



## Top 10 Tips to Eating Healthy in the Dining Centers

1. Visit the salad station first
2. Make your plate colorful
3. Use the app and online menu to review nutritional information
4. Go Meatless on Monday
5. Choose whole grains, Whole grain bread, Pizza crusts, Pasta, Ancient grains and more!
6. Skip the fried foods
7. Don't drink your calories, water, sparkling seltzer and milk are all great options
8. Make dessert a special treat
9. Eat a filling breakfast, think eggs, oatmeal , yogurt with fruit and granola or whole grain toast with peanut butter
10. Be mindful of your portion size

