain weight.
- Visit [www.myplate.gov](http://www.myplate.gov) for guidelines to accurate portion sizes & servings.
- Print out McKinley’s “Making Sense of Serving Sizes” handout for a handy portion size reference using everyday objects.
  - [www.mckinley.illinois.edu/handouts/serving\\_sizes/serving\\_sizes.htm](http://www.mckinley.illinois.edu/handouts/serving_sizes/serving_sizes.htm)



# Make the Most of Your Meal Plan

- You can take 1 small item with you after each meal.
  - A piece of fruit, cookie, ice cream cone, or a non-dairy beverage can make a convenient snack later.
  - This will help you save \$ by decreasing the amount of points you spend at A La Carte & decreasing the likelihood that you'll have to stop at the vending machines.



# Special Dietary Needs



- Gluten-Free

- All dining halls have a “gluten-free” section.
- Ask a supervisor or your RA if you need help locating it.

- Other Food Allergies

- Contact the Residence Hall Dietitian for special dietary needs & any questions/concerns you may have.

- Robin Allen, R.D., at [roballen@illinois.edu](mailto:roballen@illinois.edu)
- [www.housing.illinois.edu/Current/Dining/Nutrition%20Information/Ask%20the%20Nutrition%20Expert.aspx](http://www.housing.illinois.edu/Current/Dining/Nutrition%20Information/Ask%20the%20Nutrition%20Expert.aspx)



# Special Dietary Needs

- Kosher

- Allen Hall serves a Kosher meal Mon-Thurs: 5-6 pm
- All dining halls offer a Kosher meal upon request.



- Passover

- All dining halls will serve Kosher meals upon request.
- All dining halls will offer some traditional Passover foods.

# Vegetarian/Vegan

- Vegetarian entrees & sides are available at every meal.
- All dining halls feature “Vegan Corners,” vegan condiment stations.
  - *Featuring:* nutritional yeast, Braggs amino acids, trail mix, almond milk, & soy: milk, cheese, & yogurt.
- Vegetarian lunch at LAR every day!
- Vegetarian dinner at LAR every Wednesday!

Look for these signs!



- For more vegetarian/vegan options, visit:  
[housing.illinois.edu/Current/Dining/Nutrition  
%20Information/Vegetarian.aspx](https://housing.illinois.edu/Current/Dining/Nutrition%20Information/Vegetarian.aspx)

# Ramadan



## Two Options:

1) Email [housing@illinois.edu](mailto:housing@illinois.edu) to request “raw food cost” reimbursement.

- Lunch: \$2.15
- Dinner: \$3.20



– *Max Reimbursement:*

- 7 Lunches/Week
- 7 Dinners/Week
- or
- “6 Classic” Plan
  - 6 Dinners

2) **Take it to go!**

– Pack a meal-to-go for **Breakfast &/or Lunch**

- Notify supervisor as you enter dining hall
- *Can fill:*
  - 1 cold food container
  - 1 hot food container

