

GENERAL TIPS

Health and well-being

1. **Choose powerful vegetables** - try to include as much color on your plate as you can.
2. **Stay hydrated** - try to have half of your body weight in fluid ounces of water every day.
3. **Look for stress relievers other than food** - exercise, meditation, & study breaks with friends are good alternatives.
4. **Include healthy fats** - Omega fats and plant fats are excellent your heart and brain health.
5. **If you get hungry for breakfast, do not skip it** - breakfast can be the most important meal of the day. Give your brain some fuel before all of your classes for the day!
6. **Have healthy snacks in your dorm room** - DIY trail mix, granola bars, and high fiber cereal are great examples.
7. **Try not to skip any meals** - a steady eating schedule will help you prevent overeating or low blood sugar. It will keep you happy and more focused.

ADDITIONAL RESOURCES



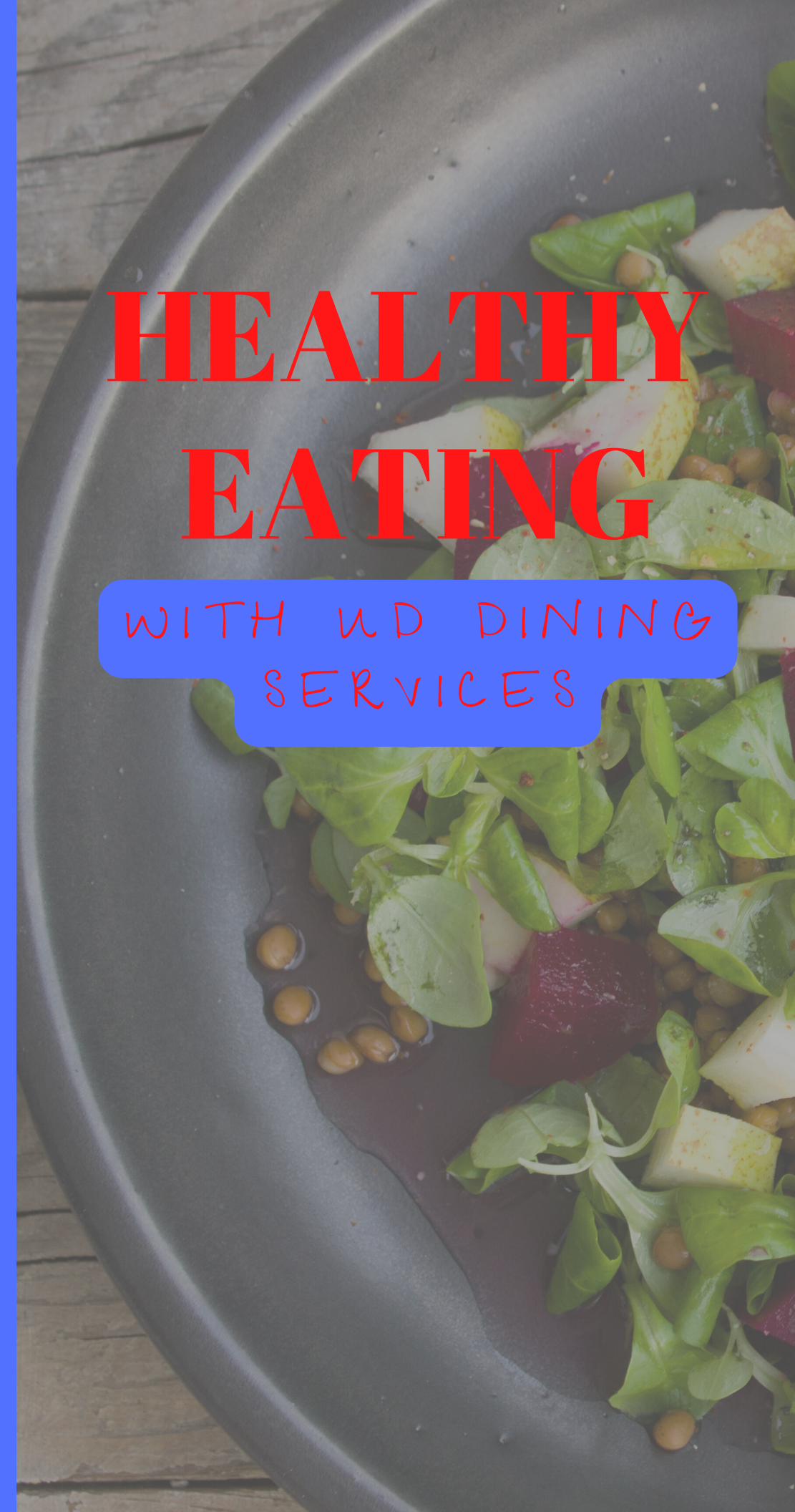
Ligia Lopes, RD, LD Dining Services

Need any guidance on how to dine on our campus? Our RD is available to meet with students. She can discuss special diets, food allergens, and other healthy eating methods! Email her at lopesl1@udayton.edu to schedule an appointment.



@ud_dining_services

HEALTHY
EATING
WITH UD DINING
SERVICES



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- Try the Vegan burger for a plant based protein substitution.
- Balance out your meal with a side of roasted vegetables.
- **RD Pick:** Rotisserie Chicken and Garlic Green Beans

SPICE

