

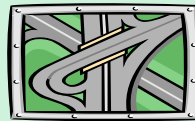
# Nutrition in the Dining Hall

## Tips for Eating well

- Good eating habits are essential to a successful academic life!

### 1. Mix it up

Did you know...the biggest problem eating in a dining hall is choosing the same thing everyday? Not only does this lead to extreme boredom, it may be putting you at risk for nutritional deficiencies!



### 2. Check your plate

Use Canada's Food Guide to Healthy Eating as the basis for choosing breakfast, lunch, dinner and snacks. When serving your plate, choose foods from all 4 food groups!



### 3. Stock your cupboards

Great choices for your room include:

Fruit: fresh, fruit cups or Fruit-To-Go; whole grain cereal, mini-bagels, breakfast bars, whole grain crackers and peanut butter, sunflower seeds or trail mix, milk, hot chocolate mix, cheese and of course, lots of water!