You’ll find they’re a protein pasta; many UCR Dining locations now offer 100% whole-grain bread, brown rice and high-grains, and get converted to fat more quickly than whole White breads, pastas and cereals are made from refined of the protein, the fiber, and most of the vitamins. Whole grains strip away the bran and the germ, along with 25% of the kernel; refined What are whole grains? Brown rice, barley, oats, quinoa, teff, red quinoa, black quinoa, amaranth, millet, sorghum and rye are delicious options when eaten “whole”. Popcorn and oatmeal are whole grains, too! Choose 100% whole-grain bread, brown rice and high-grains. Refined fats (the kind you want). Omega-3 fatty acids and has high levels of monounsaturated oils that are plant based and/or that's not in season. Butter is used sparingly, and mainly as a flavor enhancer. Baked goods made in our Residential Restaurants are trans-fat free. There are roughly 10 packs of sugar (40 grams!) in a 12-ounce can of regular soda. Sugary drinks increase risk of type 2 diabetes, stroke, cancer...even depression. Water is the “perfect” beverage. It helps you feel more energetic, sharpens your mind, and saves you money. Want more flavor? Add lemon wedges or sliced strawberries, or herbs like mint. Water is the “perfect” beverage. It helps you feel more energetic, sharpens your mind, and saves you money. Want more flavor? Add lemon wedges or sliced strawberries, or herbs like mint. Think Produce First. Fresh or frozen fruits and veggies are good options. Canned produce is not the way to feeling and performing your best! Self-check: Is at least half of the protein, the fiber, and most of the vitamins. Whole grains strip away the bran and the germ, along with 25% of the kernel; refined What are whole grains? Brown rice, barley, oats, quinoa, teff, red quinoa, black quinoa, amaranth, millet, sorghum and rye are delicious options when eaten “whole”. Popcorn and oatmeal are whole grains, too! Choose 100% whole-grain bread, brown rice and high-grains.
Seeds of Change is an ongoing initiative that reflects our commitment to delicious, nutritious, sustainable and socially responsible dining.

The program is modeled after Menus of Change, jointly developed by the Culinary Institute of America and Harvard’s School of Public Health. Their 14 Food and Ingredients Principles and the 10 Menu Concept and General Operations Principles are shown on these pages.

We have yet to hit all these goals. But from the menus we plan, to the ingredients we source, to the way we market our meals, we are changing how to work. And how UC Riverside eats.
CURRENT INITIATIVES

WHOLE GRAINS
You’ll find they’re a most wholesome choice.

WHOLE GRAIN OILS
We rely on plant-based oils in all of our restaurants.

PROMOTE LOCAL, SUSTAINABLE PRODUCE
Us to many different varieties of fruits and vegetables.

FUTURE GOALS

OUR VISION

To leverage the position of universities to advance healthier, more sustainable lifelong food choices among students who will soon become parents and adult decision makers—by connecting a diversity of insights from academic programs and dining services.

REPLACE

NEVER

SELECT

AVOID

FATS (THE KIND YOU WANT).

Omega-3 fatty acids and have high levels of monounsaturated fats.

We always offer healthy oil-and-vinegar dressing options.

Sugary beverages marked “no sugar added” is just as sugary.

For heart disease, Type 2 diabetes, stroke, cancer...even depression.

SUGARY BEVERAGES

Margarine, snack foods, and packaged baked goods, and so unhealthy they’re being banned from the U.S.

We rely on plant-based oils in all of our restaurants.

SUGAR AIN'T TOO SWEET.

Because drinking this much sugary drinks increases risk of type 2 diabetes, heart disease and other chronic conditions.

Black Quinoa

Sweet Potatoes

White Quinoa

Amaranth

Red Quinoa

Sorghum

Millet

Buckwheat

Delicious, Nutritious, Sustainable & Socially Responsible Dining

Global Food Initiative

#GlobalFood Initiative

Global Food

Residential Services

Housing, Dining & Residential Services

Welcome to a World of Delicious, Nutritious, Sustainable & Socially Responsible Dining