Employee Wellness

Shop Smart and Healthy Eating Tips
Taylor Tran, RD, LD
Employee Wellness Program Manager
Plan Ahead!

• “If you fail to plan, you plan to fail.”
• Make a list: set aside time each week to plan a menu
  • Meal Prep; Recycle menus
  • Pack lunch & snacks
• Shop smart
  • Shop from grocery list
  • Shop on the perimeter of the grocery store
  • Shop online or pick-up
  • Purchase meal-kits or delivery program
Consider Convenience

- Purchase Ready-to-eat Produce
  - Pre-washed salad or slaw mixes
  - Pre-cut vegetables and fruits
  - Frozen or canned vegetables and fruits

- Healthy Time-saving Proteins & Grains
  - Pre-cooked hard-boiled eggs, chicken or beef strips
  - Rotisserie chicken
  - Frozen meatballs or seafood
  - Canned low-sodium beans or tuna packed in water
  - Par-boiled whole-grains or microwavable grain packets
  - Frozen pre-cooked rice, grains or steel-cut oats
Spend Less Time Cooking

• Cook in large batches and freeze for later
• Prepare Sheet Pan Suppers; Mason Jar Meals
• Create extra meals with leftovers
  • Protein: soups, stews, tacos, wraps
  • Veggies: omelet, stir-fry
• Use time-saving kitchen appliances
  • Slow-cooker – “Set it and forget it”
  • Instant Pot
  • Microwave – healthy frozen meals & vegetables, TVPs
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Healthy Eating on Campus

• Resolution Revolution Menu – low-calorie meal options from a variety of places on campus

• Healthy Snack Machines

• UT Dining Services website: https://www.dineoncampus.com/utdallasdining/
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Resolution Revolution Menu
Healthy Eating Across Campus

Einstein Bros. Bagel
Breakfast
Honey Whole Wheat Bagel 360 cal.
With: Whipped Cream Cheese Shriner 360-410 cal.
Asparagus & Mushroom Egg White Sandwich 360 cal.
Southwest Egg White Sandwich 390 cal.
Spinach, Mushroom & Swiss 500 cal.
Fruit & Yogurt Parfait 200 cal.
Greek Yogurt Parfait 270 cal.
Lunch 600 cal (two ordered)
Nova Lux Sandwich 480 cal.
Hummus Veg Out 440 cal.
Tasty Turkey 650 cal.
Thirstastic Buffalo Chicken 430 cal.
Cheese Pizza Bagel 440 cal.
Pepperoni Pizza Bagel 500 cal.

Panda Express
Bowl: 1/2 Brown Rice & 1/2 Steamed Vegetables 250 cal.
With: String Bean Chicken Breast 440 cal.
With: Mushroom Chicken 420 cal.
With: Broccoli Beef 460 cal.
With: Black Pepper Chicken 520 cal.

Chick-fil-A
Spicy Southwest Salad 420 cal.
Grilled Mac & Salad 290 cal.
Cheese Chicken Sandwich with Fruit Cup 450 cal.
Grilled Chicken Sandwich with Fruit Cup 370 cal.
8 Count Nugget with Fruit Cup 330 cal.
3 Count Chicken Strips with Fruit Cup 410 cal.
12 Count Grilled Nuggets with Fruit Cup 250 cal.

IHOP Express
Oatmeal 390 cal.
2 Fried Eggs with Toast & Jelly/Butter 450 cal.
2 Fried Eggs, Bacon & Fresh Fruit 320 cal.
Belgium Waffle 500 cal.

Smashed
Potato Skin 557 cal.
No Skin 462 cal.

crEATe
All Regular Size Salads 10-523 cal.
All 12oz Soups 80-390 cal.

The Pub
Southern Fried Chicken Sandwich 513 cal.
Smoky Bean Burrito 501 cal.
Chipotle Chicken Wrap 503 cal.
Roasted Polloino & Pepper Quesadilla 371 cal.

Jason's Deli
Everything on this menu can fill with in a daily diet. However, be mindful of the portion size and your choice of side orders. Try the manager's special with a half sandwich & choosing to eat vegetable soup or fresh fruit instead of chips!

Moe's Southwest Grill
In order to get a meal for around 500 calories, try ordering a burrito bowl! Choose either a protein or a bean option. Next, load up with veggies! Be careful about adding cheese, guacamole, sour cream, cheese, or salad dressing... these add a lot of additional calories. Also, go light on the rice and skip out on the chips!

Subway
Start with a 6 inch, whole wheat sub! Then add a protein like turkey, oven roasted chicken, or black forest ham. Next, add choose and LOT of vegetables! To finish it off, choose a dressing that is reduced fat. This could be fat free honey mustard, fat free sweet onion, light mayonnaise, mustard, or even vinegar. Now, go grab baked chips & a water to pair with the sandwich!

Oasis @ Dining Hall West
Our unique food station is dedicated to providing menu options that are prepared without peanuts, tree nuts, fish, shellfish, eggs, milk, soy, wheat or gluten. Our culinary team is dedicated to offering minimally processed, fresh meals made from single-source ingredients without hidden additives or seasonings. The daily offerings of lean proteins, whole grains, fresh fruits and vegetables, and healthy snack options are especially prepared to appeal to all guests.
## Vending Machines Offering Healthy Snack Options

<table>
<thead>
<tr>
<th>Building</th>
<th>Type</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity Center (AB)</td>
<td>Healthy Snack Options</td>
<td>Near <strong>AB 1.5C1</strong>, opposite <strong>AB 1.316</strong>.</td>
</tr>
<tr>
<td>Edith O’Donnell Arts and Technology Building</td>
<td>Healthy Snack Options</td>
<td>Opposite <strong>ATC 3.4C2</strong>, between <strong>ATC 3.4C1</strong> and <strong>ATC 3.1V3</strong>.</td>
</tr>
<tr>
<td>Eugene McDermott Library (MC)</td>
<td>Healthy Snack Options</td>
<td>Under the stairs between <strong>MC 1.206</strong> and <strong>MC 1.306</strong>.</td>
</tr>
<tr>
<td>Founders Building (FO)</td>
<td>Healthy Snack Options</td>
<td>Entrance facing Founders North (FN) near <strong>FO 2.404</strong>.</td>
</tr>
<tr>
<td>Naveen Jindal School of Management (JSOM)</td>
<td>Healthy Snack Options</td>
<td>Opposite <strong>JSOM 1.105</strong>, near <strong>JSOM 1.107</strong>.</td>
</tr>
<tr>
<td>Recreation Center West (RCW)</td>
<td>Healthy Snack Options</td>
<td>Entrance facing Residence Hall West (RHW).</td>
</tr>
<tr>
<td>Synergy Park North (SPN)</td>
<td>Healthy Snack Options</td>
<td>In the side entranceway outside <strong>SPN 1.700</strong>, between <strong>SPN 1.002</strong> and <strong>SPN 1.003</strong>.</td>
</tr>
</tbody>
</table>
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Nutrition Coaching, Lifestyle and Behavioral Modifications

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