

# HEALTHY EATING GUIDE

By Racer Dining



*Racer Dining offers a variety of delicious, health-focused options. This guide helps you make informed nutritional and allergen-related choices on campus.*



**RACER  
DINING**

by *sodexo* \*

# BASIC TIPS

## Choosing Your Plate:

Healthy eating is all about balance, variety, and portion control. MyPlate.gov encourages filling half your plate with fruits and vegetables, choosing whole grains, and making lean protein part of your meals. Opt for low-fat or fat-free dairy, limit added sugars and sodium, and stay mindful of portion sizes. Small, consistent choices throughout the day help build long-term healthy habits.



## Commit To Balance - Not Restriction:

All food groups play an important role in a well-balanced diet, cutting out or labeling foods as "off limits" can lead to an unhealthy relationship with eating. Instead, focus on portion control, especially with foods higher in saturated fat and added sugar. A balanced approach allows you to enjoy a variety of foods while supporting your overall health and wellness.



## Eat A Rainbow:

Aim to include a protein source at every meal and try to get 3-4 colors on your plate. The easiest way to meet your daily vitamin and mineral needs is to 'eat the rainbow'—filling your plate with colorful fruits and vegetables. Each color group offers unique nutrients, so enjoying a balanced mix throughout the day helps support proper micronutrient intake.

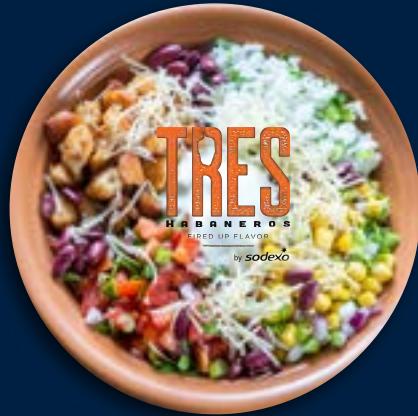


## Stay Hydrated:

Aim to drink about half your body weight in ounces of water each day to help your body function at its best. Staying hydrated supports digestion, boosts energy, improves skin health, and helps regulate body temperature. Keeping a reusable water bottle on hand is an easy way to meet your daily hydration goals and feel your best.



# RETAIL LOCATIONS



## TRES HABANEROS

You can turn any entrée—tacos, bowls, quesadillas, burritos, or nachos—into a balanced meal. Choose a lean protein like chicken, beef, or tofu, then add colorful toppings for a wider range of nutrients.

Beans are a nutrient-dense, high-quality plant protein that supports muscle repair and keeps you full. They're rich in iron, magnesium, potassium, folate, and B vitamins.

### High Protein Options:

- Grilled Chicken Rice Bowl
- Citrus Tofu Rice Bowl\*
- Grilled Chicken Taco Bowl
- Citrus Tofu Taco Bowl\*
- Grilled Chicken Whole Grain Quesadilla
- Grilled Chicken Soft Taco
- Citrus Tofu Soft Taco\*



## STARBUCKS

Coffee and tea provide caffeine and antioxidants that help reduce cell damage and inflammation. Limit caffeine to about 400 mg per day—roughly 2–3 twelve-ounce coffees—as individual sensitivity varies.

### High Protein Options:

- Iced Sugar-Free Vanilla Protein Latte\*
- Iced Sugar-Free Vanilla Protein Matcha\*
- Sugar-Free Vanilla Protein Latte\*
- Sugar-Free Vanilla Protein Matcha\*
- Turkey Bacon, Cheddar & Egg White Sandwich
- Egg, Pesto, & Mozzarella Sandwich\*
- Spinach, Feta & Egg White Wrap\*
- Egg White & Roasted Red Pepper Egg Bites\*
- Ellenos Muesli Yogurt\*
- Protein Boxes\*
- Koia Cacao & Vanilla Bean Protein Shake\*



## EINSTEIN BROS. BAGELS

Avocados support heart health because they're rich in monounsaturated fats, especially oleic acid. These healthy fats can help lower “bad” low-density lipoprotein cholesterol while boosting “good” high-density lipoprotein cholesterol.

