1. Fuel your brain every 3-4 hours with a balanced meal or snack.

2. Honor your hunger. Feel your fullness.

3. Avoid tracking calories or macros.

4. Include calcium/Vitamin D filled foods for bone health.

5. University Health Services and Dining Services’ registered dietitians are here to help!

6. Eat a mix of whole and fun foods.

7. Celebrate what is going well for you nutritionally, no matter how big or small.

8. Keep your water bottle on you to stay hydrated.

9. Reject the diet mentality.

10. Bookmark the dining services website on your phone/computer to check daily meal options.

For more information contact the Center for Student Wellness:
Gasson 025 | 617-552-9900 | bwell@bc.edu | bc.edu/student-wellness