

Performance Eating at the Dining Commons

Here is a helpful guide to making the best choices for **PERFORMANCE EATING** at the Dining Commons!

Menu Items are rated by *healthiness*:

3 apples and the SPE symbol = best!



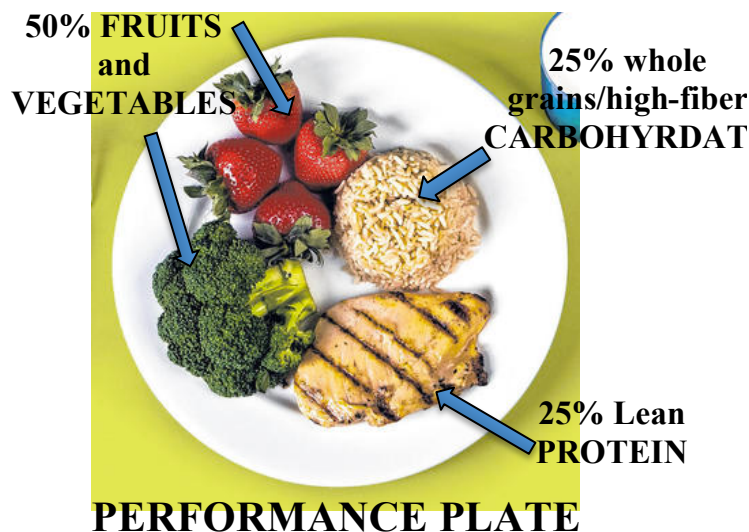
SPE means the meal meets outside requirements for excellence

More apples = better choice for YOUR Performance

Apple Criteria 🍏



Earn an Apple ☺	Lose an Apple ☹
1 st 4 ingredients are WHOLE and UNPROCESSED	High SODIUM (>500mg)
Contains HEALTHY FAT (fish, nut, vegetable oils)	Contains >10% SATURATED FAT calories
High in FIBER	Added SUGAR >35% calories
Significant source of NUTRIENTS i.e. folate, vitamins A, C, D, E, B-12, potassium, calcium, zinc, magnesium, iron	Contains ARTIFICIAL INGREDIENTS (high fructose corn syrup, artificial colors/flavors, trans fat)
Protein comes from PLANT or LEAN animal sources (tofu, chicken breast, seitan, etc.)	<25% lean PROTEIN-rich foods



Menu items are labeled if they take into account **special dietary needs**:



This meal is completely vegan



*This meal is gluten free
*not certified gluten-free



This meal is vegetarian

Remember:

- Pay attention to allergens listed and color coded at the top (wheat, milk, shellfish, eggs, dairy, nuts, soy)
- Find the best meals for fueling your workout by looking at the ingredients and nutrient content listed by menu items.
- **TRY A TATSE!** Unsure if you like what is being served? "Try a Taste" is available at most sections to let you try a small serving of what is being served before taking a whole plateful.
- **JUST ASK!** Don't be afraid to ask for meals made to your liking. Whether it's asking for a whole-wheat bun on your hamburger or 2 servings of vegetables with your entrée, customizing your meals can help you meet your specific training goal.
- **ON THE GO!** In a hurry or just ready to chill in the dorm, grab a "clamshell" reusable to-go box.
- **NUTRITION HOTLINE: 530-752-9604** Call Linda Adams for meals to go.



Fresh Inspirations

Salads and Soups

Fresh Inspirations serves a variety of hot soups, salad bar items, sandwich bar items and fresh fruits and yogurt daily!

Breakfast:

- Grab some yogurt or cottage cheese in the morning for a great source of **protein!** Top with fruit, nuts or cereal to complete your breakfast!
- Choose hot selections such as oatmeal for a good source of soluble fiber and **carbohydrates** that builds glycogen stores for maximal endurance performance.
- Selections in Fresh Inspirations are loaded with **vitamins** and **antioxidants**, a perfect snack for training and assisting with performance and recovery.

Lunch and Dinner:

- Increase your **protein** intake by adding hard-boiled eggs, beans, nuts, tofu or seitan to your salad!
- Choose a low-fat salad dressing to top your salad or make your own with oil and vinegar!
- Look for the 4 different soup choices daily including a **vegetarian** option.
- Make your own sandwich at the sandwich bar featured during lunch hours. Choose whole grain bread for more **fiber!**
- Add on some fresh cut veggies from the salad bar to your meal before a workout! Remember you are aiming for 3 cups of veggies daily.



The Bistro

Traditional Favorites

Lunch:

- Choose **whole grains**, such as quinoa or rice along with beans as a great source of fueling **carbohydrate**.
- Balance your plate with 2 **vegetables**. Choose your style: ask for sautéed, roasted, or steamed!

Dinner:

- Choose a source of **lean meat** for added protein important for muscle repair.
- Choose from the **Starch Bar** to replenish glycogen stores after a long, hard workout. Find great options, such as quinoa, specialty rice, beans, potatoes, or sticky rice (white rice).
- Add **vegetables**, sautéed, roasted, or steamed so you're getting your essential vitamins and minerals.

