Eating Healthier on the KU Campus

KU Dining Services

Our Core Purpose
support our community with exceptional cuisine in a progressive and inviting environment

KU Dining Services
22 locations across the KU campus
450+ student employees
Hundreds of menu choices

KU Dining Services
22 locations across the KU campus include....
➢ 3 Residential Dining Centers
  Mrs. E's
  Oliver
  North College Cafe

KU Dining Services
22 locations across the KU campus include....
➢ 2 mixed Residential/Retail Dining Options
  The Studio located in Hashinger Hall
  The Ozone located in the Oliver Dining Center
KU Dining Services
22 locations across the KU campus include:
- 4 Retail Cafes
- The Market located in Memorial Union
- The Mortar & Pestle located in the School of Pharmacy
- The Underground located in Wescoe Hall
- The Crimson Café located in Burge Union

Coming Soon...
Cafe Spice
- all natural ingredients, fresh produce, free-range meats, and whole spices to create an authentic burst of Indian flavor in every bite.
- Located at the Underground in Wescoe Hall
- Anticipated opening is Fall 2013

Coming Soon...
Panda Express
- Robust flavors of Mandarin and Szechuan cuisine
- located on the 3rd floor of the Kansas Memorial Union
- Anticipated opening is Fall 2013

Faculty and Staff Meal Plans
The meal plan will be on your active KU Card.
You will be able to host university affiliated guests, take a student or colleague to lunch!
Please visit our website for more information and to sign up:
http://union.ku.edu/dining/dining-plans/faculty-and-staff-plans/

KU Dining Services
22 locations across the KU campus include:
- 1 full service restaurant
  - The Impromptu Café located in Memorial Union

KU Dining Services
22 locations across the KU campus include:
- 7 Hawk Stops
  - Pearson Hall
  - Murphy Hall
  - Spahr Library
  - Strong Hall
  - Visual Arts
  - Watson
  - Anschutz Library (IQ Café)
KU Dining Services
22 locations across the KU campus include:
- 5 Pulse Coffee and Smoothies
  Kansas Memorial Union
  Burge Union
  Underground
  Studio
  Mortar & Pestle

KU Dining Services
Website is kudining.com

Please follow us on
- Facebook
- Twitter
- Pinterest

Diet is a 4 letter word
Banish it from your vocabulary

Plan your meals in advance.
Approach it as if you were budgeting your money.
Where do you want to spend most of your calories?
What can you do to make way for some of the higher fat foods you want to eat?
Where can you get your servings of fruits, vegetables, and whole grains at?

Keep a food journal.
Eat when you are hungry, stop when you are full.

Try eating more often instead of skipping meals.

Design a plan to stay active.
Aim for 300 minutes weekly
Find ways to increase movement in your daily life
Wear a pedometer. Aim for 10,000 steps daily.

Aim for a rainbow of color!

Allow a variety of foods without feeling guilty.
The secret is to plan accordingly!

Avoid emotional eating and stress eating.
Identify your triggers.
Make a plan on how to deal with them that does not involve eating!
Making healthy choices can seem like a daunting task when faced with pizza, cheeseburgers, and fried food on a daily basis.

Use the tools provided by KU Dining Services to make better choices in your weight management efforts.

“Ask a Nutrition Expert”

The KU community can submit a dietary, nutrition and/or exercise question. One of the registered dietitians will answer.

Better Bites

“Better Bites” Entrees contain less than 600 calories and less than 24 grams of fat per entree.

“Better Bites” Snack Items have fewer calories, less fat, and/or less sugar than traditional snack options.

Net Nutrition

An online nutrition analysis program.

Convenient method to calculate the approximate nutritional values of food selections from our various campus dining locations.

Net Nutrition

Users can also select and apply filters. Any food with the selected filter will be excluded from the list on the screen.

Example: If the Milk filter is selected, then only items free of milk will be shown.
Milk Filter is checked.

Number of choices before milk filter is applied: 31

Number of choices after milk filter is applied: 11

Use visual aids to help you in portion control
A small can of tuna
✓ a bagel

A golf ball
✓ 2 Tbsp of peanut butter
✓ 1 ounce

A computer mouse
✓ 1 medium baked potato

A deck of cards
✓ 3 oz serving of lean meat

Checkbook Cover
✓ 3 ounces of baked fish

the size of four dice
✓ One ounce of cheese
Where can I find menus and nutrition information for the KU dining venues?

KU Dining Services website
http://union.ku.edu/dining/

Dining Services Menus
http://union.ku.edu/dining/menus/

Net Nutrition
http://union.ku.edu/dining/net-nutrition/

Faculty and Staff Meal Plans
http://union.ku.edu/dining/dining-plans/faculty-and-staff-plans/

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We look forward to serving you!

If you have any additional questions, please contact:

Mary Rondon
mrondon@ku.edu
785-864-2424
KU Cuisine Cash

A benefit available to you as a KU faculty or staff member!

Eat anywhere on campus and **save at least 10%** on your meal every time you dine!

KU Cuisine Cash gives you the freedom and flexibility to dine anywhere on campus and save! A **purchase of $45 gets you $50** on your KU ID card to use in anywhere on campus.

**But as a KU employee, your savings don’t stop there....**

- **Feeling hungry?** Stop by any of our three Residential Dining Halls—Mrs. E’s, Oliver Dining or North College Café—and **save an additional 10%** off the door rate by using your KU Cuisine Cash. Enjoy **all you care to eat**, including beverage and dessert—**for less than $7.70 per meal**!

- **Love variety?** Whether it’s home-style favorites, a local veggie burger, a light salad or anything else you might crave, use your KU Cuisine Cash in any of our retail dining food courts, restaurants, Pulse Coffee Shops, Hawk Food Stops, and Hawk Shop Convenience Stores. As a KU Cuisine Cash diner, you also **save an additional 10%** when you dine on Fridays!

Complete flexibility! Easy to use! No expiration!

Your KU Cuisine Cash balance stays on your card for as long as you’re employed by KU.

**To take advantage of this benefit available only to KU faculty and staff:**

- Sign up on our website using your MasterCard, Visa or American Express: www.kudining.com.
- Contact Karen Cross for Stop to sign up using cash or check: kfeltner@ku.edu; 785.864.7274.

*Sign up and start saving today!*