

# TIPS FOR EATING LIKE A HEALTHY HOUND

Eating on campus with so many different go-to options can be hard. With the stress of school, tests, deadlines, and social anxiety, it can make students crave comfort foods, desserts, fried foods, and foods that aren't necessarily "healthy." It takes some conscious effort to make sure you are getting a well-balanced diet filled with fruits, vegetables, whole grains and lean proteins. Here are some tips for making better choices while dining on campus:



## Variety is the Spice of Life

Each day our menus have a variety of cooking methods ranging from sautéed, baked, roasted, fried, steamed and more. When building your plate, try to have a variety such as if you're going to enjoy french fries, pair it with steamed broccoli, and baked chicken. Also, try not to always have cream-based items which tend to be heavier in calories and fat. Mix it up with marinara pasta, or broth-based soups, or skip the cheese on your sandwich occasionally. Lastly, your ideal meal includes dessert for lunch and dinner but you don't always have to eat dessert, think of it as an occasional treat. Try eating an apple, banana or pear if you need to finish your meal with something sweeter. Remember, everything in moderation, so take time to enjoy those waffle fries, or a cupcake, just make sure it isn't every day or every meal.



## Consider All Your Options

Take advantage of our online menus for meal planning ([www.loyola.edu/dining](http://www.loyola.edu/dining) or download the FoodU App). This allows you to see what is available at the different stations before you arrive. Or if you don't get a chance to check ahead, walk around and look at the different options before choosing. You can mix different options from different stations — just because you got grilled chicken from the Grille, doesn't mean you also have to get the fries. You can get roasted potatoes, and asparagus from the Diner Station, or soup or a side salad to go with it.

## Make a Balanced Plate

The USDA has a well-balanced plate and recommended serving sizes. If you think about this when you build your meal, you want half your plate to be fruits and vegetables. Combining different color fruits and vegetables will help you get a variety of vitamins and minerals to help keep you healthy. A quarter of your plate should be grains - try to eat whole grains such as brown rice, quinoa, whole wheat bread, and oats. The other quarter of your plate should be protein — which doesn't have to always be meat. This can be beans, lentils, nuts, hummus, greek yogurt or other protein sources.



## Know Your Portion Sizes

Did you know a slice of bread is one serving of grains, and the size of a deck of cards is equivalent to one serving of protein? Often when dining out at restaurants or even on campus, the portion sizes are larger than what you may need. It's ok to not "clean your plate" like may have been encouraged growing up. Just because you are given a large portion, doesn't mean you have to eat it all. As well as at all-you-care-to-eat service, remember it's not a challenge to eat it all, so get smaller portions to start, you can always go back up for more.



## Keep Track of your Beverages

Did you know that a Grande Vanilla Latte from Starbucks is 250 calories? And that 20oz Pepsi from the dining hall is another 250 calories? Those two drinks alone can be a quarter of your calories for the day, and you haven't even had anything to eat yet. While sugary drinks such as juice and soda can be tasty, try to vary your beverages. Incorporate more water, or infused water (from Boulder 2.0) into your diet. Water is zero calories and helps keep you hydrated. Thirst can mask itself as hunger, so make sure you are drinking enough water.

Remember, the dining hall is about more than just food. It's a great place to meet up with friends after class. After finishing your meal, clear your plate and spend the rest of your time enjoying your break.