NUTRITION QUESTIONS?

Ask the Dietitian

Q: Can you tell me where I can find healthy foods when at work?

A: Great question. Since more and more faculty/staff are requesting healthier foods, Health Plus has created a Healthy Bites webpage.

At the Healthy Bites webpage you will find:

Healthy Eating
Tips and information on how to put a meal together are located in this section, as well as information on portion control and where to find healthy food options.

Healthy Catering
Whether you are buying for yourself, your office, or a conference and looking for healthy meals, you will find this section quick and easy to use! Pre-approved vendors include places that are popular with Vanderbilt faculty and staff; Jason’s Deli, Au Bon Pain, Panera, Zoe’s Kitchen, and many more! When ordering for Vanderbilt functions, all restaurants are approved for use with the Vanderbilt credit card.

Healthy Vending
Move over candy bars, sugary sodas, and greasy potato chips. Here you will find suggestions for healthier vending selections. Did you know there are two refrigerated healthier option vending machines — one in Medical Center North’s 2nd floor snack bar and one in the Emergency Department at Monroe Carell Jr. Children’s Hospital at Vanderbilt? These machines contain items such as air popped chips, veggie crisps, protein bars, veggie sticks with dip, and more. Healthy vending choices are also available at Health Plus.

Finding the Healthy Bites webpage
1. Go to the Health Plus website: http://healthandwellness.vanderbilt.edu/healthplus/
2. Enter “Healthy Bites” into the SEARCH bar
3. Click on the Healthy Bites with the star beside it

Check out this new webpage today and support Vanderbilt’s culture of wellness by making the “healthy choice the preferred choice.”

Source: http://healthandwellness.vanderbilt.edu/news/2013/03/eat-right-with-healthy-bites/

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