TOP 10 TIPS TO NAVIGATE THE DINING HALLS

1. **Plan Ahead.** Check out the online menus at www.uvmdining.com to review options & nutrition facts. You will be less tempted to make an unhealthy choice if you have a plan.

2. **Take Two Trips.** Take your first trip to familiarize yourself with your options. The second time around decide what you want to eat.

3. **Balance your Plate** Fill 1/2 of your plate with fruits/vegetables, 1/4 with lean protein, and 1/4 with a whole grain.

4. **Practice Portion Control.** Use your hand as a guide.
   - 1 cup = size of a fist (raw fruits/vegetables)
   - 1/2 cup = size of a cupped hand (pasta/rice, cooked vegetables)
   - 3 ounces = size of your palm (meat, fish, poultry)
   - 1 Tbsp = your thumb (condiments)

5. **Hidden Calories.** Be aware that condiments, dressings, and salad toppings can really add up. Healthier condiments include mustard, salsa, and vinegars.

6. **Slow Down.** It takes time, enjoy some company and your food.

7. **Stay Hydrated.** Drink at least 8-10 cups of water every day. Choose water, seltzer or low-fat dairy & limit fruit juice or soda.

8. **Eat Regularly.** Aim to eat every 3-4 hours to keep hunger in check. Take a piece of fruit for a healthy portable snack.

9. **Share.** Sharing decadent entrees or desserts with a friend allows you to experience a variety of flavors without overeating.

10. **Eat Mindfully.** Good nutrition is about balancing all types of foods in your diet. Paying attention to satiety cues helps you determine how much food or energy your body needs at a particular meal.

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