

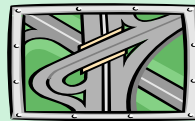
Nutrition in the Dining Hall

Tips for Eating well

- Good eating habits are essential to a successful academic life!
- Eating in the dining hall can be challenging however if your attitude is to make the best of it, you will!

1. Mix it up

Did you know...the biggest problem eating in a dining hall is choosing the same thing everyday? Not only does this lead to extreme boredom, it may be putting you at risk for nutritional deficiencies!



2. Check your plate

Use Canada's Food Guide to Healthy Eating as the basis for choosing breakfast, lunch, dinner and snacks. When serving your plate, choose foods from all 4 food groups!



3. Stock your cupboards

The dining hall only offers you food 2 or 3 times/day depending on your meal plan, but to sustain your energy levels all day you need to eat 4-6 times-a-day.



Great choices for your room include:

Fruit: fresh, fruit cups or Fruit-To-Go; whole grain cereal, mini-bagels, breakfast bars, whole grain crackers and peanut butter, sunflower seeds or trail mix, milk, hot chocolate mix, yoghurt, cheese and of course, lots of water!