

Building a Meal Made Easy

Eating on campus should be a tasty, enjoyable experience that supports your wellness goals. UCA has many convenient and healthy options to choose from!

Use this guide to build a balanced meal.

PROTEIN

Choosing protein options that are grilled, baked, sautéed, or broiled can be a healthy alternative to fried. These options have less saturated and trans fats.



CARBOHYDRATE

Choose a carbohydrate that is whole grain or whole wheat, as these are less refined and have more vitamins, minerals, and fiber.



FAT

Fats often get a bad rap, but the right ones are very beneficial and keep you feeling full longer. Limit saturated fats that are solid at room temperature (butter) and include more unsaturated fats that tend to be liquids (olive oil).

KEEP IT COLORFUL!

Incorporate fruits and vegetables to add variety and flavor to your meals. Fruits and vegetables offer many different vitamins and nutrients. Choose fruit and vegetable sides when available, and try to eat a variety of different colors throughout your day.



SAUCE IT UP!

The calories, fat, and sodium in sauces, dressings, and dips add up quickly. Choose low-fat or light options when possible.

TIPS FOR SUCCESS

Keep in mind that all foods fit! If you consume a high calorie meal you may consider balancing your intake by limiting sides or by choosing less calorically-dense meals throughout the rest of your day.

NEED HELP?

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Chick-Fil-A

Surprisingly, Chick-Fil-A has many healthy options for on-the-go dining. Ready-prepared options include sandwich and nugget entrees, as well as the Market Salad and grilled nuggets to meet nutritional needs in a tasty way.

PROTEIN

The grilled nuggets and grilled chicken sandwich are great protein sources that have less added fat than fried choices.



CARBS



Swap the fries for a fruit cup. This will still provide carbohydrates, but will also include many vitamins, nutrients, and health-promoting antioxidants from the mixed fruit.

FAT

Grilled or baked items typically have less fat regardless of where you dine. Try using only half of dressing and sauce packets to reduce fat intake.



DID YOU KNOW?

Chick-Fil-A offers meal and entree items that provide a wide variety of nutrition.

Quick Facts: An entire wrap has 660 calories and 45 grams of fat, while the 8-count nuggets have 250 calories and 11 grams of fat. An even better option would be grilled nuggets, as these have only 130 calories and 3 grams of fat.



HOW DO YOU SAUCE IT UP?



Chick-Fil-A Sauce has nearly three times the calories than Barbeque Sauce and Honey Mustard. Chick-Fil-A Sauce also has 13g of fat in a serving, while their Barbeque and Honey Mustard have 0g.

DON'T FORGET A DRINK!



Drinks often have added sugar, so choose diet or unsweetened options, when possible. If you still want the flavor of a sugar-sweetened beverage, try using artificial sweeteners or half and half options (half unsweet tea or diet lemonade).

NEED MORE?

Scan below for full nutrition facts at Chick-Fil-A.



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Einstein Bros. Bagels

Einstein Bros. Bagels offers many made-to-order options that you can customize to meet your nutrition goals. This includes a variety of bagels, sandwiches, melts, and wraps, as well as hot and cold drinks.

PROTEIN

Choose egg and egg white options, which are a great source of protein with less fat than other common protein sources.



CARBS

Customize your sandwich by choosing bagels high in fiber and protein. Two great options are the honey whole wheat bagel (12g protein and 6g fiber) and the ancient grain bagel (13g protein and 7g fiber).



FAT

Adding cream, cheese, and butter increases fat content, so build your meal based on your goals. The Avocado Veg Out sandwich has almost as much fat (11g) as the Cheese Pizza Bagel (14g), but only 3.5g of saturated fat in comparison to 8g in the pizza bagel.

SMART CHOICES

The Chicken Salad Deli Select sandwich and the Bacon, Avocado, and Tomato Egg White sandwich are both lower in sodium and saturated fat compared to other menu items and offer great amounts of fiber and protein. Additionally, these sandwiches can be customized with a whole grain bagel to add fiber.