- The Spice Asian Bar is an easy way to sneak in extra vegetables.
- Make sure to check out the variety of protein options for your bowl.
- **RD Pick:** Breakfast Potato Pancake

TOSS

- Try adding 2 vegetables toppings to your pizza
 - Spinach + tomato
 - Banana peppers + black olives
 - Green peppers + onions
- **RD Pick:** Customized BOP bowl with Yum Yum sauce.

EMPORIUM

- Choose a whole wheat bread for fiber.
- Pair your sandwich with fruit or veggies.
- **RD Pick:** Buffalo Chicken Wrap with tomato and spinach.

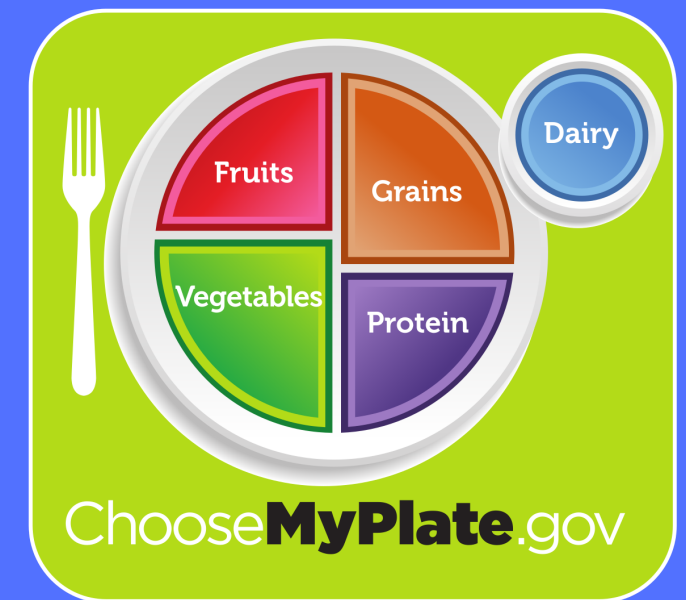
MARYCREST DINING

- Grilled chicken is a good lean protein source.
- Check out Home Sweet Home for fresh daily specials.
- Try a loaded baked sweet potato, grilled chicken and vegetables from the salad bar.
- **RD Pick:** The Works French Bread Pizza



VIRGINIA W. KETTERING

- Choose fresh fish and avocado rolls for healthy fat choices.
- Top off your mongo rice bowl with protein and vegetables.
- **RD Pick:** The Impossible Burger from Green Life



MyPlate Food Groups

Fruits - At least half of the recommended amount of fruit should come from whole fruit, rather than 100% fruit juice.

Vegetables - Food group contains more sources of potassium and fiber, which are nutrients that people typically do not get enough of.

Protein - Food group is the building blocks for enzymes, hormones, and vitamins.

Grains - Whole grains are a part of keeping a reduced risk of some chronic diseases.

Dairy - Food group improves bone health especially in children and adolescents, when bone mass is being built.