EATING WELL
at Stony Brook University

A student’s guide to navigating campus dining with health and wellness in mind

CulinArt Group and Campus Dining encourage students to maintain a healthy lifestyle—one that incorporates wholesome, balanced food choices, regular exercise, and an overall attention to living well. Study up on these tips below for how to eat well anywhere on campus, plus look for some of the Campus Dietitian’s favorite meals and snacks!

Eat Well Tips from the Campus Dietitian

» Make the most of your salad. Don’t forget to make use of our color-coded tongs:
  - **Green**: Use these ingredients often as they are typically nutrient dense fruits and vegetables
  - **Yellow**: These ingredients pack on protein, healthy fats and other good stuff, so enjoy them…in moderation.
  - **Red**: Add just a bit for flavor and color, as these are usually high in calories, sodium, and unhealthy fats.

» Build a better sandwich. Choose whole grain breads and lean proteins like chicken or turkey. Then top with veggies to maximize flavor, nutrition and crunch!

» Go for it at the Grill. Stick to grilled fish and chicken options instead of battered or deep-fried and choose extra veggies like peppers, onions and mushrooms instead of cheese. Ask for plain grilled chicken by itself at any of the grills throughout campus.

» Start with an egg-ceptional breakfast. Having protein in the morning starts you off on the right foot and gives you long lasting energy. Eggs are versatile, pair them with mixed veggies, your favorite toast or oatmeal to start the day off strong.

» Chat with the Chefs. Talk to the chefs and culinary team to get their daily recommendations or ask questions.

» Browse the dining website. Visit www.stonybrook.edu/dining to view all menus, ingredients and nutrition information.

Our Eat Well Program

CulinArt’s Eat Well recipes strive to use whole, naturally flavorful and nutritious foods prepared with healthful cooking methods.

Eat Well entrees contain:

» Less than or equal to 400 total calories
» Less than 20g of total fat
» Less than 5g of saturated fat and natural trans fat combined
» Less than 600mg of sodium per serving

All campus dining locations and stations will feature Eat Well recipes, so be on the lookout no matter where you grab a bite!

Laura Martorano, MS, RD, CDN, Campus Registered Dietitian, is always available to students to speak about healthy dining or meeting your dietary needs on campus. Make an appointment or e-mail laura.martorano@stonybrook.edu
East Side Dining:

» Mix and match! Think outside of the box and choose items from the Vegan Station, Chef’s Table, or even the Grill to create a well-balanced combo meal.

» Study with a Snack. Come to Dine-In between 3 and 5 pm to grab a savory snack like hummus with veggies, chia pudding, quinoa and more. Snacking throughout the day can prevent that mid-day blood sugar crash between lunch and dinner.

» Sauce on the side, please. Eating at Halal N.Y. is a great way to diversify your palate while meeting your dietary needs. Ask about all the new sauces for you to try, but order them on the side to avoid excess calories.

West Side Dining:

» Fill your cup. Add fresh fruits or vegetables to your water to add flavor and trace amounts of vitamins to your sips.

» Rethink dessert. Want something sweet? Skip the froyo and reach for chia pudding (still add the fun toppings!) for a sweet treat that won’t send you into a sugar coma. Chia seeds offer omega-3 fatty acids that promote brain and heart health.

» Go Meatless on Mondays. For plant-based protein, try our new falafels, made with ground chickpeas, fava beans, or both!

Roth:

» Check out the new Pasta Bar at the Tuscan Station and add a variety of grains like quinoa and farro to bump up your protein and fiber intake.

» Eat gingerly. The Ramen station offers fresh ginger which acts as an anti-inflammatory aid and can help combat nausea.

» Opt for the new Fresh and Fit program at Subway on campus. The sandwiches are less than 400 calories and provide two servings of vegetables and 24 grams of whole grains. Plus, they’re low in saturated fats.

» Wok are you talking about? Load up your stir-fry with a variety of veggies to ensure that you meet the daily fiber recommendation (25 grams for women and 38 grams for men).

SAC:

» Omelette you in on some information: The Omelette station is a hidden gem in the morning and can be a great way to add protein at breakfast. Remember, a little cheese can go a long way in adding some calcium into your diet.

» Crunch while you munch. The Made to Order Deli allows you to customize your sandwich. Make sure to include vegetables that crunch like bell peppers, banana peppers, spinach, and more!

FOOD ALLERGIES? EMAIL OUR CAMPUS REGISTERED DIETITIAN AT LAURA.MARTORANO@STONYBROOK.EDU WITH YOUR ALLERGY QUESTIONS OR CONCERNS.