

# TIGER BITES

## *a wellness newsletter*

September 2025



## Welcome

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

## Want to eat more vegetables? Here are some tips to help!

- Adding spinach or greens into a smoothie.
- Make a side salad with every lunch.
- Add vegetables to your breakfast omelet.
- Create a wrap filled with lettuce and vegetables from the salad bar.
- Add a vegetable soup to your meal.



## Eating in Season in South Carolina: September

- Apples
  - Visit a local apple orchard and pick out apples yourself!
- Carrots
- Cucumber
- Zucchini Squash
- Collard Greens



## Did you know?

Clemson Dining is the #1 patron from The Common Market, a nonprofit regional wholesale food distributor based in Atlanta.



CLEMSON HOME DINING  
STUDENT NUTRITION TEAM