### High Protein Options:

- Garden Avocado on Sesame Bagel\*
- Bacon Avocado Tomato Egg White Sandwich on Plain
- Santa Fe Sandwich on Asiago
- Avocado Veg Out on Sesame\*
- Turkey & Cheddar on Plain Bagel

### Low Calorie Options:

- Thintastic Bagel\*
- Classic Cold Brew\*
- Classic Iced Brewed\*
- Hot Coffee\*
- Hot Tea\*

# RETAIL LOCATIONS



## MEIN BOWL

Edamame is an excellent plant-based protein source, offering all nine essential amino acids. One cup provides about 17-19 grams of protein, making it ideal for muscle repair, staying full, and supporting plant-forward diets.

### High Protein Options:

- Mongolian Beef
- Beef & Broccoli
- Shrimp
- Flash-Fried Thai Tofu\*
- Chicken Skewers
- Beef Skewers

### Toppings Filled With Nutrients:

- Pickled Cucumber & Carrot Salad\*
- Steamed Fresh Broccoli Florets\*
- Asian Slaw with Fresh Cilantro\*
- Fresh Veggie Salad with Chili Lime Sauce\*
- Edamame Salad with Spicy Garlic Sauce\*

### Low Calorie Sides:

- Brown Rice\*
- White Rice\*



## CHICK-FIL-A

A high-protein diet helps manage weight by keeping you fuller longer and balancing hunger and satiety hormones, leading to reduced calorie intake.

### High Protein Options:

- Grilled Chicken Nuggets
- Chicken Tortilla Soup
- Grilled Chicken Sandwich
- Chick-fil-A Cool Wrap

### Nutrient Dense Options:

- Fruit Cup\*
- Kale Crunch Salad\*



## SUB CONNECTION

Add colorful veggies to a turkey and cheese sandwich to make it more balanced. Try this: Replace lettuce with spinach for extra vitamins and minerals like A, C, K, folate, iron, magnesium, and calcium.

**Vitamin A:** Supports eye health and immunity.

**Vitamin C:** Antioxidant, supports skin and immune function.

**Vitamin K:** Essential for blood clotting and bone health.

**Folate (B9):** Important for cell growth and pregnancy.

**Iron:** Supports red blood cell production

**Magnesium:** Involved in muscle, nerve, and bone health

**Calcium:** For strong bones and teeth

### High Protein Options:

- Baja Chicken Sub
- Turkey Club Sub
- Chicken Caesar Sub
- Buffalo Chicken Salad
- Roasted Chicken Caesar Salad
- Choose Smart Healthy Grain Tortilla or Rolled Oat White with Whole Grains Roll\*



## MINDFUL BY SODEXO

Mindful offerings meet stringent nutritional criteria based on the Dietary Guidelines for Americans. Each meal part is limited in calories, has fewer than 30% of calories as fat, fewer than 10% of calories as saturated fat, and is restricted in sodium and cholesterol.

Look for the Mindful icon on menus to help you identify items that fit your needs:

**Protein**  
Meals  $\geq$  10g  
Entrées  $\geq$  5g



**Saturated Fat**  
 $\leq$  10% of calories from fat

**Added Sugars**  
Meals  $\leq$  10% of calories or  $\leq$  20g

**Fiber**  
Meals:  $\geq$  3g

**Calories**  
Meals (1 entrée, 2 side equivalencies)  $\leq$  850  
Entrées  $\leq$  550  
Sides  $\leq$  300  
Soups  $\leq$  300

**Trans Fat**  
Trans fat free (less than 0.5g)

**Sodium**  
Meals  $\leq$  800mg  
Entrées  $\leq$  700mg  
Sides  $\leq$  300mg  
Soups  $\leq$  700mg



## SIMPLE SERVINGS

The Simple Servings station at Winslow Dining Hall provides safe and appetizing food choices for our customers with food allergies, gluten intolerance, and those who prefer simple food. All foods served at this station are prepared without the top 9 food allergens. The menu rotates daily and includes a variety of protein (i.e., chicken, beef, lentils), vegetables (i.e., broccoli, carrots, green beans), and starches (i.e., rice, potato, quinoa). There is a salad option available too and additional offerings such as lentil pasta bar, etc. The station is designed to allow students, even those without allergy or gluten concerns, to enjoy the wholesome food selections.

## EVERYDAY APPLICATION



Download the Everyday app from the App Store to view menus up to two weeks in advance and check nutrition information for every item served.



