





Bone-i-fied Good Items

These items not only taste good, but are good for you! Each item marked with a red bone  highlights the healthiest items on the menu; these items include foods high in heart-healthy fats (like hummus, tofu, nuts, and fish), low in saturated fat, low in added sugar, moderate in calories, high in fiber, or all of the above. Items marked with a purple heart  contain 30% or less calories from fat.






Examples of Bone-i-fied Good Items include:

- Jamaican Beans and Rice   
- Chinese Barbecue Chicken  
- Bountiful Bean Blend Salad   
- Baked Mahi-Mahi  
- Triple Red Fettuccini    
- Smokin' Boneless Turkey Breast  
- Oriental Tofu Wrap   
- Jerk Pork Chop  
- Roasted Vegetable Couscous   



Menu Symbols

As you dine in the dining commons, you will see foods marked with different symbols. These symbols and the nutritional benefits they represent are listed below. In addition to the red bone and purple heart symbols explained above, you will see a green leaf symbol which indicates a meatless item and a yellow diamond symbol which indicates a vegan item. You may also see a blue envelope symbol which indicates items selected from our annual Taste of Home event. Becoming familiar with these symbols will help you identify foods in the dining commons.

-  Meatless
-  Vegan
-  Bone-i-fied Good: healthy items
-  Less than 30% of calories from fat
-  Taste of Home Family Recipe



EATING SMART

Another service of your award-winning UGA Food Services.