

Healthy Eating Tips

Are you looking to improve your nutrition? See our Registered Dietitian's tips to balancing your plate at the Dining Hall.

Pre-Meal Tips:

Plan before you go by visiting www.uml.edu/dining to view menus and nutritional information. This can help you avoid the *buffet effect* – the more variety and options, the more we eat, even after we have had enough to eat.

Take a walk around the Dining Hall to see all the options before you decide. Ask yourself “What do I want to eat? What will satisfy and nourish me right now?”

Breakfast Tips

Add protein and fiber to your breakfast to keep energy levels stable during early morning classes and study sessions. Try adding oatmeal, eggs, peanut butter, or yogurt to your breakfast meal. Vegan breakfast entrees are also available.

Lunch and Dinner Tips

Vegetables contain many health promoting nutrients. Adding a fresh side salad or steamed veggies to your meals will help you get the vitamins and minerals you need to function optimally. Vary your vegetable intake by having veggies of different colors and types to get a wide range of nutrients.

Choose protein options that are grilled, roasted, or baked, or try choosing a plant-based protein option for added variety. Plant based proteins generally have more fiber and are lower in saturated fat. Try a tofu stir-fry or add chickpeas from the salad bar to your meals.

Whole fruit is generally more satiating than juice. Don't like drinking plain water? Fill your glass with water and add a splash of juice.

The dessert table can be overwhelming. If you want dessert, scan the options. Take a satisfying amount of what you *really* want and leave the rest behind.

Want something sweet after a meal? Fruit is always a great option to satisfy the sweet tooth.

Please contact our Registered Dietitian Melissa Quirk with any questions, consults, or concerns, dietitian@uml.edu