

## Class of 2017 Commission: Letter to SA regarding Enhancing Cornell Health Awareness

Dear Student Assembly,

When we are in the dining halls around campus, many of us are never really sure of what we're eating. Yes, they list that different foods are vegan, and contain soy or dairy, but it's very difficult to assess how much fat or how many calories are in a given dish. As our Student Assembly representatives, we would really appreciate if you would push for nutritional information to be displayed in the dining halls.

The nutritional information does not need to be extremely detailed. Just listing pertinent nutritional facts would suffice. One of the members of the commission worked in a hospital over the summer where nutritional information was displayed in the cafeteria. It made it easy to make healthy meal choices because the nutritional value of the food you are eating is displayed readily in front of you. We believe that when this initiative is implemented, it would enable students to make healthier dietary choices at Cornell.

Thank you for your time and support,

The Class of 2017 Commission

### Cornell Dining Online Nutritional Information:

The following meal ideas use combinations of items from different stations. They may take a little longer to make, but they taste great and are less than 550 calories. These are just a few suggestions to get your creativity flowing; mix n' match food items you enjoy to create a delicious meal. Try to include a lot of veggies and limit the amount of calorie-rich foods, such as cheeses, sauces, and red meat.



#### DRESSING SALAD

2 cups Romaine lettuce	12
1/2 tomato (4 wedges)	12
6 cucumber slices	8
1/2 cup bell pepper	10
1/2 cup garbanzo beans	110
1/2 cup kidney beans	100
1/2 cup carrots	20
1 scoop red onions	5
2 tablespoons dressing	100-180
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Total Calories	387-457
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(with 1/4 cup feta/cheddar)	501-571

#### VEGGIE BURGER

Veggie burger	100
Sliced cheese	80
Hamburger bun	140
2 lettuce leaves	4
1 medium 1/8" sliced onion	6
3 tomato slices	10
2 teaspoons aioli	67
1 tablespoon ketchup	15
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Total Calories	422
(with 3 oz French fries ~1 handful)	552

#### TACO SALAD

5 crumbled Nacho chips	70
1 grilled chicken breast	150
2 cups shredded romaine	12
1/2 cup diced tomatoes	16
1/4 cup diced onion	16
1/4 cup olives	20
1/4 cup cheddar cheese	114
2 tablespoons sour cream	60
2 tablespoons salsa	10
2 tablespoons guacamole	72
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Total Calories	540