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Remember, eating a variety of food is also important for good health. All menu items can fit into a healthy lifestyle whether or not they are low in fat, calories, or sodium, as long as they are chosen and eaten in moderation. Dining Smart means selecting a variety of foods that are moderate in fat and calories most of the time. For more information on diet recommendations related to health and specific health conditions, visit: <http://nutrition.upmc.com> or email [askadietitian@upmc.edu](mailto:askadietitian@upmc.edu).

For weight management services, call the UPMC Weight Management Center at 412-246-6472 or visit: <http://weightloss.upmc.com>

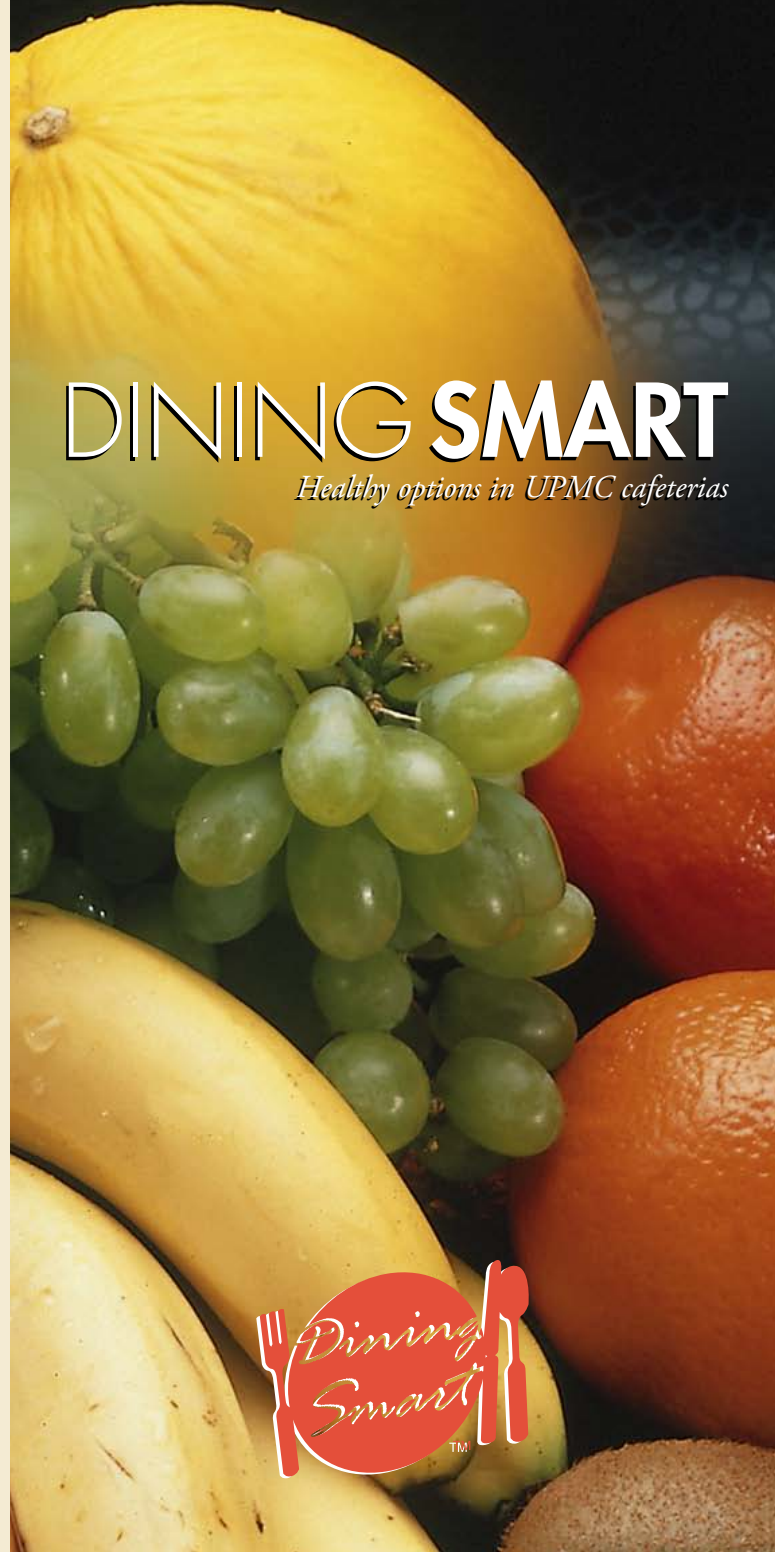
For UPMC employees who are UPMC Health Plan members, visit: <http://www.upmchealthplan.com/myhealth.htm>

**UPMC MyHealth** The My Health program partners UPMC, UPMC Health Plan, and academic experts from the University of Pittsburgh in order to deliver fully integrated health services that can increase the welfare of UPMC employees. This ongoing, dynamic partnership will encourage the employee-provider relationship by offering programs that are based on clinical evidence and directed at improving health outcomes.

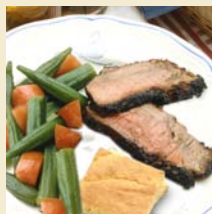
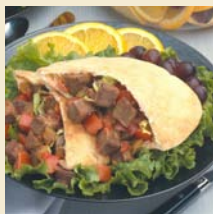
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# DINING SMART

*Healthy options in UPMC cafeterias*



Which of these foods are smarter choices?



All of them — now you're **DINING SMART!**

**UPMC CAFETERIAS** are now offering more healthy options than ever. You can dine on meals that taste good, are made from the highest quality ingredients, and follow healthy nutrition guidelines.

The University of Pittsburgh Medical Center is proud to promote the Dining Smart™ program as part of the *My Health* initiative. As part of this initiative, in response to your suggestions and opinions, we have included many more foods for healthier and tasty eating to meet the nutritional standards of Dining Smart. Look for this logo when choosing your meals.



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When you choose a Dining Smart item, you can be assured of a better choice when it comes to controlling fat and calories in your meals. Whether it's soup, salad, or dessert, you can be confident that your choice is a step towards better health. Sodium and fiber will also be addressed through the program's educational efforts in cafeterias.



## NUTRITION STANDARDS

Foods must meet these standards to be designated a Dining Smart item.

### CALORIES

Pre-made and pre-packaged entrees, salad entrees, and sandwiches have less than 350 calories.

Soups, salads, and side dishes contain less than 150 calories.

Nutrition information for items that are sold by weight is based on four-oz. portions.

### FAT

All items contain less than 35 percent of calories from fat (3.8 grams of fat per 100 calories).

### CHOLESTEROL

All items contain less than 100 mg cholesterol.

## DINING SMART TIPS

- Controlling your intake of sodium/salt is also an important part of healthy eating. Salad dressings and condiments will add additional calories, fat, and sodium.
- Increase your fiber intake by choosing more fruits and vegetables. Choose 100% whole wheat bread, brown rice, and cereals such as shredded wheat and bran flakes.
- Beware of hidden calories in beverages. An easy way to avoid unwanted calories is to choose bottled water, diet soda, or other non-calorie drinks.
- If you see a favorite entrée or sandwich and the calories are high, you can still enjoy it by eating half yourself and sharing the other half with a friend.