Quick Facts: The Chicken Salad Deli Select (plain bagel) offers 520 calories, 17g of fat, 3g of saturated fat, 880mg of sodium, 62g of carbohydrates, 5g of fiber, and 31g of protein. The Bacon, Avocado, and Tomato sandwich has 400 calories, 17g of fat, 3.5g of saturated fat, 770mg of sodium, 47g of carbohydrates, 5g of fiber, and 17g of protein.

CREAMS AND SPREADS



Cream cheese is a great way to customize your bagel. Compare your options:

Plain Cream Cheese: 12g fat 9g saturated fat

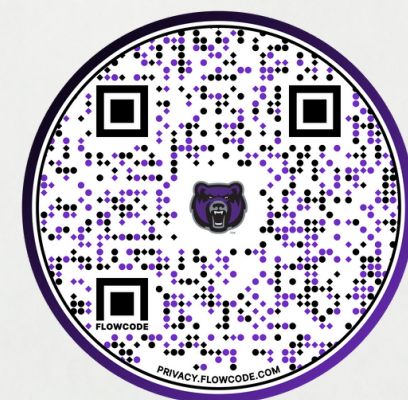
Reduced Fat Plain Cream Cheese: 8g fat, 6g saturated fat

DON'T FORGET A DRINK!

Coffee is a staple for many, but can also be a vehicle for hidden calories, fat, and sugar. Don't be afraid to request low-fat creamers, milks and sugar-free flavorings when available.

NEED MORE?

Scan below for full nutrition facts at Einstein Bros. Bagels.



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Twisted Taco

Fast casual Tex-Mex and Mexican restaurants are great options for consumers who want to build a healthy meal. Twisted Taco offers quick, customizable tacos, bowls, salads, and more. There are many different choices based on your preferences and nutrition goals.

PROTEIN

Most Twisted Taco items are built around protein, whether that be chicken, beef, shrimp, beans, or another source. Access nutrition information to determine which protein source best fits your goals.



CARBS

Be mindful of carb choices and focus on one or two carb-dense foods, whether that be your taco shell, your chips, the rice in your bowl, or beans.



FAT

Choose a fat source like avocado that comes with great nutrients such as fiber and potassium and less saturated fat than sour cream or cheese. Ask for smaller portions when ordering dips.



MAKE IT YOUR OWN

Toppings like salsa, cheese, sour cream, and guacamole can all be great additions to your Twisted Taco choice. However, it's important to note the fat and sodium that these items can contribute to your meal. Mindful eating and moderation are great tools for getting the flavor you desire without excessive calories.

Quick Facts: One serving of sour cream has 110 calories and 7g of saturated fat. A serving of chips and queso has 610 calories and 11g of fat. These calories can fit into a meal and don't have to be completely avoided, but should always be taken into consideration.

DIP, DON'T DOUSE

Try dipping your chips into salsa, cheese dip, or guacamole instead of pouring your dip of choice over your food. This can help limit the amount you consume and gives you more control over how much you eat. Try salsa and pico instead of cheese when possible to reduce calories and fat.

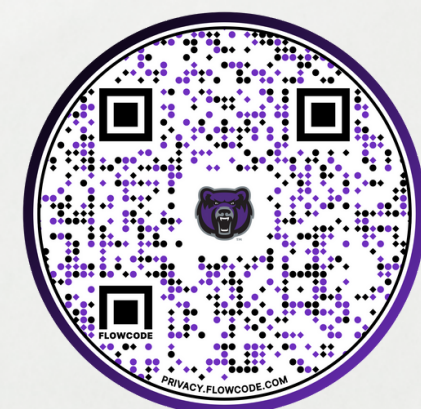
MAKE IT A SALAD

Try turning your favorite taco into a salad with a bowl rather than a taco shell. This will give you the same great flavors with more veggies and less carbs.



NEED MORE?

Scan below for full nutrition facts at Twisted Taco.



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