

The Mindful Munch

Optimize Nutrition For Your Best Performance

What's
Inside


Nutrition & Stress | Power Snacks | Foods that Heal | Hydration | Fiber Up
Very Important Proteins | Meal Plan Maximizers | DIY Creations | Resources



Nutrition and Stress

Good nutrition protects against stress. But a poor diet can add stress to your body & affect your mood. Stress can bother your appetite, sleep patterns & bowel habits (may experience irritable bowel/diarrhea).

Fuel up every 3-4 hours (while awake) for a steady supply of nutrients & stable blood sugar. This helps manage appetite, concentration, memory & mood.

- Know your campus dining locations & hours.
- Sign up for notifications and follow us on social media.
- Use your meal plan for fuel breaks.
 - » Plan study sessions at the Dining Hall where you can sip coffee & snack.
- Look for the Mindful logo for healthy options. 
To learn more, click [HERE](#)
- » Learn [healthy eating strategies](#) from our Sodexo dietitians.

Get your antioxidants found in [colorful fruits & vegetables](#). They counteract harmful molecules produced when your body is stressed. Aim for 5 colors a day.

- You can fuel up on Plant Power at various food stations at the dining hall, whether burgers, casseroles, pizza, salad, sandwiches, soup, stir fry, & more.
- Mix & match colors– the more the better.



EAT THE RAINBOW

- Go green with bell pepper, broccoli, cabbage, celery, collard or turnip greens, cucumber, grapes, green beans, lettuce, okra, pear, peas, spinach, zucchini
- Go red with apples, bell pepper, cranberry, red onion, strawberry, tomato, watermelon & more
- Go orange with butternut squash, cantaloupe, carrot, orange, peach, pumpkin, sweet potato
- Go yellow with apricot, bell pepper, corn, pear, pineapple, summer squash
- Go blue/purple with blueberry, eggplant, grape, plum, raisin

Get your omega-3 fats for hormone balance & brain function– low intakes can result in anxiety & depression. Good food sources are Brussels sprouts, flax seed, kale, oatmeal, peanut butter, pumpkin seeds, salmon, spinach, & walnuts.

Fill up on fiber-rich carbohydrates such as beans, brown rice, fruit, oatmeal, nuts, whole-grain bread & pasta. They provide a steady supply of energy & nutrients. Aim for 5 a day.

Can you identify which stress-fighting foods are offered at the Dining Hall?

- If you know a stressful or busy time is coming, prepare by eating more of these foods & stocking up on quick, healthy snacks.
- Remember to wash your hands before eating or prepping food.

Source: American Journal of Clinical Nutrition, Journal of Psychiatric Research, Fruits & Veggies More Matters

Power Snacks

Energy-boosting combos to fuel your workouts & study sessions.
Before eating or prepping food, go wash your hands!

Snacks should contain [2 to 3 food groups](#) for a variety of nutrients. Power Carbs will energize you. Fiber & protein will keep you from getting hungry too soon.

Before Bed

If you have an early class, practice or competition, and/or will likely skip breakfast

- Eat a snack 1-2 hours before bed
- Choose easy-to-digest foods such as cereal & milk, peanut butter crackers, yogurt with granola.

Pre-Game/Exercise

Combine easy-to-digest carbs & protein, providing about 200-300 calories, 1 hour before activity.

- Bagel or toast with peanut butter
- Chocolate milk
- Banana & yogurt
- Cottage cheese & crackers
- Fruit smoothie



Post-Game/Exercise

Within 30-60 minutes after activity, consume more carbs (30 g) & protein (10 g) for enhanced recovery. Carry healthy snacks with you to be available.

- Fruit (apple, banana, orange)
- Graham crackers
- Granola bars
- Juice box
- Peanut butter sandwich
- Raisins
- Trail mix with nuts

Before a Mental Marathon

(exam prep, presentation or test)

Eat brain foods 30-45 minutes beforehand, for mental focus & clarity.

- Fruits – avocado, banana, berries, citrus
- Grains – oatmeal, pasta, potato, whole-grain bread (bagel, English muffin, pancake, toast, tortilla) & cereal
- Nuts (nut butters) & seeds

TIP: Spread peanut butter & sliced banana on whole-wheat toast for an exam-jam snack.

These carbohydrate-rich foods are available at different food stations in the Dining Hall.

