WHAT IT'S ALL ABOUT
- Foods close to their natural form retain their original nutrients plus usually are lower in sodium and other additives.
- Plus, plant foods close to their original form tend to be higher in fiber and so are more filling than the processed versions.

WHAT IT'S ALL ABOUT
- Sugary beverages contribute empty calories to the diet without the benefit of needed nutrients.
- One 12-ounce sugary beverage has about 9 tsp of added sugar in one serving!

WHAT IT'S ALL ABOUT
- Whole grains have important B vitamins, vitamin E, fiber, and protein not found readily together in other food groups.
- A healthy diet with whole grains is associated with lower risk of cancer, type 2 diabetes, and obesity, and helps digestive health.

GO CLEAN WITH PROTEIN
- The fewer the legs, the better!
- Lean proteins, especially plant proteins, are lower in solid fats than fatty animal proteins.
- Solid fats are associated with risk of heart disease and some cancers.

WHAT IT'S ALL ABOUT
- Fruits and vegetables are great sources of fiber, vitamins, minerals, and colorful plant pigments that contain antioxidants and anti-inflammatory substances. Can't find all that in a vitamin pill.
- Eating fruits and vegetables as part of a healthy diet is associated with decreased risk of heart disease, certain cancers, type 2 diabetes, and obesity.

BC DINING IDEAS
- Try the ancient grain bar at Lowerland and an salad bars in other dining halls.
- Choose whole grain breads, cereals, pasta.
- Substitute seasonal fresh fruit for fries with a side.
- Get a container from the salad bar and fill it with things to make your own sandwich!: Staff a baked potato, grab some bread in the bakery area and make a sandwich, top a pita or bagel and make a mini-pizza, put together a snack pack for late-night studying.
- Visit the Farmer's Market on Lowerland in the Fall, Green at the West, and P'N Green at Mac.

BC DINING IDEAS
- Carry reusable water bottles, refill them morning and again by noon and dinner time.
- Salad vegetables are available on the condiment bar: get one with your meal and flavor your water.

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BC DINING IDEAS
- Make at least half of your grains whole.
- Try the ancient grains offered on the salad bars: here they cold be hot, just heat on your plate in the microwave.
- Choose whole grain bread or wraps in the deli line.
- Look for whole wheat pasta and pizza crust on vegetable pizzas.
- Start or end your day with oatmeal or a cold whole grain cereal.
- Make your own trail mix and use whole grain cereal in the mix.
- Make a mini-crisp with a whole wheat bagel or pita round and fixings from the salad bar.

BC DINING IDEAS
- Go lean with plant-based protein that's lets new in a school year! Subs. for salad bars on an easy start.
- Sneak produce into your diet: mix and match items from the fruit bar or salad bar and mix what you like and what you don't.
- Want a hot vegetable, but your friends on the menu when you want something different? Fill a small salad bar container with your vegetables and let them on your plate in the dining hall microwave. You can make a whole hot meal from salad bar ingredients: pick a protein, add a whole grain and lots of vegetables, mix and heat, adding any condiments to flavor.

WHAT IT'S ALL ABOUT
- The daily calcium recommendation for college-aged adults is 1,000 mg per day.
- Dairy alternatives like soy and almond milks have calcium added. Be sure to check the label to see how much your are getting in your drinking. Speak to a nutritionist about one-third of the daily requirement per serving.
- Choose bar ring kites, Swiss cheese, and calcium in plant sources of calcium.

GET YOUR CALCIUM-RICH FOODS
- Carrot milk and fruit-barakaise your own smoothie! Make a great morning smoothie. *Deals* in the dining hall for your ingredients at dinner.

BC DINING IDEAS
- Try to have one more plant-based meal a week than you usually do.
- Look for vegan and vegetarian options on the on-line menu.
- Avoid ble, stir-fry & deli lines, Mexican bars, and grill lines.
- All have plant protein options.
- Fill a small container at the salad bar with tofu or beans and add them to soups, pasta, or brown rice to make your own plant-based meal.
- Snack on dates available in the Goliath Go fridges.

Get in touch with us!
For more in-depth work on nutrition, request a Nourish Group Health Program or schedule an individual appointment with nutritionist, Sheila Tudor, on our website.

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