

NUTRITION INSIGHT

Eating Mindfully

Eating mindfully is as much about when, how, and who you eat with as the food choices you make. UVM Dining makes the healthy choice the easy choice by labeling foods with the Mindful Apple Symbol. Mindful options focus on whole grains, lean proteins, and nutrient dense vegetables. We also label foods as being, local, organic, vegetarian, or vegan to help you make informed choices about your food.

Love Probiotics

Probiotics are live bacteria found in fermented foods that help support the good bacteria in our gut, keeping bacterial flora in balance. The following foods contain naturally occurring probiotics. While more research is needed, there is evidence that shows that probiotics may ease the symptoms of Irritable Bowel Syndrome, help manage weight & improve immune function.

Yogurt

Not all yogurts are the same; be sure to select yogurt that lists “live and active cultures” on the label. Pick yogurts with natural ingredients and look for varieties with lower added sugar. Best bet? Choose plain yogurt and sweeten it up with a bit of fresh fruit.

Kefir

Kefir is a fermented milk drink that is naturally 99% lactose free and higher in probiotics than most yogurts. Be sure to check the label to select a variety with fewer added sugars.

Tempeh

Tempeh is a delicious meat substitute made from fermented soy beans and is full of vitamin B12 and probiotics. Try it baked, grilled, or sautéed for a tasty meatless meal.

Fermented Vegetables

Sauerkraut and kimchi are examples of fermented vegetables with live probiotics. Be sure to select raw varieties—pasteurization kills live and active bacteria.

Sources:

1. Evidence to Support Health Claims for Probiotics. J. Nutr. 2008 138:6
2. Probiotics, their health benefits and applications for developing healthier foods: a review. FEMS Microbiol Lett 2012 334:1

Did you know?

Upcoming Events

Sept 5 11:30a-1:30p Meet the Dietitian @ Central Campus Dining

Sept 7 11:30a-1:30p Meet the Dietitian @ Harris Millis

Sept 12 12-1:30p Meet the Dietitian @ The Marketplace

Sept 19 5-6:30p Healthy Hydration @ Redstone Unlimited

Sept 26 5-6:30p Healthy Hydration @ Northside Dining

Oct 3 5-6:30p Healthy Hydration @ The Marche

Oct 12 11a-2p Eat for Your Mood @ Davis Center Atrium

Oct 17 5:30-7p Make you Own Trail Mix @ Redstone Unlimited

Oct 31 12p-2p Healthy Halloween @ Davis Center



If you have food allergies or intolerances, we want to know! Students may schedule a nutrition counseling session free of charge with Nicole, our Registered Dietitian by calling 802-656-3566 or by email at Nicole.Rohrig@uvm.edu.

UVM DINING

let's let's social



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