

# Dining Options on Campus

We all know that healthy eating is an essential component of a healthy lifestyle. Now that you've committed yourself to **The Southern on the Move** walking program as a part of your regular exercise plan, you will want to complement that with choosing meals and snacks that help provide the nutrition you need for an active lifestyle.

Southern offers a variety of options from which you can make healthy eating choices. They include:

- **Connecticut Hall** A wide selection of foods for meals and snacks are available, including make your own omelets, hot and cold whole and multigrain cereals, skim and low fat milk and yogurt, soup, salad and sandwich bars, stir fry, and hot entrees.  
**Look for the Southern owl pictured next to healthier soups and entrees. They can also be found on the Conn Hall menus posted weekly on the SCSU Homepage under Featured Links.**
- **Food Court** Fast or convenience foods can fit into a healthy lifestyle, but you need to be selective. The following foods are suggested, as they fit the general guidelines for more nutritious food choices as outlined in the Food Guide Pyramid, [www.MyPyramid.gov](http://www.MyPyramid.gov).

**Dunkin Donuts:** Wholegrain egg white flatbread sandwiches, low fat blue berry\_muffin, multigrain bagel with light cream cheese, beverages made with skim milk and low calorie sweetener are your better choices Visit [www.dunkindonuts.com](http://www.dunkindonuts.com) for complete nutrition information.

**Sbarros:** Share a pasta and chicken dish with a friend to save calories. Add to that a garden salad with dressing on the side, and/or steamed veggies. Assorted fresh fruit is available for dessert. **Nutrition info is available on site.** Website currently under revision.

**Coyote Jacks:** The grilled chicken sandwich and the garden burger are the healthiest picks. Caesar salad if available with grilled chicken breast is another option: order dressing on the side. **Nutrition info is available on site.**

**Au Bon Pain:** Set up as a soup and salad bar, with a wide variety of fresh veggies makes it the top pick of the Food Court. Be sure to add a protein source to your creation-egg, cheese, tofu and chick peas are available. Go easy on the dressing. Canned fruit, probably in syrup is ok in small amounts. Pick a vegetable or broth-based soup. **Nutrition info is available on site** or go to [www.aubonpain](http://www.aubonpain) for additional information.

**Mondos Subs:** Choose a 6" sub on wheat, skip the dressings for one lower in fat and calories. Best choices include very veggie, with hummus, vegetables and guacamole, or tuna sub with veggies. The French dip is a good choice for the occasional indulgence in red meat. Penne pasta with sundried tomatoes makes a good side dish. Overall, the fat content of these subs make them unsuitable for daily dining. **Nutrition info available on site**, or go to [www.mondos.com](http://www.mondos.com).

Look for info on best picks from **The Bagel Wagon** and **campus vending machines** (the latter should be a last resort!) as well as what's available at the **North Campus Market** in upcoming emails. **Bon Appetite!**

**POWER WALK**  
Tuesday, Oct. 6, 2009  
5PM

A walk mixed with stations of exercises to work your legs, arms & abs, followed by a 5 minute stretching session.  
Meet at the plaza level stairs.

## Nutrition Tip

With the start of the new school year comes **STRESS.**

**Eating healthy will help!** Set up an appointment with **Doreen Kordorsky, RD**, the **University Nutritionist** for help with eating healthy at Conn Hall, healthy snacking, how to avoid stress eating and more.  
**Call 392-6309**

## Fitness Tip

Remember the thrill of Double Dutch?  
Jumping rope isn't just for kids.

**Ten minutes** of this heart pumping activity, three times per day, for a daily total of **30 minutes**, can burn nearly **350 calories** on average. Jumping rope is inexpensive and can also help with coordination.

**Southern**  
**on the MOVE**



[www.SouthernCT.edu/OnTheMove](http://www.SouthernCT.edu/OnTheMove)