



Creighton Wellness Council

Healthy Dining Guide

Healthy Dining Guidelines were finalized by the Wellness Council on May 1, 2013. The guidelines support Creighton University's well workplace by offering "nutritionally beneficial food and beverages when utilizing University funds." The complete document may be accessed at this link.

http://www.creighton.edu/fileadmin/user/health/wellness-council/docs/Programs/Health_Dining_Guidelines_Final_-_5-1-13.pdf

In tandem with the Healthy Dining Guidelines, the Healthy Dining Subcommittee of the Wellness Council offers these tips and strategies for menu planning and the purchase of food items from Sodexo's Flavours Catertrax website at <https://creightoncatering.catertrax.com>

Tips for Ordering Healthy Meals & Snacks on Campus

Where to Start?

- Determine number of people, budget and type of meal/snack
- Go to Catertrax: <https://creightoncatering.catertrax.com/>
- Click on Flavours Catering
- Start by looking at the Mindful Menu (located on top of **On The Menu**)



- *Mindful Menu items are foods that are identified as being of reduced calories, sodium, fat and cholesterol. The items are all <600 calories, <35% calories from fat, <10% calories from saturated fat, <100 mg of cholesterol, Trans fat free,*

Don't see what you are looking for? Ask!

Many times Sodexo can fulfill food requests that are not on the menu. You just have to ask! For example if you are looking for a healthy snack for a late afternoon meeting but don't see what you would like, request a healthy trail mix or string cheese. Sodexo will let you know what they can or can't do, so it never hurts to ask! Email: catering@creighton.edu or call (x2446) a catering specialist to discuss healthy options.

Healthy Tips

- ✓ Order boxed meals to be served buffet style. Sodexo will serve the sandwiches cut into quarters so that smaller portions are available. Side items are served in bowls to allow for portion control. Typically you can order a few less lunches this way and save money. Ask for an urn of ice water for drinks.
- ✓ If you are not ordering from the Mindful Menu you can still ask for healthy substitutions such as baked chips, sugar free beverages or water. Substitute fruit for dessert; ask for whole wheat bread, whole grain pastas, brown rice, low fat dressings, etc.

Healthy Lunch Suggestions

- Chicken Noodle, Vegetable or Minestrone soup with whole wheat roll and chocolate covered strawberry
- Grilled Chicken Salad with whole wheat roll and piece of fruit
- Turkey or ham sandwiches (buffet style) on whole wheat bread with side salad and piece of fruit

For any questions or if you need more "healthy" ordering ideas please contact wellness@creighton.edu.