

USDA's Choose My Plate and Dining at Drake

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Sodexo has taken the Choose My Plate program introduced by the USDA one step further for Drake students. At Hubbell, we identify at least one meal at lunch and dinner which meets the following Dietary Goals for Healthy Americans:

- Less than 35% of calories from fat
- Less than 10% of calories from saturated fat
- Less than 800 mg sodium
- At least 3 g fiber
- Less than 600 calories

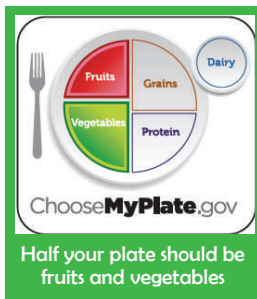
Just add a glass of fat free milk to meet the USDA's Choose My Plate guideline.

The selection is identified as "A Better Tomorrow Starts Today for Your Health." It is shown on the display in back of the cashier at Hubbell and is also identified at the station where it is prepared. You will also find that week's selection on the menu page and under nutrition on the Drake Dining website. (<http://www.drakeudining.com/>).

If you don't care for the selection at a given meal, you can still follow the Choose My Plate guidelines at the various stations. Here are some tips for doing that:

Tossed Salad Station

You'll easily meet the guideline for vegetables and protein at this station. Notice that the ingredients are served with different colored utensils according to the following guidelines:



- Green utensils indicate ingredients that are low in calories, fat and sodium and can be used generously.
- Tan utensils are used for ingredients that are higher in calories or sodium,

but are low in saturated fats and are good sources of other nutrients such as protein, unsaturated fats, vitamins or minerals. Use a variety of items in moderation from this group so total does not exceed ½ cup unless this is your only source of protein for your meal.

- Red utensils indicate ingredients that should be used sparingly as they are higher in saturated fat and/or sodium.

Watch the amount of dressing you add! The calories add up fast if you smother your salad with dressing. Complement your salad with some bread (preferably whole wheat), a glass of fat free milk, and some fruit if you're still hungry.

Dressing	Calories Per 2 tbsp
Fat Free Italian	10
Fat Free Ranch	30
Balsamic Vinaigrette	60
Ranch	100
Italian	120
Dijon Honey Mustard	128
French	130
Classic Caesar	140
Thousand Island	140
Oil & Vinegar - 2:1 ratio	144

The Deli Station

- Choose the wheat bread or wheat wrap.
- Choose turkey, ham or roast beef as they are leaner. Don't include cheese everyday.
- Watch the amount of sauces you add.
- Complement with fresh fruit and fat free milk.

The Grill

- At the grill, the turkey burger is the leanest choice. If you choose a hamburger instead, skip the cheese or only add occasionally.
- Complement with a serving of vegetables from the Daily Dish station, whole fresh fruit, and fat free milk.

The Pizza Station

Everyone loves pizza. Unfortunately, it can be high in calories, fat, saturated fat, and sodium — all items the Dietary Guidelines for Healthy Americans caution us about. Does that mean you should avoid it? Not at all! Avoiding specific foods often makes us want them even more. So instead balance your intake – Don't eat pizza every day and when you do eat it, limit the number of slices you consume and make sure to combine it with other foods – vegetables, salads, fruit and fat free milk.

The Chef's Table and Daily Dish Station

Frequently, the Daily Dish Station will have items that easily fit the "Choose My Plate" diagram. By focusing on selecting vegetables, lean protein, and grain when combining items for preparation at the Chef's Table Station it is possible to meet the "Choose My Plate" guidelines. The protein offered at these stations may be breaded or with a sauce to provide more variety.

No one food provides all the nutrients you need for a healthy diet. That's why variety is so important. If you find yourself always eating just salads, or just wraps, or just burgers, or just pizza, you need to make some changes to get the nutrients you need and so you don't get burnt out on a specific food.

For more specific information on the nutrition for specific items offered at Hubbell, go to the Hubbell Dining Hall menu on the Drakeudining.com website, click on the item and the nutrition facts will appear. You can also check the items you consumed or are planning to consume and click "View the Selected Items Report".