## FAST TRACK & MARKET 22

We offer a wide variety of snacking items and sushi on campus to help you achieve your protein and nutrient goals.

### Nutrient Dense Sushi Options:

- Philadelphia Roll
- Veggie Roll\*
- Spicy California Roll
- Krispy Krab Roll
- Crunchy Shrimp Roll
- Tempura Shrimp Roll
- Hot Honey Maple Smoked Salmon Roll
- Salmon Avocado Roll
- Outer Banks Roll

### High Protein Options:

- GFB Bites\*
- Sabra Smart Snackers Roasted Red Pepper & Hummus with Pretzels\*
- P3 Portable Protein Pack Turkey, Colby Jack, and Almonds
- Sargento Balanced Breaks\*
- Barebells Protein Bars\*
- Fulfil Protein Bars\*
- Tuna Light Kit
- RxBars\*
- ONE Protein Bars\*
- Wonderful Pistachios\*
- Skinny Dipped Almonds\*
- Kodiak Flap Jack Power Cup\*

### Healthy Snacking Items:

- Boom Chicka Pop Popcorn (All Flavors)\*
- All Produce For Sale (Potatoes, Sweet Potatoes, Apples, Onions, Tomatoes)\*
- Sabra Avocado Toast\*
- Veggie Straws\*

## SIMPLY TO GO

Every day we prepare fresh, in-house Simply to Go meals to keep you fueled when you're on the move at Fast Track & Market 22.

### High Protein Options:

- Veggies & Peanut Butter\*
- Classic Chef Salad
- Chicken Caesar Wrap
- Turkey Club Wrap
- Cheese & Pepperoni Snack
- Hard-Boiled Egg Cup\*
- Cheese And Grapes\*
- Hummus With Dippers\*
- Ham & Cheese on White
- Turkey & Cheese on White
- Ham & Swiss Croissant
- Turkey & Cheddar on Kaiser
- Chicken Salad Croissant
- Peanut Butter on White\*
- Crispy BBQ Salad
- Chicken Caesar Salad
- Buffalo Chicken Salad

### Nutrient Dense Options:

- Strawberry Yogurt Parfait\*
- Tropical Yogurt Parfait\*
- Grape Cup\*
- Pineapple Cup\*
- Strawberries Cup\*
- Crudites\*

**simply to go**

Live. Eat. Go.



## MEET OUR DIETITIAN JOE CHISM



### QUICK FACT

We are proud to offer vegan, vegetarian, and gluten-free options across our 6 retail locations, 2 convenience stores, and at Winslow Dining Hall. A halal option is also available at Winslow Dining Hall. If you ever need guidance on selecting meals that meet your needs, our staff is here to help.

Our Dietitian Joe Chism is available for complimentary consultations regarding:

- Food Allergies
- Celiac Disease
- Diabetes
- Special Dietary Needs
- Eating Healthy on Campus
- Dietary Preference
- Nutrition Related Questions
- Weight Management
- And More!



@CampusJoeRD



Joe.Chism@sodexo.com



## RESOURCES

### Racer Dining Services

[racerdining.sodexomyway.com](http://racerdining.sodexomyway.com)

### Susan E. Baurernfeind Wellness Center

[msu.wellnesscenter@murraystate.edu](mailto:msu.wellnesscenter@murraystate.edu)

### Racer Helping Racers Food Pantry

[msu.racershelpingracers@murraystate.edu](mailto:msu.racershelpingracers@murraystate.edu)

### Mental Health

[msu.success@murraystate.edu](mailto:msu.success@murraystate.edu)

### Mindful by Sodexo Program

[mindful.sodexo.com](http://mindful.sodexo.com)

### Academy of Nutrition and Dietetics

[eatright.org](http://eatright.org)

### Choose MyPlate

[choosemyplate.gov](http://choosemyplate.gov)

### Food Allergy Research and Education

[foodallergy.org](http://foodallergy.org)

### Celiac Disease Foundation

[celiac.org](http://celiac.org)

### Everyday Viewable Menu Application

[everyday.sodexo.com](http://everyday.sodexo.com)

### Disability Office

[msu.studentdisabilities@murraystate.edu](mailto:msu.studentdisabilities@murraystate.edu)