

Clyde's Choice

What is Clyde's Choice and why was it created?



Clyde's Choice identifies healthier options available at on-campus residential and retail dining eateries. It was created to help the campus community be more mindful of their nutritional intake.

All items with a Clyde's Choice stamp meet either the criteria below per serving or have been approved by the Registered Dietitian. Exceptions might include a food higher in total fat where the fat comes from healthy sources, such as nuts or olive oil, or a dish exceeding the requirements but approved based on ingredients. The USDA Dietary Guidelines for Americans 2015-2020 was recently released and recommends limiting *added sugars*. As such, Clyde's Choice also highlights items with no *added sugars*. For a full listing of all items meeting Clyde's Choice criteria, please refer to our online menus at <http://diningservices.uccs.edu/NetNutrition/1>. Here, you can filter by Clyde's Choice and see the menu options for the day.

Clyde's Choice Nutrition Guidelines:

Food Type	Serving Size	Nutrient Requirements
Sandwiches and Entrees	3 oz. 1 sandwich	<ul style="list-style-type: none"> • ≤5g fat • ≤1g saturated fat • ≤600 mg sodium • ≤500 calories
Soups and Salads	Soups- 6 fl. oz. Salads- 3 oz.	<ul style="list-style-type: none"> • ≤5g fat • ≤1g saturated fat • ≤600 mg sodium
Animal, Fish, and Plant Proteins	3 oz.	<ul style="list-style-type: none"> • ≤10g fat • ≤4.5g saturated fat • ≤500 mg sodium • ≤500 calories • Not fried
Pasta, Potatoes, and Grains	3 oz.	<ul style="list-style-type: none"> • ≤5g fat • ≤500 mg sodium • ≤ 300 calories
Vegetables	3 oz.	<ul style="list-style-type: none"> • ≤5g fat • ≤300 mg sodium • ≤300 calories per serving • No added sugars
Salad Dressings and Dipping Sauces	2 Tablespoons	<ul style="list-style-type: none"> • ≤10g fat • ≤2g saturated fat • ≤320 mg sodium • No trans fat • No added sugars
Pasta Sauces	3 oz.	<ul style="list-style-type: none"> • ≤150 kcal • <2g saturated fat • ≤300 mg sodium • No added sugars