Learn more [brain-boosting snack tips](#) from nutrition experts.

Source: American College of Sports Medicine, Today's Dietitian- "Eating for Energy"



Tea

rich in antioxidants to
fight illness



Foods that Heal

Resist illness & recover faster with proper nutrition & rest.

When we're sick

- Fever & infection increases protein needs
- Sweating increases fluid and electrolyte needs
- Sore throat hinders swallowing
- Nausea lowers appetite
- Stuffy nose decreases taste and smell

Stay well hydrated to replace electrolytes lost through diarrhea/vomiting & sweat

- Coconut water
- Diluted juices
- Spa water (infused with herb, fruit, or veg)
- Sports drinks

Choose soothing drinks to help congestion, nausea, sore throat, & stomach pain

- Hot cider & tea
- Chamomile & ginger tea (anti-inflammatory)
- Green & black tea (rich in antioxidants to fight illness)
- Clear broths
- Clear non-caffeinated soda, such as ginger ale

Heat ginger ale in the microwave for 60-90 seconds; add chamomile tea bag & steep for 2 minutes. Sip slowly.

Choose easily digested protein for immune cells and strength

- Chicken noodle soup (amino acid, cysteine, also helps to thin mucus)
- Eggs (also rich in zinc that supports immune function)
- Gelatin
- Pudding
- Yogurt (also has probiotics that support immune function)

Choose easily digested carbs for energy and recovery


- Hot cereal – grits, oatmeal
- White rice
- Mashed potatoes
- Fruit cups (vitamin C helps shorten illness)
- Bananas & oranges (electrolytes help achy muscles)
- Applesauce (easy to swallow with sore throat)
- Crackers, pretzels, dry toast (help upset stomach)

Stock up on these foods during cold & flu season (peaks Dec. through Feb.) & maintain a healthy diet. Remember to wash your hands often and use other [stay-healthy strategies](#).

Source: Academy of Nutrition & Dietetics, Today's Dietitian- "Integrative Medicine Embraces Nutrition"







Stay well hydrated to feel & perform your best. Your body is about 60% water & your brain ~75% water.

When we're dehydrated, our body & mood changes:

- We get tired, irritable, constipated, forgetful, impatient
- Head & joints ache
- Judgment is impaired
- Mouth & skin gets dry
- Muscles cramp

Drink more water than flavored beverages (coffee, soda, juice drinks).

Choose foods with high-water content, in addition to drinks.

- Applesauce
- Soup
- Tomato sauce
- Yogurt
- Vegetables & fruit (also rich in water-soluble vitamins)

Learn more [hydration facts & tips](#) from our Sodexo Dietitians.

HIGHEST WATER CONTENT FOODS



Strawberry, Watermelon, Grapefruit, Cantaloupe, Peach, Orange, Pineapple, Blueberry, Plum



Cucumber, Lettuce, Celery, Radish, Zucchini, Tomato, Cabbage, Cauliflower, Eggplant, Bell Pepper, Spinach, Broccoli, Carrot

Source: Institute of Medicine, WebMD

Peak Hydration

Fiber Up, Hunger Down

Fiber-rich foods help manage appetite. Eat fiber-rich foods every meal for these benefits.

- They require more chewing, so you eat more slowly. This improves digestion, which begins in the mouth. It also improves absorption, so nutrients aren't wasted. Lastly, this helps regulate appetite hormones.
- They take longer to digest, so you feel full longer. This increases satiety (fullness) during meals, reducing overeating. It also reduces hunger pangs between meals.
- They have a lower glycemic index (GI), so blood sugar increases gradually. This eases insulin response and improves blood sugar control. This keeps you from feeling hungry soon after eating.
- They have more volume per calorie. This helps you feel full before feeling "stuffed" and uncomfortable. And you're less likely to feel tired after meals.

Fiber-rich foods come from plants, specifically fruits, legumes, nuts/seeds, vegetables and whole grains.

