






## ABOUT BeWell

We created BeWell to make it easier for you to choose well. First, our BeWell eating approach combines the latest in nutrition science & culinary trends to create a crave-worthy, nutritious menu choice. Second, our BeWell promotions, wellness education programs & partnerships will encourage you to choose well too.

BeWell recipes must meet three out of the following five categories:	Our BeWell recipes will always:
Plant-based	 Be trans-fat free
Healthy Fat	 Use minimally-processed ingredients
Lean protein or plant-based protein	 Be mindful of added sodium and portion size
Limited added sugar	
High fiber or a probiotic food	



How do I find a BeWell menu option? Look for the blueberry icon on the menu!

## CAMPUS DIETITIAN

### Phone

920-424-1368

### Email

diningdietitian@uwosh.edu

### Office Location

Blackhawk Basement  
Office 12A

### Office Hours

Monday-Friday  
8:00 am - 5:00 pm



MORE INFORMATION HERE!

**ALADDIN**  
CAMPUS DINING

CHOOSE WELL TO  
 BeWell



ALADDIN CAMPUS DINING

# Nutrition Guide

**UWO** | UNIVERSITY OF WISCONSIN  
OSHKOSH

# OUR DIETITIAN

Our onsite Registered Dietitian is here to support you in all your nutrition or wellness-related goals! Some of our services offered include:

- One-on-one nutrition counseling
- Sports performance consultations
- Allergen & specialty diet support
- BeWell nutrition education programs
- Wellness presentations
- Healthy recipe sampling

Our onsite dietitian also works closely with our campus chefs to assist with menu planning & specialty diet management. They also oversee the stocking & management of our allergen-friendly room located in Blackhawk Commons.

“

Nutrition & wellness aren't one-size fits all. We're passionate about looking at the whole picture & helping students find how nutrition fits best into their lives, whatever that may look like! Make an appointment today to see how we can help you navigate food allergies, vegan/vegetarian diets, sports nutrition, or general nutrition & wellness goals!

*Campus Dietitian  
& Aladdin Culinary Team*

”

# ONLINE MENUS

Our online menu, allows students to get nutrition & allergen information for each day's offerings, allowing them to easily navigate the menu to fit their needs.

Filter menu items by dietary preference or allergens for an easier search.

Scan the QR code below to view our online resident dining menus:



## ALLERGENS

At UW-Oshkosh, we pride ourselves on our ability to cater to students with food allergies & other dietary restrictions. Along with complimentary access to our on-site registered dietitian, we also have a dedicated allergen room located in Blackhawk Commons & gluten-free, vegan, & vegetarian options located at most dining locations that can be easily identified using our online nutrition database. Contact the dietitian to learn about all our dining options on campus for food allergies & dietary restrictions.

# BeWell EATING APPROACH

Need a health boost? Eat the BeWell way!

## Emphasize Plant-Based Whole Foods

Health benefits of a plant-based, whole food diet are plentiful - from decreasing risk of disease & cancer to managing weight. They also have a lower impact on the environment compared to animals & processed foods.

## Eat Healthy Fats

Gone are the days of low-fat diets. We need a certain amount of fat in our diets to stay healthy, except for trans-fat. The healthiest fats are omega 3 polyunsaturated fats & monounsaturated fats.

## Add Lean or Plant-Based Protein

Protein is an important building block of bones, muscles, cartilage, skin, & blood. While high-protein diets surge in popularity, most people get too much. Fill your plate with plant-based foods & add lean protein in 2-3 oz portions. Or go veggie all the way & choose plant-based protein only.

## Fill-Up on High Fiber & Probiotic Foods

Fiber is a nutrient all-star; it feeds good gut bacteria to keep you healthy, maintains digestion & weight, & stabilizes blood sugar. Probiotic food is a fermented food that naturally produces probiotics or a food with added probiotics & also maintains your health & digestion.