

PC Dining Services Healthy Focus

Dining Today the Mediterranean Way

PC Dining cares about you and is committed to enhancing the health and wellness of all students, faculty, and staff on campus. Through our Better Tomorrow Plan, we are focused on providing innovative and exciting approaches to health and wellness through culinary innovation and nutrition programs. Our Mediterranean cuisine will provide varied and balanced food options at all campus sites that meet the new USDA guidelines for reducing sugar, fats and sodium.

PC Dining is bringing the Mediterranean to you! Mediterranean fare, renowned for its heart-healthy, exotic, and tasty dishes will be featured in Resident Dining. Our food will take you on a Mediterranean journey to Spain, Italy, and Greece where you can sample local cuisine and take part in fun events and activities. So sit back, relax, and enjoy our delicious and nutritious Mediterranean food and the journey PC Dining will take you on.

healthy, well balanced eating. This style of eating encourages plant-based foods such as fruits and vegetables, whole grains, legumes and nuts. It replaces saturated fats (butter) with heart healthy fats (olive and canola oil) and limits salt by using aromatic herbs and spices to flavor food. Plus, fish should be increased in your diet to twice a week while limiting red meat.

Enjoy our culinary journey with PC Dining to the Mediterranean. We will begin in Spain with *El Toro de la Noche* and feature delectable cuisine that will include: paella, chorizo sausages, gazpacho, tapas, plus much more. After Spain, our next stop will highlight Italian Cuisine with *La Famiglia*. You will enjoy favorites including vegetable lasagna, shrimp scampi risotto, chicken breast Florentine, orecchiette with broccoli and chickpeas, in addition to many other specialties. As our journey continues, we will explore the cuisine of the Mediterranean beaches at the *Mediterranean Club* and end our culinary adventures in Greece with *Evexia*. Our journey will encompass the delicious, tantalizing, and healthy

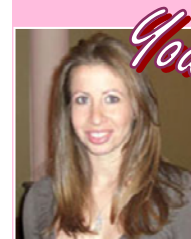
Mediterranean cuisine has long been renowned for its health benefits. The 2010 Dietary Guidelines for Americans features this cuisine as a model for



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Your Dietitian!



Danielle Shargorodsky, RD, LDN
Regional Nutrition Manager
Campus Services
Danielle.RD@PC Dining .com



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