HIGHEST FIBER CONTENT FOODS

- **Legumes:** beans (adzuki, black, pinto, kidney, navy, Great Northern, white, refried), chickpeas, green beans, hummus, lentils, peas, peanuts, soybeans
- **Nuts/Seeds:** almonds, chia seed, coconut, flaxseed, pumpkin seed, sunflower seed, walnuts
- **Whole-grains:** barley, bulgur, bran cereals, brown rice, corn, cornflakes, oatmeal, popcorn, quinoa, wheat germ, whole-wheat pasta and pita bread
- **Vegetables:** bok choy, broccoli, Brussels sprouts, cabbage, carrot, cauliflower, collard greens, kale, pumpkin (winter squash), spinach, sweet potato/yams, swiss chard
- **Fruit:** apple, avocado, banana, blackberry, blueberry, cherry, dried apricot, grapefruit, kiwi, orange, peach, pear, prune, raspberry, strawberry

Try these ideas:

- Start your day with whole-grain breakfast cereal, such as bran or oatmeal – flavor it with fruit for sweetness and even more fiber.
- Carry raw, cut-up vegetables for quick snacks.
- Add beans and peas to salad and soup.
- Add shredded or chopped vegetables to pasta, salad, and soup.
- Eat whole fruit for dessert instead of cookies and cake.
- Snack on popcorn instead of chips.
- Snack on nuts instead of crackers.
- Start lunch and dinner with a soup or salad before the main entrée.

Fiber Finds in the Dining Hall

- Cooked vegetables (sautéed, steamed, stir-fried) and casseroles
- Soups and stews with beans, veggies and whole grains
- Salad vegetables and toppings (dried fruit, nuts, seeds)
- Whole-grain bread and cereal
- Whole and dried fruit

The Vips (Very Important Proteins)

Nutrient-dense protein foods for a strong mind & body

Plant Protein	Serving Size	Avg. per serving	Other key nutrients
Tofu	3 oz	15 g	iron, calcium
Pinto beans	½ cup (cooked)	11 g	fiber, folate, copper
Quinoa	1 cup (cooked)	9 g	fiber, iron, B vitamins
Black beans, kidney beans	½ cup (cooked)	8 g	fiber, folate, potassium
Chick peas/hummus	½ cup (cooked)	7 g	fiber, folate, iron, zinc
Black-eyed peas	½ cup (cooked)	7 g	fiber, folate, iron, zinc
Peanut/nut butter	2 Tbsp (1 Tbsp)	7 g	vit. E, magnesium
Sunflower seeds	2 Tbsp	6 g	fiber, omega-3, iron
Oatmeal	1 cup (cooked)	5 g	fiber, manganese, thiamine (B1)
Walnuts	2 Tbsp	4 g	omega-3, copper, biotin

Animal Protein	Serving Size	Avg. per serving	Other nutrients
Chicken	3 oz	28 g	niacin, selenium
Turkey	3 oz	25 g	niacin, selenium, zinc
Tuna	3 oz	22 g	omega-3
Salmon	3 oz	22 g	omega-3
Shrimp	3 oz	20 g	B12, selenium, copper
Cottage cheese	4 oz	14 g	calcium & vit. D
Milk	8 oz	8 g	calcium & vit. D
Egg, large	1 oz	6 g	leutin
Yogurt, regular	4 oz	4 g	calcium & vit. D

Source: USDA Nutrient Database

Vary your protein.

- Combination of foods to form 25% of meal (¼ of the plate)
- Aim for 20-30 grams - excess protein can't be stored; it must be removed.

Need more protein? Eat more often, not more at one meal.


- Avoid costly supplements– food is the easiest, most effective (& least costly) way to meet needs.
- The Dining Hall offers 5 or more protein options per meal period!

TOO MUCH protein causes your kidneys to work harder to remove nitrogen waste through urine. This can lead to:
DEHYDRATION | KIDNEY STONES | STRONG BODY ODOR | BAD BREATH | WEAK BONES

meal plan Maximizers

DINING HALL TIPS TO MAXIMIZE YOUR TRIPS.

Plan Your Trip. Scope out what & when to eat.

- View online menus beforehand so you don't give into the 1st thing you see or eat the "same old foods"...pizza, fries, burger.
- Vary your protein & your colors.
- Know what the healthy options are– look for the Mindful logo. 
- Try something different each week... a different food station, salad dressing, cooked and raw vegetables, sauces, soup, & so on.
- Go to the dining hall at different times.
 - » There are different food options at different times/days.
- Eat before class instead of after class– eating when tired or grumpy makes it harder to satisfy the senses.

