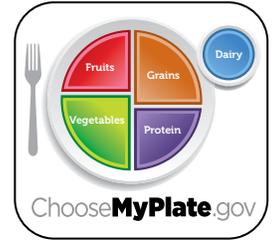


# be choosy in the dining hall



## 10 tips for healthy eating in the dining hall

**Dining halls are full of healthy food options.** You just need to know which foods to put on your tray. Use these tips to plan your food choices and know which options are best for you.

### 1 know what you're eating

Many dining halls post menus with nutrition information. Look at the menus ahead of time, so you can be ready to create healthy, balanced meals when you get there. Having a plan is the first step in making smarter eating decisions! Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to find information and tools like SuperTracker to help you make meal selection a breeze.

### 2 enjoy your food, but eat less

Everybody loves the all-you-can-eat dining hall! To resist the urge of eating too much, take smaller portions and use a smaller plate. Remember you can always go back if you are still hungry.

### 3 make half your grains whole grains!

Whether you're at the sandwich station or pouring yourself a bowl of cereal in the morning, make the switch to whole grains like 100% whole-grain bread and oatmeal.



### 4 re-think your drink

Americans drink about 400 calories every day. Consider how often you drink sugary beverages such as sodas, cappuccinos, energy drinks, fruit beverages, sweetened teas, and sports drinks. Drinking water instead of sugary beverages can help you manage your calories.

### 5 make half your plate fruits and veggies

Fruits and veggies can make your meals more nutritious, colorful, and flavorful. Add to pastas, eggs, pizza, sandwiches, and soups. Try spinach in a wrap or add pineapple to your pizza.



### 6 make it your own!

Don't feel like you have to choose pre-made plates. Design your own meal! Fresh veggies from the salad bar can be thrown into your omelet for brunch, or grab some tofu on your way to the pasta station for lean protein.

### 7 slow down on the sauces

Sauces, gravies, and dressings tend to be high in fat and sodium. Watch out for foods prepared with a lot of oil, butter, or topped with heavy condiments, such as mayonnaise. You don't have to do away with sauces and condiments all together; just ask for less or put them on the side. Reducing extras will help you manage your weight.

### 8 be on your guard at the salad bar

Most veggies get the green light but limit foods high in fat and sodium such as olives, bacon bits, fried noodles, croutons, and pasta or potato salads that are made with mayo and oil. Stick to fat-free or low-fat dressings on the side.



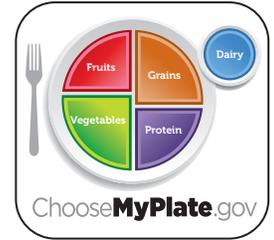
### 9 make dessert special

Save dessert for a Friday night treat or on special occasions. When you can't resist, opt for something healthy, such as a fruit and yogurt parfait.

### 10 don't linger

Dining halls should be just that, where you eat. Although it's great to chat with friends while you eat, avoid staying for long periods of time to reduce your temptation to keep eating.

# mini-fridge makeover



## 10 healthy choices to keep in your dorm mini-fridge\*

**Stock your dorm-room fridge with a variety of healthy foods.** That way, when you need a quick breakfast or study snack, you'll have plenty of options on hand.

### 1 low-fat cheese

Pair 1 slice cheese with 100% whole-grain bread for an easy snack or munch on a cheese stick for a quick bite between classes. Low-fat cheeses can even be used when making omelets and quesadillas in your dorm microwave!

### 2 vegetables

Pre-washed and pre-cut varieties are convenient for quick snacks and meals. Try incorporating green, red, orange, and yellow vegetables into your diet. Pair veggies with your favorite dips, such as carrots with hummus or celery with peanut butter. Add them to omelets and quesadillas.



### 3 fruit

Remember that fresh, frozen, dried, and canned fruits all count. Just watch out for varieties with added sugars or syrups. Add a tablespoon of raisins or dried apricots to your morning oatmeal or yogurt and grab an apple for a natural source of energy during a late night study break.



### 4 water

Keep water in your fridge. Investing in a water-filter pitcher is a great way to store water in your dorm room. Drinking water instead of sugary drinks is a healthy choice.

### 5 nuts and nut butters

These will last longer when stored in the fridge. Try walnuts, almonds, peanuts, hazelnuts, pistachios, or cashews. Peanut butter and almond butter are delicious on apple slices or whole-grain toast.



### 6 eggs

Eggs in a dorm room? If you have a refrigerator, yes! Use a microwave safe bowl or mug to scramble eggs for a quick, convenient breakfast or snack. Toss in raw veggies and a tablespoon of cheese for added flavor!

### 7 milk and yogurt

Fat-free (skim) or low-fat milk can be added to oatmeal or whole-grain cereals for a filling, nutritious breakfast. Individual containers of low-fat yogurt or low-fat Greek yogurt are convenient and portable. Mix yogurt with fruit and nuts for an energizing breakfast or top with a few chocolate chips and cinnamon for a healthy dessert.



### 8 hummus

Hummus can be paired with almost anything! Enjoy dipping red pepper slices, carrots, or other raw veggies into this delicious dip. Spread hummus onto a whole-wheat pita with tomatoes and cucumbers for an easy, nutritious lunch.

### 9 salsa

A fresh salsa with tomatoes, jalapenos, cilantro, and onions is a fun and yummy way to incorporate veggies into your diet. Pair low-sodium salsas with a small serving of whole-grain tortilla chips or raw veggies.

### 10 use the Nutrition Facts label

Use the Nutrition Facts label to choose beverages and foods at the store. The label contains information about total sugars, fats, and calories. Reading the Nutrition Facts labels on packaged foods can help you make better choices.

\* Refrigerators should be set to maintain a temperature of 40 °F or below. Keep an appliance thermometer in the refrigerator to monitor the temperature.