Tomato Street Grill

Fresh Grilled for You



- Choose burgers for lunch and dinner when looking for high protein foods.
- Ask for **vegetarian** or **vegan** option if you need, it is made upon request.
- Look for **lean protein sources** such chicken sandwich and turkey burgers.
- Choose **fresh fruits and vegetable** instead of French fries or grilled cheese for a healthier choice.
- Choose **oven-baked fries** instead of curly fries for a lower fat option.
- Always remember to ask for **what you want**: No bun, whole-wheat buns, extra veggies, double meat, no dressing, etc.



- Formally known as **TASTE**, Go Live! still offers the same quality of food
- *Order* up your choice of **made-to-order eggs**, including egg whites, scrambled, poached, or omelets to start your morning off right.
- *Grab* a plate, during lunch or dinner, which combines **complex carbohydrates** like whole grains, **lean proteins** including chicken or fish, vegetables grown locally or here on UC Davis's student farm and **heart healthy fats** like olive oil.
- **GO LIVE!** is a great place for **calorie dense** meals pre/post workouts that pack lots of **vitamins and minerals!**
- **Note:** *If you are vegan or vegetarian* **JUST ASK** for no meat or cheese to have each meal to your liking!



Here you can find heart-healthy dishes that are trans-fat free and feature lean and high quality plant-protein sources!

- Look for seitan – a meat substitute made of wheat gluten that is high in **protein** and low in fat and calories!
- Try for tofu – a complete **protein** that provides all essential amino acids for muscle growth and repair!
- Reach for beans - a nutrient-dense food that contains **protein**, **carbohydrates**, and fiber!
- Have some nuts - a rich source of heart **healthy fats** and extra **protein**.



Pacific Fusion specializes in tasty stir-fried noodle dishes

- Lunch serves tasty Asian styled noodle dishes and dinner serves classics like broccoli and beef or sweet and sour chicken
- Balance your plate with a variety of meat and vegetables
 - Meat is a great source of **protein** that helps build and maintain **muscle!**
 - Vegetables are great sources of important vitamins and minerals!
- Noodles will supply the **carbohydrates** you need to **fuel** your body! Just don't overdo it! One to two serving is typically enough
- Ask Chef for less oil used in stir-frying to control unwanted fat calories.
- In a rush? Use the **EXPRESS** lane to grab your meal on the go!



Saucy has many options to fit your taste!

- Choose between one meat and one vegetarian pizza; vegan pizza is also available upon request!
- Saucy also offer specialty salads, flat breads and calzones.
- **Great source of carbohydrate** for post-workout! Some toppings and cheese may be high in saturated fats so, *practice moderation*. Don't forget to make your plate more colorful with fruits and veggies!
- *Always ask, ask, ask!* If you want your pizza any different than offered, just request! They will customize your pizza in smaller slice, extra veggies, half the cheese, extra lean meat, or even a gluten-free crust.
- Saucy provides pizza made out of Shepherd's Grain Food Alliance certified flour while serves whole wheat pizza 3 - 4 days a week!



Don't be afraid of vegan foods! This corner offers flavorful products that can boost the nutritional value of your next meal!

- Add **healthy fats** and additional **protein** to your plate with various dips, spreads, seeds, and nut butters (e.g. hummus and almond butter).
- Enhance your dish with nutritious seasonings like Bragg's Liquid Aminos and Nutritional Yeast, which both provide extra **protein**, vitamins and minerals!
- Look for whole grain! The Alvarado Street breads are a great source of fiber and **carbohydrates** to fuel your body!



Breads and Cereals



- Select whole grain bagels and **house-made granola** during breakfast hours. Vegan granola is also available!
- Always choose whole wheat bread over white! Try using jams or humus instead of butter for better nutrition!
- Pick cereals that are low in sugar and high in fiber. Watch for options like Special K® and KashiGo! Lean®.
- Replace whole milk with low fat options like 2%, 1% or non-fat milk for your cereal. Try using soy or almond "milk" as an alternative.

Beverages

- **Limit consumption** of soda and fruit juices - they do not contribute essential dietary nutrients for top performance.
- Besides water, choose 2% or **skim milk** is a great beverage choice. **Milk** is loaded with essential nutrients like calcium and a great source of **protein**. Chocolate milk is an awesome post workout drink!
 - Plain **soy milk**, vanilla soy milk, and chocolate soy milk are great alternatives that also supply **protein**!
 - Aim for 2-4 servings of milk/dairy a day.
- Check out the mini fridge next to the soy milk stations for **organic milk** and almond “milk” (but this is a low source of protein)
- **Infused water** is available with alternating flavors like cucumber, fruit, and mint great for hydration!
- **Sports drinks** are best right before and after practice, but should not be consumed hours before an event or exercise.



- High sugar desserts should be **eaten in moderation** to make room for performance complex carbohydrates.
- If you choose to have dessert, eat it post game/workout rather than pre game/workout - fat digests more slowly and may compromise your performance.
- Good **low calorie desserts** include jello, pudding, popsicles, and low-fat/non-fat frozen yogurt.
- **Make your own healthful desserts!** Cut up fruit and add it to Greek yogurt and honey/peanut butter to achieve your desired sweetness! (Try non-fat milk in the “DC Milkshake” to reduce fat)
- Don’t want the whole piece of cake or cookie? **Ask** the worker/assistant to cut the dessert in half for you!
- Find gluten-free desserts and breads in the **gluten-free fridge!** 