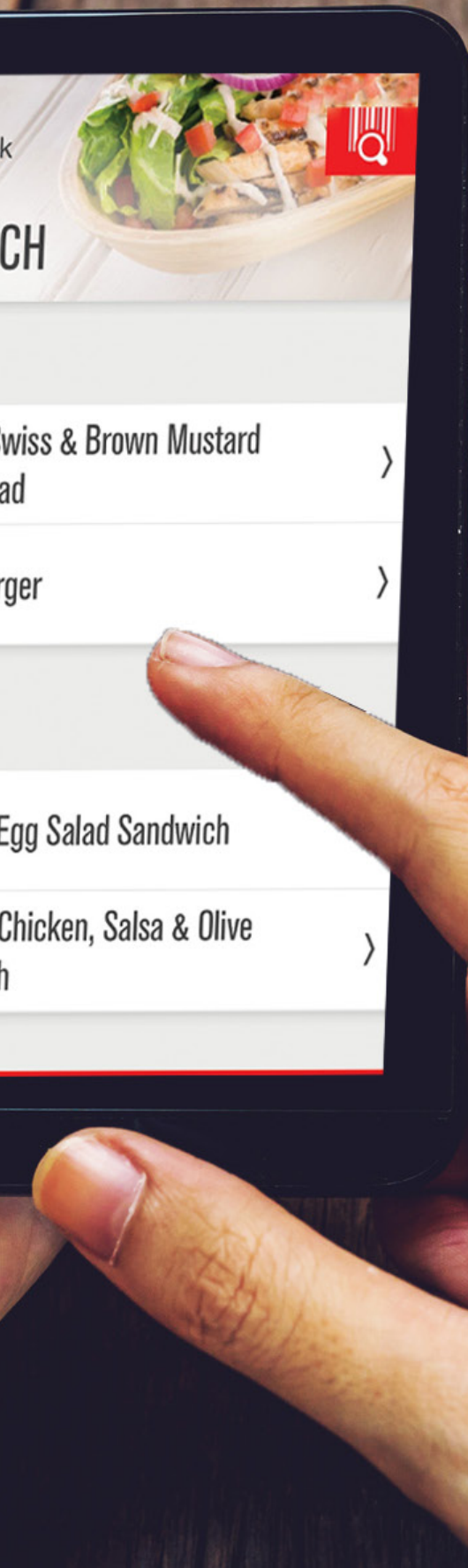
Eat with new people. If you eat with the same friends all the time, you're less likely to try new foods/meal combinations.

- Seeing someone else try a dish or soup of the day can inspire you to try it too.
- People from other cultures and regions can help you explore new ingredients & seasonings, transforming the "same old foods".

Become a Culinary Ninja. Combine foods from different stations to make a meal. All the ingredients in your salad don't have to come from the salad bar; likewise, the toppings on your burger don't have to come exclusively from the grill.

- Add grilled chicken or deli meat to your salad.
- Add salad bar veggies to your soup & reheat in the microwave.
- Try different cheeses & meats on your sandwiches.
- Make your own dips, sauces & seasoning combinations, such as honey mustard.

Learn more [smart dining strategies](#) from our Sodexo Dietitians.



Optimize flavor & nutrition

with Do-It-Yourself combos.

Before eating or prepping food, go wash your hands!

DIY Breakfast

Breakfast is the most important meal of the day so don't skip it! Power Carbs will energize you. Fiber & protein will keep you from getting hungry too soon.

- Not So-Plain Grits. Combine hot grits, shredded cheese, garlic powder, & hot sauce.
- Better-Tasting Oats. Mix in dried fruit and/or chopped nuts for a more filling & satisfying oatmeal. Sweeten with a dash of cinnamon, honey, jam, maple syrup or nutmeg.
- Wow Waffles. Boost flavor & nutrition with these toppings: fresh or dried fruits, chopped nuts, peanut butter, yogurt.
- Yogurt Parfait. In a bowl, layer yogurt, sliced fruit, granola, nuts, and honey.

DIY Burger

A beef or chicken patty provides protein & minerals but also contains animal fat. Build a better burger by adding color & fiber.

- Asian-Fusion Burger. Add stir-fry vegetables from the salad bar or grill & a dash of soy sauce.
- Chili Burger. Add chili from the soup station. The beans add fiber.
- Italian Burger. Top with onion & peppers from the salad bar & tomato sauce from the pasta or pizza bar.
- Mushroom Melt. Get mushrooms from the salad bar & toss with olive oil & ground pepper in a bowl. Heat in microwave for a minute. Add to burger with a slice of cheese from the deli & microwave again until cheese is melted.
- Salsa Burger. Add salsa from the salad bar, or bring your own, for an antioxidant boost.

