MyPyramid at Winslow Dining Hall

Winslow Dining Hall contains many healthy food choices. MyPyramid is a beneficial tool that provides information on how to eat well-balanced, nutritious meals along with encouraging physical activity. Together, students can become well-informed to make healthier decisions, finding that healthy eating is actually easy to do, even while away from home.
Activity
The Wellness Center is a great place to engage in many different types of physical activity for any fitness level. The hours of operation are 5:30 a.m. - 11 p.m., allowing you to go whenever it fits into your schedule.

Moderation
Even though Winslow Dining Hall is an all-you-care-to-eat dining experience, it doesn’t mean you have to.

Personalization
Winslow contains many different food options, compelling to just about any taste. Winslow even caters personally to those with untraditional needs, such as vegetarianism and special food allergies. Plus, it’s always open to your suggestions.

Proportionality
While Winslow is all-you-care-to-eat, the portion you receive on your plate is the accurate serving size, but you may ask for more or less.

Variety
At Winslow, you can always count on finding what you crave. Among the Daily Fare line, deli, display cookery, salad, pasta, and personalizing your own pizza, you'll find the food for your mood.

Gradual Improvement
Fear not the “Freshman 15.” While it might seem daunting at first, eat healthy and exercise often. Do not be discouraged to start forming healthy eating and exercising habits in small steps.
The Food Groups

Grains
Any food that is made from wheat, rice, oats, bulgur, cornmeal, barley or another cereal grain is a grain product.
Recommended Daily Amount: 6 - 8 ounce equivalents, 3 - 4 ounce equivalents coming from whole grains.
What counts as the recommended amount? 1 slice of bread, 8 ounces of ready-to-eat cereal (FYI the cereal bowls at Winslow can hold 12 ounces), or 1/2 cup of cooked rice or pasta.
At Winslow: Get your grains at breakfast with white or wheat toast, English muffins or bagels. There is also a variety of dry cereals, along with hot oatmeal. Dinner is typically accompanied by a type of roll or bread, not to mention pasta is an option for dinner every night.

Vegetables
Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetable may be raw or cooked; fresh, frozen, canned, dried, whole, cut up or mashed.
Recommended Daily Amount: 2 1/2 – 3 cups.
What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of a raw leafy vegetable can count as 1 cup from this group.
At Winslow: At both lunch and dinner, students have the choice of fresh, steamed vegetables in the Daily Fare line, along with the endless possibilities at the Salad Bar containing plenty of fresh, raw veggies.
Health Benefits: Eating your veggies may reduce your risk for stroke, cardiovascular disease, Type II diabetes, kidneys stones, bone loss, and certain cancers, such as stomach and colon-rectum cancer.
Fruits
Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, frozen, canned, dried, whole, cut up or pureed.

Recommended Daily Amount:
2 cups (When measuring out into bowls, remember 8 ounces = 1 cup, and Winslow’s small bowls hold 4.5 ounces and large bowls hold 12 ounces.)

What counts as a cup? 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit counts as 1 cup from this group.

At Winslow: Bananas, apples, and oranges are out in bowls in the Dining Hall daily, waiting to be picked at all times of the day. There usually mixed fruit located at the Salad Bar as well.

Milk & Dairy
All fluid milk products and foods made from milk that retain their calcium content are considered part of this group. Foods made from milk that have little or no calcium, such as cream, butter, and cream cheese, do not belong here. Choices should be low-fat or fat-free.

Recommended Daily Amount: 3 cups.

What counts as a cup? 1 cup of milk or yogurt, 1 1/2 ounces of natural cheese or 2 ounces of processed cheese make up 1 cup from this group.

At Winslow: 2%, 1%, and chocolate milks are always available in the Dining Hall whenever you need to cure your calcium cravings. Soy milk is also available - not just for the lactose intolerant! Yogurt is located at the Salad Bar for all meals, along with shredded cheese. Don’t hesitate to sprinkle some on any dish at any time.
**Meat & Beans**

All foods made from meat, poultry, fish, beans, eggs, nuts, and seeds make up this group. Choices should be lean or low fat.

**Recommended Daily Amount:** 5 1/2–6 1/2 ounce equivalents.

**What counts as an ounce equivalent?** 1 ounce of meat, 1/4 cup of dried beans, 1 egg, 1/2 ounce of nuts or 1 tablespoon of peanut butter can be considered as 1 ounce equivalent for this group.

**At Winslow:** Every meal, and in fact every serving line offers an entrée to fit this requirement. Don’t forget, the Salad Bar offers several varieties of beans.

**Oils**

Oils are a major source of healthy and essential unsaturated fatty acids.

**Recommended Daily Amount:** Limit excessive intake. Consume healthier oils, like olive, peanut and canola oil.

**Difference between oils and solid fats?** Solid fats contain more saturated and/or trans fats that increase the risk of heart disease. Examples include butter and animal fats.

**At Winslow:** Fried foods are cooked in soybean oil, and some peanut oil. These oils are typically low in saturated fat. Instead of sitting around in a landfill somewhere, used oil is recycled to help the sustainability efforts in saving our environment.
What you spend with us, stays on campus. As part of Campus Auxiliary Services, proceeds earned at campus dining venues go to university student services.

Remember: 1 cup = 8 ounces