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](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 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
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
    - [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
Ramadan

Two Options:

1) Email 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 ≤4: FREE
Busey-Evans

**Specialty Restaurants:**

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

**A La Carte:**

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

• **Field of Greens**
  – Vegetarian, Vegan
  – Monday – Friday: 11 am – 1:15 pm

• **Leafy!**
  – Vegetarian
  – Wednesdays: 4:45 – 6:30 pm
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
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??

http://www.housing.illinois.edu/Current/Dining/Locations%20and%20Hours/~/media/Images/Feature%20Photos/Food%20and%20Catering/DiningMap_11_Large.ashx
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.

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References

• McKinley Health Center: http://www.mckinley.illinois.edu
• MyPlate: http://www.myplate.gov
• University of Illinois Housing and Dining: http://www.housing.illinois.edu