1. Don’t Skip Breakfast or any other meals! Skipping meals slows down your metabolism.

2. Watch the late night munchies! Avoid ordering pizzas and high calorie foods late at night.

3. Avoid the “Buffet Syndrome” in the dining hall. Try to keep multiple trips through the line to a minimum. One well balanced plate is enough…remember portion control.

4. Avoid a diet rut. Try not to get into the habit of eating the same thing everyday. Variety is the key to a healthy diet.

5. Eat plenty of fruits and vegetables! Salads make great meals, and always try to include fruits and vegetables as part of your balance meal.

6. Choose whole grains often! Select whole wheat bread, brown rice, whole wheat pasta, etc. These choices will be higher in fiber and are more nutritious.

7. Watch the trips to fast food! I know it is convenient, but not the best choice as part of a regular diet. If you have to make a fast food run, then don’t order the combos. Try to leave off the fries with your sandwich…this will save you around 450 calories.

8. Drink Plenty of water! 6-8 8oz. glasses per day or 64oz. total. Always carry a water bottle.

9. Take the stairs, not the elevator! Be active in your day…aim for at least 30 minutes of exercise most days of the week.

10. Watch the “empty calories”! Try to keep sugary snacks and sodas to a minimum. These foods only contribute calories to your diet and can cause weight gain.

11. Watch the Beer! Remember alcohol has a significant amount of calories…5 beers are equivalent to one Big Mac, which can add up quickly!

12. Try not to drink your calories! Beverages can also contain lots of calories. Remember to include drinks such as regular sodas, Café Mochas, Smoothies, etc. when figuring you calorie consumption for the day.

Make sure to stock your dorm room or apartment with quick nutritious snacks!! Buy Fruits, Veggies, Low-fat Chips, Whole Wheat English Muffins, Granola Bars, etc. to avoid being tempted by junk food.

**Questions?? Contact the Campus Dietitian at 910-962-4135**
Good Options in the Dining Hall and/or Other Eateries on Campus

Breakfast:
- Cereal with Milk - aim for the ones with less sugar
- ½ Bagel with Peanut Butter and a Banana
- Yogurt Parfait
- Scrambled Egg with Whole Wheat Toast
- Yogurt and an English Muffin

Lunch and Dinner:
- Baked Potato and Salad with Low-fat Dressing
- Bowl of Soup and Salad
- Pasta with Meat Sauce - Remember Portion Control
- Deli Sandwich on Whole Wheat Bread with lots of Veggies and a low fat yogurt
- Salad with Chicken or Turkey on top and 6-8 crackers
- Chick-fil-A Sandwich - choose a side salad instead of fries
- Sushi
- Remember “Portion Control”…most foods can be part of a balanced diet in moderation

Snacks:
- Grab a piece of Fruit and save it for a snack
- Raw veggies are great with a low-fat dip
- Granola Bars around 150 calories
- Granola mixed with 6oz. Yogurt
- 4-6 Peanut Butter Crackers
- ½ Bagel with Peanut Butter or Low-fat Cream Cheese
- Low Calorie Smoothie - around 150-200 calories

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