The fewer the legs the better! What?

Proteins are the building blocks to muscle, skin, hair and other tissues; and are key ingredients in the immune system, hormones, and enzymes for metabolism.

Lean proteins such as beans, split peas, and lentils; fish, poultry, lean cuts of pork & beef, and low fat dairy foods provide crucial nutrients, while skipping the solid fats found in fattier choices that are associated with risk of heart disease and some cancers.

Remember, the fewer the legs the better: plant and fish sources of protein contain less solid fats than protein from four-legged creatures. Beef and pork with ‘loin’ in the name are leaner types of those proteins.

Try these exciting choices from BC Dining!

- Plant proteins like black beans in a burrito, tofu and vegetable stir-fry, or a grilled fish dish.
- Grilled chicken and salmon are available daily.
- Vegetarian proteins such as beans and tofu are available daily on the salad bar.
- Check our online menu to see the rotating variety of lean entrees that utilize chicken, fish, tofu, and beans, as well as leaner cuts of pork and beef.