

TIGER BITES

a wellness newsletter

August 2025



Welcome

Welcome to the first edition of the Tiger Bites newsletter! This monthly newsletter focuses on all things nutrition and wellness and comes directly from the campus dietitian.

Tips for Healthy Eating during Busy Times

- Plan ahead - Look at your schedule and make sure you have time for meals and snacks.
- Carry snacks - if you realize you don't have enough time to sit in the dining hall, make sure to carry snacks that have carbohydrates and protein in your backpack so you don't go too long without eating.
- Make a balanced plate - having a variety of fruits, vegetables, whole grains, and proteins can help give you energy and stay fuller for longer.

Meet the Dietitian

Hannah Scott MHS, RDN, LDN

B.S. in Food Science and Human Nutrition from Clemson University

Master's in Health Science from Western Carolina University

Hannah has been a Dietitian at Clemson since May 2023. She meets with students to discuss food allergies, weight management, gastrointestinal disorders, or other nutrition-related topics.

Interested in meeting with Hannah?

Email: nutrition@clemson.edu

**Healthy
living starts
at our table**



CLEMSON HOME DINING
STUDENT NUTRITION TEAM