

the expert's guide to

# HEALTHY EATING ON CAMPUS



Your meal will get you further with a carbohydrate and a protein on your plate!



Good fruit is hard to find. That's why you should add it to your meal every chance you get!



You don't always have to go without dessert! Next time, try putting cereal on your ice cream instead of cookies. Or, try your favorite fruit!



We *know* you know how important water is for you. Choose water with your meal to keep yourself hydrated and feeling great. You'll also stay full longer!



Eating small snacks with carbohydrates and protein a couple times a day will help you avoid getting too hungry at meal times.

