

Tips to Eating Well at UML

Looking to improve your nutrition? Our Registered Dietitian's tips to eating well on campus



- **You can plan in advance** by viewing menus at uml.edu/dining – Locations & Menus
- When you get to the dining hall, **do a loop to see all the options**. Ask yourself: What looks good? What does my body need? What do I feel like eating?
- **Eat the rainbow**. Vegetables contain fiber, vitamins, minerals, and phytonutrients to keep you feeling and performing well. Try to include at least two servings of vegetables at each meal. A serving is the amount that fits in one cupped hand. Select vegetables of a variety of colors like green, orange, purple, white, and red. Each color represents different nutrients.
- **Include protein** – explore plant-based options too. Protein helps our bodies recover from activity, stress, and rebuild tissues as they break down. Select grilled and roasted meats more often than deep fried proteins. To increase your fiber intake and reduce your carbon footprint, try to include a plant-based protein at least once per week. This might be trying the vegan entrée, ordering a vegan burger at the grill, or adding tofu and beans to your salad.
- **Don't skip on the carbs** – Sure, eating *too many* carbohydrates can lead to fatigue, sluggishness, and high blood sugar. We *need* good quality carbohydrates to keep us energized and thinking clearly. The best carbs to eat are those that are paired with vitamins, minerals, fiber, and/or protein. When selecting carbohydrate foods think about fruits, whole grains, starchy vegetables like corn, peas, and potatoes.
- **Fat matters** – Look for ways to add healthy fats to your plate to keep your brain healthy and help you absorb fat-soluble vitamins. Add sunflower seeds and olives to your salad. Instead of commercial dressing, use oil and vinegar. Instead of butter on your toast, add peanut butter or sunflower butter. Other foods rich in healthy fats include avocados, salmon, and chia seeds!
- **Hydrate** – We need H₂O for digestion, respiration, temperature regulation, joint lubrication, and all metabolic processes in the body! Water is the drink of choice, but other hydrating beverages and foods include juice, tea, coffee, soup, and fresh fruits and vegetables.
- **Keep fun foods in – Kick guilty pleasures out:** When we place negative labels on foods, we desire them more. If you give yourself unconditional permission to eat any food you truly want, it is easier to include those foods in reasonable amounts and at times that make sense for your body. Feeling like something sweet? Check in with your body. Decide what fun food you want to eat. Check-in periodically to see if your satisfaction has been met. You might just surprise yourself! Fruit can be a very satisfying desert course too!