

Healthy Eating on OSU's Campus

What are considered healthy choices on campus?

Healthy choices are nutrient dense, meaning they provide relatively high amounts of vitamins and minerals with lower calories. Some foods that are considered nutrient dense include:

1. Whole grain breads and cereals
2. Fruits and vegetables
3. Lean meats, legumes and beans
4. Low fat dairy products



The opposite of nutrient dense is calorie dense (also called "empty calories"). Calorie dense foods provide high amount of calories, with relatively few vitamins and minerals. Some examples of calorie dense foods are:

1. Candy and cookies
2. Sodas and alcoholic drinks
3. Chips and processed snack crackers



Which is more nutrient dense?

Mirror Lake - Club Sub

Calories	440	Protein	31 g
Carbs	45 g	Fat	16 g
Calories from Fat	32 %	Cholesterol	73 mg
Vitamin C	0 mg	Calcium	360 mg
Iron	3 mg	Sodium	1430 mg
Fiber	1 g		



Mirror Lake – Chicken Caesar Wrap

Calories	880	Protein	44 g
Carbs	79 g	Fat	44 g
Calories from Fat	45 %	Cholesterol	50 mg
Vitamin C	17 mg	Calcium	650 mg
Iron	5 mg	Sodium	2925 mg
Fiber	3 g		

Answer: *The Club Sub*. The club provides more calcium and iron and less fat relative to total calories than the chicken Caesar wrap. Without looking up the nutritional information, the healthier choice may be difficult to guess. Use <http://dining.services.osu.edu/menus/> or your team's sports nutritionist to help you!

Where can I find healthy choices on campus?

Virtually all the campus dining locations carry healthy, nutrient dense choices. The challenge is that they likely also carry calorie dense foods. It is up to you to choose meals and snacks that will help you feel and perform at your best.

To help you identify healthy options, visit <http://dining.services.osu.edu/menus/> for nutritional information on the foods you are eating or would like to try.

Here are some healthy options to get you started:

- Half General Tso's chicken with a side salad and light dressing ~ 500 calories, 8 g fat from Marketplace
- Black bean hummus wrap ~470 calories, 12 g fat from Fresh Express
- Grilled chicken sandwich, ~290 calories, 6 g fat from Buckeye Express
- The Spa with grilled salmon, ~500 calories, 15 g fat from Courtside Café

Did you know?

OSU's dining services websites offers tools to help you make healthy choices. Here are some symbols you will see:

- = Vegetarian
- = Vegan
- = Low-Fat



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