MAKE AT LEAST HALF OF YOUR GRAINS WHOLE

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES

GET YOUR CALCIUM-RICH FOODS

DRINK WATER INSTEAD OF SUGARY BEVERAGES

GO LEAN WITH PROTEIN

CHOOSE FOODS CLOSE TO THEIR NATURAL FORM

Foods closest to their natural form? Yes! Eat an apple with skin vs. drinking apple juice. Stay down to Earth by picking plant foods close to their original form. These foods retain their original nutrients, including fiber, and are usually lower in sodium, solid fats, added sugars, and additives than the processed versions.

BC Dining makes eating healthy easy:

- Choose vegetables that are fresh or minimally prepared. Steamed vegetables have no additives, while roasted vegetables are prepared with only canola or olive oil.
- A piece of fresh fruit can be substituted for chips, fripps, or fries at no additional charge.
- There’s always unsweetened greek yogurt on the parfait bar, which can be sweetened naturally with fruits or honey.
- Stay down to Earth by choosing whole grains. Make your sandwiches with whole grain bread, choose brown rice when available, and explore novel grains like quinoa.
- The Plain & Simple line offers simply-prepared foods free of the top 8 allergens and gluten. The Loft at Addie’s is also local and sustainable.
- On the go? Grab a fresh salad, edamame, or whole fruit from our Grab and Go selection.