Meet Emily

Emily is a graduate of Michigan State University. She completed her Master of Science degree and dietetic internship at Saint Louis University in St. Louis, MO.

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To learn more about building a healthy plate, visit:
wmich.edu/dining/nutrition

Connect
Questions, concerns or needing dietary accommodations? Feel free to contact Emily Hazel for more ways to make dining at WMU work for you.

Menus
Menu information can be found online for dining halls and centers.

wmich.edu/dining/menu

WMU Dining Services
Bernhard Center
Room 161
(269) 387-4844
wmich.edu/dining

WMU Dining Services offers a variety of healthy dining options to support students throughout their university experience.

Healthy options are located at all Western Michigan University dining locations, including dining centers and campus cafés.

Nutrient information can be found for all dining center food items by utilizing the online nutrition book.

wmich.edu/dining/nutrition

EATING
on WMU’s campus
Tips for eating healthy

- Choose one fruit and vegetable at each meal.
- Plan meal selections in advance.
- Put all your food onto one plate while keeping in mind seconds are always an option. This tactic will help keep food waste to a minimum.
- Beware of condiments and dressings. A little goes a long way.
- Not every choice will be healthy, this is an assured failure; it is estimated that people make over 200 food related choices per day!

Applying the dietary guidelines in WMU dining centers

- Grilled chicken breast is available in all dining centers during lunch and dinner.
- Choose fresh vegetable toppings at the Bistro3 World of Flavors, Burnham Extreme Greens or Valley Dining Center Pacific Plate, Cilantro’s or Fresh Creations.
- Choose whole grain bread over white bread for toast or deli sandwiches. Whole grain bread is available in all dining centers.
- Instead of choosing fried sides (ex: French fries), fill up on cottage cheese, yogurt or fresh fruit available in all dining centers.
- Coming to the dining centers for a snack? Try vegetables and hummus or hard boiled eggs. Hummus and hard boiled eggs are available at the deli.
- For breakfast, design an omelet or egg white omelet in each dining center.
- Choose skim milk, water or unsweetened iced tea the majority of the time.

Increase

- Vegetable and fruit intake.
- Variety of vegetables: especially dark green, red, orange vegetables and beans or peas.
- Whole grains: at least half of all grains should be whole grains.
- Fat-free or low fat milk and milk products.
- Variety of protein food choices: fish, lean meats and poultry, eggs, beans and peas, soy products, unsalted nuts and seeds.

Replace

- Protein food selections high in solid fat with leaner options.
- Solid fat additions to the meal, such as butter and cream cheese, with oils rich in essential fatty acids.

Reduce

- Foods containing refined grains, solid fats, added sugars and sodium.
- Calories from added sugars, limit to less than 10%. Watch consumption of sweetened beverages, snacks and desserts.
- Sodium intake. Be aware of sodium content in sauces and highly processed products.
- Saturated fats (solid fats) to less than 10% of calories.
- Trans-fat as low as possible (<2 g).