

# PRINCIPLES

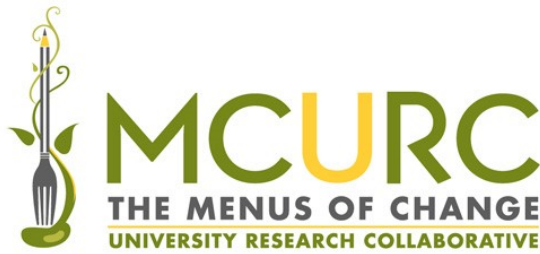
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## LEVERAGE GLOBALLY INSPIRED, LARGELY PLANT-BASED CULINARY STRATEGIES

Scientific research suggests that the most effective way to help diners make healthy, sustainable food choices is to shift our collective diets to largely plant-based foods. In fact, no other single decision in the professional kitchen—or in the board rooms of foodservice companies—can compare in advancing global environmental sustainability. From the now well-researched Mediterranean diet to the cuisines of Asia and Latin America, traditional food cultures offer a myriad of flavor strategies to support innovation around healthy, delicious, even craveable, plant-based cooking.

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# MENU MESSAGING



## GLOBALLY INSPIRED PLANT-BASED COOKING



### MOVING PRODUCE TO THE CENTER OF THE PLATE

*recipes that make vegetables the star of your meal*

sweet potato spinach vindaloo • turnip osso bucco  
vegetable paella • spiced tofu stew



### MUSHROOM BLENDING

*swapping mushrooms in traditional beef recipes*

- mushroom sloppy joes
- mushroom bolognese
- mushroom blended burgers



### PROTEIN PACKED GRAINS

*look for recipes featuring less “common” grains that are rich in plant protein*

farro risotto • plant-iful bowl action stations  
egyptian grain bowls



### EVERYDAY OPTIONS

*available at dining locations across campus*

tofu • black beans • garbanzo beans • tabbouleh  
hummus • whole wheat/grain breads • brown rice

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# MENU MESSAGING

1/2 cup  
3.5 grams  
**OATMEAL**



1/2 cup  
8 grams  
**BLACK BEANS**



1/2 cup  
11 grams  
**EDAMAME**



# Plant BASED Protein

**CHICKPEAS**  
1/2 cup  
7.5 grams



**TOFU**  
1/2 cup  
14 grams



**PEAS**  
1/2 cup  
4 grams



**PEANUT BUTTER**  
2 tablespoons  
8 grams

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YOUR PLATE**   
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IMPLEMENTING MENUS OF CHANGE AT NORTHEASTERN

**MENUS  CHANGE** Northeastern  
The Business of Healthy, Sustainable, Delicious Food Choices Dining

for more information, please visit  
[nudining.com/menusofchange](http://nudining.com/menusofchange)