

Welcome to College!

Now What do I Eat?

For many of you, this is your first time eating on your own. It's time to fend for yourself without mom or dad doing the cooking. The initial idea of eating in a dining hall can be stressful. Once you get the hang of it, you'll be a pro! The healthy eating patterns that you develop now will stick with you for the rest of your life!

Here are Lindsey the Dietitian's top tips for navigating the dining halls:

- 1 Get to know the layout of the dining hall**

Walk around the dining hall at least once before deciding on your meal. Too often, students run straight to the pizza or dessert before checking out all of the other available and healthier options. Or, check out our online menus ahead of time.
- 2 Eat breakfast**

Jump start your day and have more sustained energy throughout the day by eating a balanced breakfast.
- 3 Eat Mindfully**

Do you really need 5 plates of food? Probably not. Take 1 plate of food and take the time to savor rather than inhale your meal. Stand up and assess your satiety level. Sometimes we don't realize how full we are until we stand up. If you're still hungry, then get something else.
- 4 Be conscious of portion sizes**

It's not just about what you eat. How much you eat is just as important. You can eat pizza! Just stick to 1 slice and fill the rest of your plate with something healthy like veggies. Our serving spoons will give you about $\frac{1}{2}$ cup of grains which is an appropriate serving size. The cooks will serve you a 4-oz portion of meat. Use butter pats, sauces and dressings sparingly.
- 5 Drink water instead of sugary drinks**

The easiest way to gain weight is to guzzle soda and sports drinks! Stick with water. Add some lemon slices for more flavor or enjoy our naturally flavored spa waters at Café 84.

6 Fill $\frac{1}{2}$ your plate with fruits & veggies

This is a great way to count calories, without actually having to do math! Plus, you nourish your body with tons of antioxidants, vitamins & minerals. Our freshly cooked vegetables are either steamed, roasted, braised, or sautéed. We do not use butter or a bunch of extra ingredients on our vegetable side dishes!

7 Choose lean proteins

Take advantage of the outdoor grill at EVK! They always have either a grilled chicken breast or fish, in addition to the usual burger. Don't like the meat dishes that day on the hot line? We always have lean chicken breast, hard boiled eggs, beans, high protein tofu & hummus on the salad bar and lean turkey and roast beef at the deli station.

8 Customize your own healthy plate at the Exhibition Stations

All three dining halls have an Exhibition Station where YOU get to choose the ingredients. If you don't see an ingredient that you want, like vegetables, grab some from the salad bar and ask the cook to incorporate into your dish.

9 Be sure to EXERCISE!!

Everyone blames the dreaded Freshman 15 on the food. That's just not fair! Physical inactivity is a key component to weight gain. Many students stop being active once they get to college. Join an intramural sports team, sign up for a for-credit class, have regular dance parties with your room mate, walk/run around the campus, or take advantage of your FREE membership to the Lyon Center.

10 Sleep

Lack of sleep can affect your hunger hormones which could lead to weight gain. Be sure to get around 8 hours of sleep each night.