Every day, we prepare a buffet.

All-You-Can-Eat? Sure. But we recommend **Eat-What-You-Need**.

Read on to learn how to eat what you need. If nothing else, remember these three tips:

**Eat breakfast**.
*Studies show that you need breakfast to perform your best in class.*

**Eat what you need, first.**
*Most people need more fruits and veggies. Fill up on them first.*

**Drink water.**
*Some soda/juice/coffee etc. is ok. But you need water.*

We wish you the best during your time at the University of Nebraska–Lincoln. **Go Big Red!**

*No time in the morning? Stop by the Dining Services management office in your residence hall to discuss your schedule with one of the management staff who can arrange a sack meal for you to pick up.*
Fruits & Vegetables

Think salad bar 1st!

Fill half your plate with fruits and vegetables. They don’t just stop health problems; they can also be useful in ensuring you receive a variety of the vitamins and nutrients your body needs to work properly and efficiently. Fruits and vegetables have fiber that aids in satiety and antioxidants to support your immune system.

Choose different colors of fresh fruits and veggies from the salad bar. Stop by the ethnic and traditional food lines for steamed or baked veggies. In the morning, top your cereal with fresh fruit. Or add banana slices to a piece of whole wheat toast that is spread with peanut butter. Use your meal plan for a healthy snack later in the day.
Grains & Whole Grains

They’re essential!

Fill a fourth of your plate with grains (half of those being whole grains). Grains are an essential part of a healthy diet. They come in many shapes and sizes, from large kernels of popcorn to small quinoa seeds. All types of grains are good sources of complex carbohydrates, various vitamins and minerals, and are naturally low in fat. But grains that haven’t been refined—called whole grains—are even better for you. Whole grains are better sources of fiber and other important nutrients, such as selenium, potassium and magnesium. So whenever you can, choose whole grains over refined grains.

Get your grains at the pizza/pasta line. Whole grains like brown rice, couscous, barley and quinoa can be found in the ethnic and traditional food lines. For a topping, choose sauces that are veggie based.
Fill a fourth of your plate with lean protein. Protein builds and repairs muscle, strengthens the immune system and helps you stay full. Opt for naturally lean meat choices, including grilled skinless chicken breasts or lean ground beef patties from the grill; choose turkey, lean roast beef, or eggs from the traditional food line.

Go meatless by choosing plant-based protein sources. For example, mix beans and rice from the ethnic and traditional food lines; peanut butter on whole wheat bread; or add garbanzo, kidney, black or great northern beans to your grain choice from the pasta, ethnic or traditional food lines.
Dairy & Water
Reach for these beverages 1st!

Low-fat milk products are the backbone of a healthy body. It’s recommended that you get three or more dairy servings each day. Dairy has an arsenal of benefits, including calcium, vitamin D, potassium and protein. It builds strong bones, a good immune system, protects against high blood pressure and osteoporosis. Adding dairy products to your daily snacks can pack a huge punch. You will keep your energy up and get your daily servings of dairy. Layer whole grain cereal with fruit and low-fat yogurt for a quick and easy parfait. Satisfy your sweet tooth by choosing one of your favorite cookies to enjoy with skim milk.

Drink lots of water. Your body needs at least eight glasses a day, and if you exercise vigorously, you may need more. To remind yourself, carry a water bottle along to class and keep it handy during late night study sessions. Every cell in your body needs water from head to toe. That is why it is so important to drink enough fluid.
Portion Control

It’s as important as what we eat!

A portion is the amount of food we choose to eat. There are no “portion sizes” of food, there are “serving sizes,” so being able to estimate what a serving size looks like is useful in making sure you are not overeating. And remember to eat when you are hungry and quit when you are satisfied.

Healthy Snacking

Has a ton of benefits!

Snacks give your body an energy boost throughout the day. Keep healthy snacks on hand so if hunger strikes during a late night study session, you won’t be tempted by vending machine candy and chips. Possibilities include fresh or dried fruit, pretzels, unbuttered popcorn, rice cakes or whole wheat crackers. If you have a refrigerator, consider raw vegetables with low-fat yogurt or cottage cheese dip.

Stay Active

Just remember 30-60 minutes on most days!

Visual Examples:

- A rounded handful – 1 1/2 cup veggies or fruit, 1/2 cup of cooked rice or pasta, or a snack serving of crisps or pretzels.
- Deck of cards – a 3 oz serving (recommended serving) of meat, fish or poultry, or ten chips/french fries.
- Tennis ball – 1/2 cup of pasta, or a serving of ice cream.
- Computer mouse – a medium baked potato.
- CD – one serving of pancake or small waffle.
- Ping pong ball – 2 tablespoons of peanut butter.
- Baseball – 8 oz cup of yogurt, 1 cup of beans, or 1 cup of dry cereal.