



BOSTON COLLEGE CENTER FOR STUDENT WELLNESS

••••• *Wellness Tips* •••••



NUTRITION



BOSTON COLLEGE
Division of Student Affairs

CENTER FOR STUDENT WELLNESS

TOP 10 TIPS

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

6. Eat a mix of whole and fun foods.

2. Honor your hunger. Feel your fullness.

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

3. Avoid tracking calories or macros.

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

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

9. Reject the diet mentality.

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

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