

Eating Healthy Starts With:

- Eat Breakfast:

If you can't make it to breakfast try reduced sugar oatmeal

- Eat the Colors of the Rainbow:

Try a variety of foods rich in color for more nutrients

- Portion Control:

- Use the small salad dressing cups by the salad bar to put treats like ice cream
- Watch the portion size.

- Food Substitution:

Switch from eating regular pasta to whole-wheat pasta

Try sparkling or flavored water instead of soda

-Watch out for Hidden Calories:

- Go easy on the salad dressing and use a low fat kind at the salad bar
- You can use the sampling cups for easy measurement

Tips to Eating Healthy on Campus

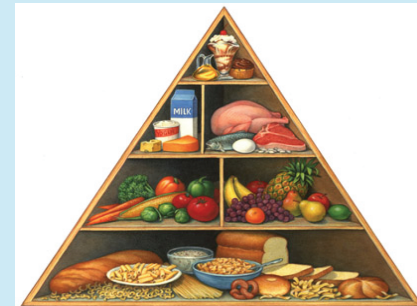
Whether eating in The Commons, or lounging around the Residence Halls, these healthy options can help you maintain a healthy diet.



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**Helping
Others
Help
Themselves**



Healthy Options at The Commons:

- Salad:

Option 1:

Grilled Chicken from The Grill
Field Green Lettuce
Dried Cranberries
Cucumbers
1-2 tbsp Balsamic vinegar, with a little
Splenda to sweeten it, pour over salad.

Option 2:

Lettuce
Spinach Leaves
Sliced Apple
Feta Cheese
Red Onion
1 tbsp Sliced Almond
Light Vinaigrette

- Stir-Fry:

Option 1:

Vegetables
Chicken, Red Meat or Tofu
Brown Rice (instead of white or
pasta)

- Other:

Option 1:

Celery sticks with Peanut Butter
and raisins

Option 2:

Grilled Chicken, honey mustard,
whole wheat wrap, cucumber

Option 3:

Grilled Chicken, 1 slice of
Provolone Cheese and a little
tomato sauce

Great Snacks for your Room:

-Light String Cheese

-Light Laughing Cow Cheese to spread
on crackers

-Fat Free or Low-Fat Yogurt

-100 Calorie Snack Packs

-Crystal Light

-Fiber- One bars

-Kashi Cereal

-Fruit and Dried Fruit