DIY Dips & Sauces

Boost flavor & nutrition by adding beans, herbs, spices & vegetables.

Make good use of the condiments at various stations (salad bar, coffee/tea bar, grill, pasta bar).

- Bean Dip. Mix together black beans or chickpeas, chopped onion and/or bell pepper, olive oil & vinegar from the salad bar. Season with garlic powder & black pepper.
- Creamy Tomato Sauce. Combine tomato sauce with half-&-half from the coffee area. Warm in the microwave, then stir in cheese, salt, and pepper.
- Fiesta Salsa. Start with salsa (or diced tomato & onion), add black beans and/or corn; then mix in a dash of garlic powder, ground pepper & cumin.
- Fruit Dip. Mix together yogurt, honey & cinnamon.
- Robust Hummus. Add garlic powder & hot sauce to the hummus from the salad bar or vegan station.



Oats

Mix in dried fruit for a more filling & satisfying oatmeal. Sweeten with a dash of cinnamon, honey, jam, maple syrup or nutmeg.



DIY Pasta

This enriched grain is a good carbohydrate source, providing energy, B vitamins & minerals. Boost flavor & nutrition by adding protein & fiber.

- Sliced chicken, ham, or turkey from the deli
- Chicken or hamburger from the grill
- Beans, cheese or vegetables from the salad bar or other stations

Cut the above into bite-size pieces as desired, mix into pasta with sauce & warm in the microwave.

DIY Soup

This a great way to eat your water. Broth-based soups are easy to digest, provide additional fluids, & are usually lower in fat than creamy versions. Boost flavor & nutrition by adding ingredients from other stations:

- Beans & peas for added fiber and plant protein
- Cooked or raw veggies for added fiber and minerals
- Pasta, potatoes, & rice for added carbs to fuel your activity

Try seasonings such as soy sauce, hot sauce, or garlic powder. Heat in the microwave to desired temperature.

Learn more [seasoning tips](#) from Mindful by Sodexo online.



DIY Steamed Vegetables

The steaming method preserves color, nutrients, & crisp texture.

- Grab raw vegetables from the salad bar (broccoli, carrot, pepper, etc.) & microwave in a bowl with a little water, until slightly tender, 1 minute at a time. Toss with a little olive oil & seasoning powder (garlic, pepper, etc.) as desired.

DIY Sweets/Drinks

Desserts & sweetened beverages (soda, flavored coffee/milk, shakes, etc.) have added sugar that can cause unwanted weight gain & increase food cravings, so limit your portions and frequency.

Boost flavor & nutrition to sweet treats by adding fruit, cinnamon & nutmeg when possible.

- Almost Apple Pie. Slice an apple, top with cinnamon & honey from the tea station, then sprinkle with granola (or oats) & warm in the microwave. Top with vanilla ice cream or frozen yogurt.
- Almost Peach Pie. Put sliced peaches in a bowl, top with cinnamon & honey from the tea station, then sprinkle with granola (or oats) & warm in the microwave. Top with vanilla ice cream or frozen yogurt.
- Banana Boat Sundae. Slice a banana in half, length-wise. Drizzle with honey & cinnamon. Warm in the microwave. Top with ice cream or yogurt.
- Cereal Sundae. Add granola or crushed bran flakes to soft serve ice cream or yogurt. Add more color with berries or pineapple.
- Ice Cream Sandwich. Add ice cream or frozen yogurt in between 2 cookies.
- Spa Water. Fill a cup with water, add 2 or more sliced fruits/veggies such as cucumber, orange, pineapple, strawberry, or watermelon.

Learn more [DIY strategies](#) from our Sodexo Dietitians.





Help Me OUT

Manage your meal plan & nutrition with these helpful Sodexo resources

- Get to know your Dining Team– knowing names & faces will help you feel more comfortable asking questions & making suggestions. You may ask to see the General Manager or Chef for special dietary needs.
- Download the Bite by Sodexo app on your phone to view dining locations, hours & menus.
- Visit our [Mindful Website](#)–Learn how Sodexo is making eating healthy second nature with informative articles, recipes and giveaways.