– CAUTION: it is **YOUR responsibility** to safely hold your food

- < 40°F or > 165°F

# Illini Union Ballroom

## Buffet-Style Lunch

Monday – Friday

11:30 am – 1:30 pm

*May pay with:*

- Cash
- Credit
- Check
- Extra Credits

*Adults: \$9.59 or 9.59 credits*

*Seniors 65+: \$8.58 or 8.58 credits*

*Children 5-12: \$4.80 or 4.80 credits*

*Children  $\leq 4$ : FREE*



# Busey-Evans

## *Specialty Restaurants:*

- **Ooodles**
  - Pasta Specialties
  - Fridays: 11 am – 1:30 pm



## *A La Carte:*

- **Busey Beanery**
  - Monday – Thursday: 9 pm – Midnight



# LAR



## *Specialty Restaurants:*

- **Field of Greens**

- Vegetarian, Vegan
- Monday – Friday: 11 am – 1:15 pm



- **Leafy!**

- Vegetarian
- Wednesdays: 4:45 – 6:30 pm

# FAR

## *Specialty Restaurants:*

- **Soul Ingredient**
  - Soul Food, DJ Music
  - Thursdays: 4:45 – 7:30 pm
  
- **Cracked Egg Café**
  - Breakfast Food
  - Tuesdays: 4:45 – 7:30 pm

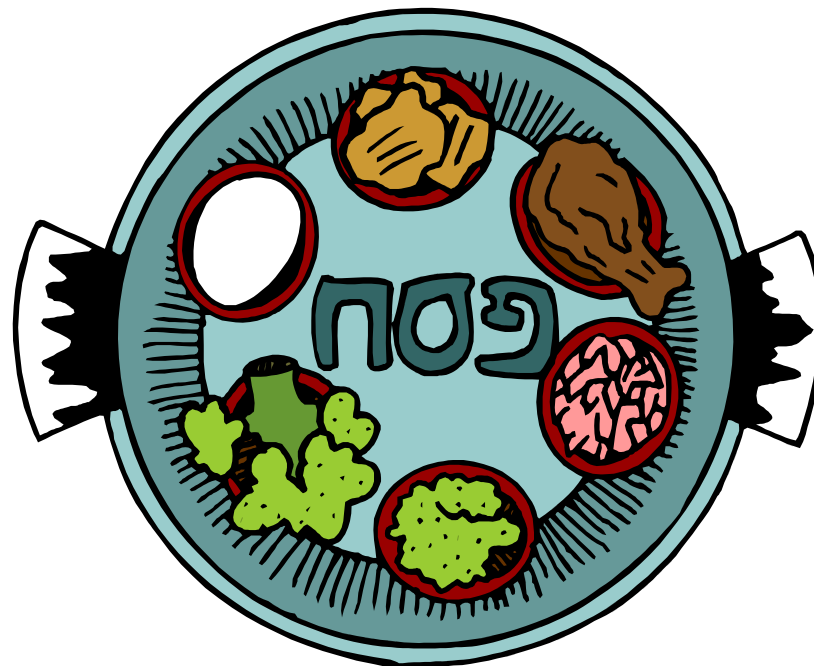
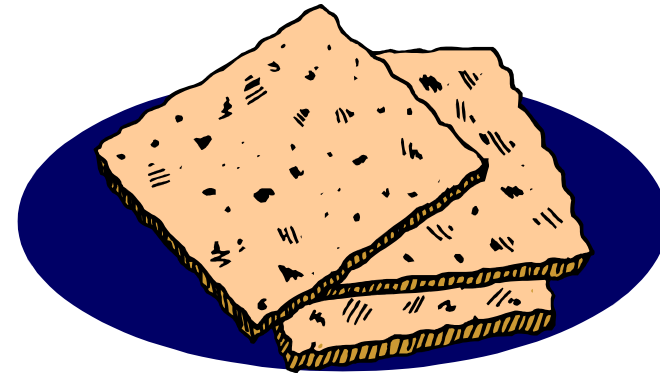


# Allen Hall

*Specialty Foods:*

- Kosher Meal

– Monday – Thursday: 5 – 6 pm



# Ikenberry

## *Specialty Restaurant:*

- **Soy-Tainly**
  - Vegan Food
  - Every day!
- **Cracked Egg Café**
  - Breakfast Food
  - Tuesdays: 4:30-7:00 pm

## *A La Carte:*

- **57 North** (1st floor)
  - Sunday – Thursday: 10 am-Midnight
  - Friday – Saturday: 10 am-1 am
- **The Caffeinator** (2nd floor)
  - Monday – Thursday: 7 am-Midnight
  - Friday: 7 am-2 pm
  - Sunday: 7 pm-Midnight



# PAR

## *Specialty Restaurants:*

- **Build Your Own Stir-Fry**  
– Every day!



## *A La Carte:*

- **Penn Station** (1st floor)  
– Monday – Friday: 9 am – 4:30 pm, 8 pm – Midnight  
Saturday – Sunday: 8 pm – Midnight



# ISR

## *Specialty Restaurants:*

- **La Cocina Mexicana**

- Mexican Food
- Fridays: 4:45 – 7:00 pm

- **Taste of Asia**

- Asian Food
- Wednesdays: 4:45 – 7:00 pm

## *A La Carte:*




- **Chomps** (basement)

- Monday – Friday: 9:30 am – 4:30 pm, 8 pm-Midnight
- Saturday – Sunday: 8 pm – 1 am



# WHERE are the Dining Halls??



-  Ikenberry
-  ISR
-  Busey-Evans
-  Illini Union Ballroom
-  LAR/Allen
-  PAR
-  FAR

[http://www.housing.illinois.edu/Current/Dining/Locations%20and%20Hours/~media/Images/Feature%20Photos/Food%20and%20Catering/DiningMap\\_11\\_Large.aspx](http://www.housing.illinois.edu/Current/Dining/Locations%20and%20Hours/~/media/Images/Feature%20Photos/Food%20and%20Catering/DiningMap_11_Large.aspx)

# **Consult a Professional!!**

- **Consult the Residence Hall Dietitian if you have any questions, comments, or concerns about your dining services or your diet.**



**Residence Hall Dietitian, Assistant Director of Dining**

**244.1486**

**roballen@illinois.edu**

# Consult a Professional!!

- Consult one of the RDs at the U of I if you have any questions or concerns about your diet.

**Justine Karduck**  
MS, RD, LDN, CDE



**SportWell Center**

**244.0261**

**jkarduck@mckinley.illinois.edu**

**Susan Kundrat**  
MS, RD, LDN, CSSD



**Sports Dietitian**

**333.2530**

**kundrat@illinois.edu**

**Bethni Gill**  
MA, RD, LDN



**Health Education**

**333.2714**

**bsgill@illinois.edu**

# References

- McKinley Health Center:  
<http://www.mckinley.illinois.edu>
- MyPlate: <http://www.myplate.gov>
- Strong, K.A., Parks, S.L., Anderson, E., Winett, R., & Davy, B.M. (2008). Weight gain prevention: Identifying theory-based targets for health behavior change in young adults. *Journal of the American Dietetic Association*, 108(10), 1708-1715.
- University of Illinois Housing and Dining:  
<http://www.housing.illinois.edu>