



## High performance fueling in the Heritage Center (HC)

- Check out the HC menu ahead of time at: <http://www.dineoncampus.com/utah/show.cfm?cmd=menus2>

### BEST OPTIONS FOR BREAKFAST

(Choose a fruit, carbohydrate and protein source)

#### Fruit

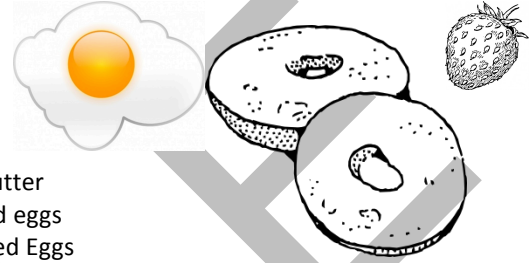
Fresh fruit  
Dried fruit (Raisins, Cranberries)  
100% fruit juice

#### Carbohydrate

Whole wheat toast  
Bagel  
Cold cereal (high fiber, low sugar)  
-Raisin Bran, Special K, Cruncheroos  
Oatmeal

#### Protein

Peanut butter  
Scrambled eggs  
Hard Boiled Eggs  
Omelet with added vegetables  
Yogurt



- **Tip:** Customize your own omelet at the grill area
  - Choose fresh veggies (mushrooms, tomatoes, red onion, or green pepper)
  - Add a small amount of cheese if desired
  - Egg whites are an option (just ask)

- **Tip:** Make a yogurt and fruit parfait!
  - Start with some plain yogurt
  - Add some fresh fruit topping (strawberries, blueberries, peaches)
  - Sprinkle some nuts (sunflower seeds, pumpkin seeds, or flaxseed)
  - Add some dried fruit (raisins or dried cranberries a.k.a. craisins)
  - Top with some granola or some crunchy cold cereal

### BEST OPTIONS FOR LUNCH/DINNER

(Choose a fruit or vegetable, carbohydrate and protein source)

#### Salad bar

Load up on vegetables



Add a protein source (beans, tofu, tuna, chicken, cottage cheese, roast beef from the sandwich area, etc)

- **Tip:** Try adding nuts like sunflower seeds or pumpkin seeds to your salad for crunch and extra protein
- **Tip:** Go to the grill area, ask for a grilled chicken breast or garden burger to top your salad

Use light dressing (vinegar, salsa)

- **Tip:** Try having you salad with dressing on a side plate and dip as you eat. You might need less than you think!

Add a complex carbohydrate (roll, potato, rice, etc)

- **Tip:** Ever try quinoa? It looks and tastes like rice, but has much more protein. It's usually available to the left of the soup area

#### Sandwich bar

Start with whole wheat or multi grain bread

Include a protein source (turkey, cheese, roast beef, peanut butter, etc)

Top with lots of vegetables

For condiments try hummus, mustard, light salad dressing or small amounts of mayonnaise

- **Tip:** You can make your own wrap using a tortilla and grabbing vegetables from the salad bar
- **Tip:** Make any sandwich hot and crispy with the Panini Press machine

**Asian/Wok station**

For something light, try the noodle and vegetable soup  
Look for brown rice as the carbohydrate  
For extra spice try the Sriracha hot sauce

- **Tip:** Grab some fried brown rice and add a lean protein from the grill area

**Soups**

Broth based (vegetable, minestrone, chicken noodle, etc) instead of cream-based soups  
Add a whole grain roll, rice or pasta to ensure you get adequate calories

**Entrees**

Grilled chicken or beef (you could use these to top a salad or rice also)

- **Tip:** Always available at the grill area (just ask):
  - Grilled Chicken
  - Garden Burger
  - Black bean burger

Steamed or stir fried veggies  
Veggie burger with whole wheat bread/bun  
Rice or Quinoa (add in vegetables and a protein source)  
Pasta (top with marinara sauce and steamed vegetables from the salad bar)  
Baked potato (top with beans, salsa, vegetables and cheese)

- **Tip:** Check out the vegetarian hot area for unique dishes that can add variety to your routine

**Drinks**

Water  
Sparkling water (press the "soda" tab under the Fresca or Sprite)  
Crystal light  
Skim milk  
Chocolate Milk  
Soy/almond milk  
Green tea  
Coffee

**Dessert**

Fresh fruit  
Frozen Yogurt  
Regular Yogurt with nuts, dried fruit, and some crunchy cereal on top

**Condiments**

Ketchup, Salsa  
Tabasco, Sriracha Asian Hot Sauce (it's like a ketchupy hot sauce)  
Soy Sauce



**Short on Time?**  
Grab a TO-GO Meal!

1. Grab a to-go container and a cup from the Diner Hall cashier
2. Use a meal swipe, and give your card to the cashier
3. Take up to 10 minutes (the cashier will time you) to fill up your container
4. Get your card back, and enjoy your meal on the go!  
(Note: You can get 1 to-go meal per day)

