

## Healthy Options Available Every Day

Not what you're looking for? Clark Dining offers healthy options on a daily basis that go beyond the vegetables at the salad bar (even though those are great choices too)!

### Vegan Station

- The Vegan station always offers a legume and a grain, which, when combined, make a **complete protein** that is often a much leaner choice than other types of protein, like burgers from the grill.
  - Take advantage of the new and interesting foods offered here. Quinoa and black rice are grains that you may not have tried before, but are great sources of nutrients to help balance out your diet.

### Grill

- **Grilled chicken** is a great source of lean protein that is available on the grill every day. Looking for a vegetarian option? Try a **Garden Burger**.

### Entrées

- **Baked Potatoes** are a great source of potassium and carbohydrates. They are naturally low fat, too. Just try to eat the skin, too—that's where you'll get most of the nutrients.
- **Steamed Seasonal Vegetables** are prepared fresh and available every day. Stop by and try something new, like spaghetti squash or kale.

### Deli

- Though high in sodium, **turkey breast** and **ham** are lower-fat options that can provide protein. Try a sandwich on **Whole wheat bread** with lettuce, tomatoes, and mustard for a well-balanced meal.
- **Hummus** is also available at the deli. Hummus is low fat, vegetarian, and available every day. Top your sandwich **roasted red peppers** for a nutritional bonus.

### Soups

- Soups are made fresh in-house every day. One vegan option is always available (but don't be fooled—"vegan" doesn't always translate to "low fat." Try soups with a broth base and a variety of vegetables

### Pasta

- Despite the negative image of carbohydrates, pasta is actually low fat. **Whole wheat pasta** has **fiber**, which makes you feel fuller for longer and helps regulate your digestive system. Top it with **marinara sauce**, which provides the antioxidant lycopene to help reduce risk of heart disease.