



eating
made
easy



Eat Well

on your meal plan



HEALTH BAKED IN

Health is baked into our menus. Every day, you'll have access to fresh, delicious, seasonal selections with wholesome ingredients like fruits, vegetables, leafy greens, whole grains, beans, and lean protein.



FOOD THAT FITS YOUR LIFE

Whether you're studying for an exam or planning to hit the gym after class, we have food that fits your life to help fuel you through your day. Our locations offer flexible hours and menu variety, making it easy to find something you'll love.



ACCESS AT YOUR FINGERTIPS

Convenience is everything and we make it easy to make healthy choices. Whether you're on your computer, tablet, or smartphone, you'll have access to the information you need.

Menu and nutrition information are available at columbusstate.campusdish.com

feed your potential365™

Discovering and choosing the right foods can propel you forward, help you succeed, and keep you healthy.

Feed Your Potential 365™ is an easy and totally free way to get inspired to eat well and live well.

- See nutrition news you can use from our dietitians
- Find healthy ideas and inspiration from our chefs
- Hear from experts at the American Heart Association
- Check out our blogs and discover something new

Just visit FYP365.com, click “join” and discover what healthy food can do for you!



Ask the Dietitian

You asked, we answered! Your campus dietitian has all the tips and tricks for you to eat healthy and live well!

WHY IS NUTRITION SO IMPORTANT?

Healthy eating is important at any age, not just college age, because diet and health are intrinsically linked. Scientific research also supports a positive correlation between student well-being and academic success. Part of being healthy is eating healthy!

Rest assured that the Dining Services Staff Team are committed to making sure every student has access to healthy dining options and a happy dining experience!

HOW ARE FOOD ALLERGIES HANDLED?

Most students who have medically confirmed food allergies can eat from our dining locations!

90% of all allergic reactions are from milk, eggs, peanuts, tree nuts, soy, wheat, fish, and shellfish.

We work in collaboration with the Campus Dining Services to address any food allergies or special diet requests that may arise.

Students have access to one-on-one counseling with a Registered Dietitian, who will walk them through practical management of a food allergy or a special diet requirement.

We also encourage the student to meet with the onsite Dining Services Director to ensure the student has access to the local Dining & Retail Management staff, should there be a need to address an immediate concern.

*Aramark relies on our vendor's allergy warnings on products and these may or may not identify all allergen information. Additionally, ingredient substitutions, recipe versions and cross contact is possible, and Aramark cannot guarantee that any food will be completely free of allergens.

YOUR ON-CAMPUS RESOURCE

Valerie Houghton
Registered Dietitian
houghton-valerie@aramark.com

Email AskTheDietitian@aramark.com to get in contact with one of our dietitians!

GLUTEN FREE

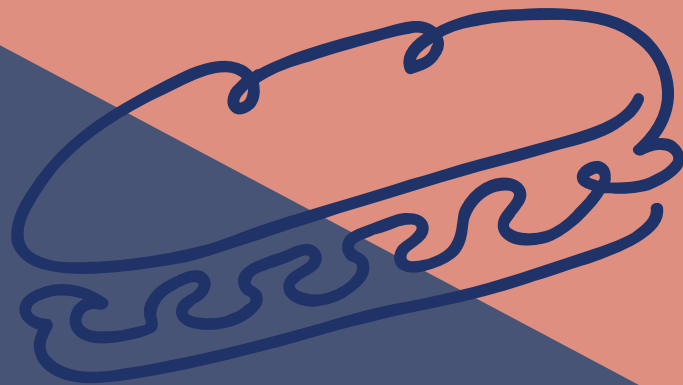
These proteins are normally found in grains like, wheat, barley, and rye. While we cannot guarantee that any item will be gluten free due to the possibility of cross contamination, we can offer products that are labeled as gluten free.

If you have one of these allergies or intolerances, please contact us and we can discuss the next steps to take.

WHERE CAN I FIND NUTRITIONAL INFORMATION?

Campus Dish is the web-based platform to assist with meal planning. This interactive site allows access to the daily menu options within dining locations.

- View menus per location and service hours
- Interact with the information to plan meals and calculate estimated nutrient intake
- View recipe ingredients and nutritional data
- Filter for allergen and intolerances



I AM VEGAN OR VEGETARIAN, HOW DO I KNOW WHICH FOODS MEET THESE CRITERIA?

All vegan and vegetarian options are identified with these icons located next to the food item. We are constantly integrating plant forward and vegan options into our residential and retail menus. You can also use the Campus Dish website.



HOW DO I AVOID THE “FRESHMAN 15” AS A NEW STUDENT ON CAMPUS?

The good news is that we have your health and wellness in mind! We provide dozens of healthy options in our dining locations waiting to be part of each student's daily intake.

- Make mindful dining your mantra! Awareness of your hunger level can help you make thoughtful food choices that match your hunger level as opposed to just filling your plate by habit.
- Thirsty? Try drinking water or another low-calorie beverage on your way to the dining hall. Thirst can often be masked as hunger.
- Recognize when you are full. Give yourself a break during the meal so that your stomach can communicate with your brain that food has been consumed.
- Stop at the salad bar first and fill half your plate with vegetables and fruit. Be attentive to high calorie salad toppers like cheese, bacon, and croutons. Consider dressings that are lower in fat content like an oil and vinegar mix.
- Go for grilled options over fried options.
- Mix and match station options! Example select items from the salad bar (corns, beans, spinach) and ask to have them cooked alongside your made to order items such as a burger, pizza, or omelet!
- Choose 100% whole grains! Incorporating these powerhouse grains into your diet can help prevent health issues like heart disease, diabetes, colon cancer, and possibly asthma and Alzheimer's. Start slowly by reducing your intake of re-fined grains like biscuits, white bread and white rice and introduce 100% whole grains like whole wheat pasta, brown rice, and oats.

If you'd like to learn more about how to navigate the dining room and optimize your health, please contact us for a consultation.



HOW DO I MANAGE EATING ON THE RUN AND STAYING HEALTHY?

According to researchers, there are several factors that impact healthy eating in a student's busy lifestyle including stress and lack of knowledge around selecting or preparing healthy foods. Not surprisingly though, the most common cause of unhealthy eating is lack of time. Planning is certainly required! Use these tips to help take the stress out of eating regardless of where you live or eat your meals.

Fast Casual Dining

- Use the mindful eating mantra, mentioned above
- Ask about portion sizes
- Don't feel obligated to finish everything in one sitting, you can always take it to-go!

Quick & Easy Healthy Snack Ideas

Snacking is a great way to keep your energy level at its peak while also letting you focus on the tasks at hand rather than your empty stomach.

- Smart snackers plan ahead! Try to snack around the same time each day, to create a routine.
- Try to snack only when you are truly hungry, your meal will be delayed or you are burning additional calories with extended activities, such as exercise.



HOW ABOUT INTERNATIONAL STUDENTS AND GLOBAL FOOD OFFERINGS?

Dining services understands that not everyone eats the same style of food and it's important to have familiar food items when everything else can be so unfamiliar! Our dining locations strive to offer contemporary menus that combine as many cultural profiles and flavors as possible to meet student demographics. This is just a few of the global recipe offerings that students can expect to experience!

- Cajun
- Chinese
- German
- Greek
- Indian
- Italian
- Korean
- Latin American
- Mexican
- South American
- Thai
- Vietnamese

