Plant-based eating patterns emphasize fruits and vegetables, whole grains, healthful fats like nuts and seeds, and lean proteins like legumes and soy. Vegetarian diets include lean animal proteins like fish, eggs and dairy, and vegan diets do not include animal proteins. Evidence is mounting that choosing a plant-based diet has a multitude of health and environmental benefits.

Health benefits include lower incidence of chronic conditions, like heart disease, high blood pressure, diabetes and some cancers. This is due to lower levels of saturated fat, as well as beneficial antioxidant, vitamin, mineral, phytochemical and fiber content. Environmental benefits include reduced carbon emissions and lower water usage.
**What can I eat?**

**Corcoran, McElroy and Stuart**

Below are a selection of rotating vegan and vegetarian menu items offered in the three main dining halls.

Check [Online Menus](#) and [Digital Signage](#) for daily offerings.

**Corcoran Commons:**

**Lower Live**
- Make your own [breakfast omelet](#) with veggies, and add a side of crispy breakfast potatoes
- Marinated, baked or grilled [tofu](#) is available on the sandwich line
- Choose tofu as your protein for the [Holy Grain](#) and [Pad Thai](#)

**The Loft at Addie’s**
- Vegetarian [paninis](#) available upon request
- [Acai bowls](#) are vegan and made with almond milk
- Homemade [vegetable burger](#) is vegetarian, made with lentils and barley

**McElroy:**

**Carney Hall**
- Veganize a [Burrito Bowl](#): ask for plant-based add-ins like black beans, salsa and guacamole
- Get the [Bibimbap](#) with egg (vegetarian), or no egg (vegan)
- Vegan [Pitaya Bowls](#) and vegetarian [Acai Bowls](#) are available

**Eagle’s Nest**
- The [Green It](#) and [Bowl Stations](#) are vegan without chicken or mac n’ cheese. Ask your server about vegan dressings!

**Stuart:**
- Customize a [breakfast smoothie](#) with add-ins like chia & flax
- Vegan and vegetarian [grain salads](#) are offered in grab n’ go
- Create-your-own [Mexican Plate](#) using hot beans offered in the serving lines
- [General Gao’s Bowl](#) is offered with tofu

**Around Campus**

**Grab n’ Go Refrigerators**
- Calcium-fortified soy milk (V)
- Packaged hummus (V)
- Assorted yogurts
- Falafel sandwich (V)
- PB&J Sandwich
- Cheese plate
- Mediterranean plate
- Overnight Oatmeal with Almond Milk (V)

**Salad Bars**
- Cubed Tofu (V)
- Kidney Beans (V)
- Chickpeas (V)
- Lentil Salad
- Assortment of Cheeses
- Low-Fat Cottage Cheese
- Hard Cooked Eggs
- Variety of Vegetables (V)

**Yogurt Parfait Bars**
- Variety of Cut Fruit (V)
- Flavored Yogurts
- Grandy Oats Granola (V)

**On the Grill**
- Jens and Marie Veggie Burgers (V)
- Vegetarian Stir-Fry
- Tofu Stir-Fry (V)
- Grilled Cheese

**Sandwiches**
- Eggplant Parmesan Sub
- Cheese
- Peanut Butter (V)
- Mediterranean Wrap
- Vegetable Fajita Wrap (V)
- ~ Make Your Own with Pita, Salad, Hummus and Beans ~

**Soups**
- Black Bean (V)
- Tomato Basil (V)
- Three Bean Chili (V)
- Organic Split Pea & Kale (V)
- Sweet Potato Chipotle (V)

**Desserts**
- Fro Yo and Soft Serve
- Divvies cookies in the MiniMarts (V)
- Baked goods in the gluten-free freezers
- BC’s Homemade Desserts

[V] - denotes vegan

@bc_dining
Balanced Eating at BC

A balanced eating pattern contains a variety of nutrients obtained by eating food from all food groups. Balanced eating emphasizes adequacy by eating regularly and responding to feelings of hunger. Moderation is another part of balanced eating, accomplished through giving oneself full permission to mindfully eat any food that is satisfying.

Sample Vegetarian Day of Eating

**Breakfast**
Overnight oats with chia seeds, peanut butter, banana, and a small coffee with soy milk at Lower

**Snack**
Kind Bar with Greek yogurt during a break between classes

**Lunch**
Vegan Falafel Sandwich with tahini mayo, plus a side of fruit at Lyons

**Snack**
Mediterranean Plate from the grab-n-go at McElroy

**Dinner**
Mexican Plate with black beans, Mexican Rice, salsa, guacamole, plaintains, shredded cheese and a Divvies cookie at Stuart

**Snack**
Fruit and almonds at the library

Questions?
Comments?
Want to be a part of focus groups to discuss vegetarian and vegan dining?
Please email us at: BCDining@bc.edu
Make an Appointment

Kate Sweeney, MS, RD, LDN
Campus Nutritionist
BC Dining, Office of Health Promotion
Main Office: McElroy 302
Email: sweenekz@bc.edu

Find Kate’s online calendar on the Office of Health Promotion or BC Dining websites

Did you know?

**Soy lattes** are available at the Chocolate Bar and Hillside.

**Hot oatmeal** is vegan in all dining locations.

**Overnight oats** are vegetarian at McElroy, and vegan at Stuart and Lower.

White rice is available in **rice warmers** at Lower, Carney and Stuart.

Unsweetened and Vanilla **Almond Milk** is available every day at McElroy, Stuart, Corcoran, Lyons, and Walsh in dispensers.

**Stuart Hall** offers a **vegetarian Smash Bowl** with soy chicken and veggies.

Students can request to have a meal made off the serving line to avoid **cross-contact with animal products**. Just ask for a manager!

The Whole Grain Bar at Stuart, Lower and Carney offers a variety of **vegetarian grain-based salads**, daily!

Customize a **Flat Top Burger** with a vegan Beet & Kale patty at Carney, Lower and Stuart. Add your favorite plant-based toppings.

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Vegans and vegetarians require a **variety of foods** from each food group to achieve nutritional adequacy.

**Check the BC Dining website** to learn more about the Important Nutrients needed as a vegan or vegetarian.