Fats, Oils and Sweets use Sparingly

Milk, Yogurt and Cheese Group
3 Servings

Meat, Poultry, Fish Dry Beans and Nut Group
2 Servings

Vegetable Group
3 Servings

Fruit Group
2 Servings

Fortified-Cereal, Bread

Rice and Pasta
6 Servings

Water 8 Servings

+ Calcium, Vitamin D, Vitamin B-12 Supplements
Eating Healthy in Dining
Halls
Healthy Eating Tip #1: “It’s all in your head!”

- **Simplify**: instead of being overly concerned with counting calories or measuring portion sizes, think of your diet in terms of color, variety, and freshness
- **Take baby steps**: trying to change your diet overnight is unrealistic. Make small steps, like switching out whole milk for skim milk. Eventually, your small steps become habit!
- **Mishaps happen**: don’t get caught up on that one when you were cramming for a midterm and binged on a whole bag of chips; no one’s perfect! The long-term goal is what matters! Just get right back on that horse.
Healthy Eating Tip #2: It’s not all about what you eat...

***Think of water and exercise as a food group in itself.***

- **Water** helps to flush our systems of waste products and toxins; dehydration causes tiredness, low energy, and headaches. Just think at how much easier and efficient it is to study and get about your day when you are hydrated! It’s common to mistake thirst for hunger, so staying well hydrated will help you eat healthy

- **Exercise**: add in something active to your day, just like you would add fruits or vegetables to your diet. The benefits of lifelong exercise are enormous and regular exercise may even motivate you to make healthier food choices!
Healthy Eating Tip #3:
Moderation is key!!!

***Despite what you may think, a balanced diet of carbohydrates, protein, fat, fiber, vitamins and minerals to sustain a healthy body.***

- Try not to think of foods as “off limits”: when you ban certain foods, it’s natural to want to eat them more. Then when you do cave in, you feel like a failure! Instead of cutting those foods out, start by reducing portion sizes and eating them less often.

- Think smaller portions: when at the dining hall, instead of grabbing a tray, only eat as much food as you can fit onto the plate you can carry. Also, visual cues help with portion sizes: your serving of meat should be the size of a deck of cards. A
serving of oil or salad dressing should be the size of a matchbox and your slice of bread should be the size of a CD case.
Healthy Eating Tip #4: HOW you eat matters.

- Take your time and enjoy your food! We tend to rush through our meals (especially here at UChicago), forgetting to actually taste and enjoy our food. Chew slowly and savor every bite! Reconnect with the joy of eating!
- Listen to your body: ask yourself if you are actually hungry. Have a glass of water to see if you are just thirsty instead of hungry. During a meal, stop eating before you are full. It takes your body a few minutes to tell your brain that it’s full, so take your time!
- Eat breakfast! A healthy breakfast can jumpstart your metabolism at the beginning of the day. The dining halls open at 8am, so there’s really no excuse! Also, eating small, healthy
meals throughout the day (instead of a couple large meals) keeps your energy up and your metabolism going.

Healthy Eating Tip #5: Fill up on colorful fruits and veggies.

Fruits and vegetables are the foundation of a healthy diet. They are low in calories and nutrient dense. The dining halls offer a variety of vegetables, so you shouldn’t have a problem with this!

Color is good: try to eat a rainbow of fruits and veggies—the brighter the better! Deeply colored fruits and eggies contain higher concentrations of vitamins, minerals and antioxidants and different colors provide different benefits.
- **Sweet veggies/fruit**: naturally sweet veggies (corn, carrots, sweet potatoes, onions, and squash) and fruit add healthy sweetness to your diet and reduce cravings for other sweets.

**Healthy Eating Tip #6: more healthy carbs/whole grains!**

- **Healthy/good carbs** include whole grains, beans, fruits, and vegetables. These are digested slowly, helping you feel full longer and keeping blood sugar and insulin levels stable.

- **Unhealthy/bad carbs** are foods like white flour, refined sugar, and white rice that have been stripped of all bran, fiber, and nutrients. They digest quickly and cause spikes in blood sugar levels and energy.
- To start, trade out some unhealthy carbs for healthy carbs, like eating whole grain Cheerios instead of Fruity Pebbles, or eating whole grain bread instead of white bread
- Include a variety of whole grains in your diet (whole wheat, brown rice, millet, quinoa, and barley, many of which are available in the dining halls)

Healthy Eating Tip #7: more good fats, fewer bad fats!

- Consume more good fats, which include monounsaturated fats, like plant oils (canola, peanut, and olive oils), avocados, nuts and seeds (like sunflower or pumpkin, which are often available in the dining halls), as well as polyunsaturated fats, like omega-3 and omega-6 fatty acids found in fatty fish and some nut oils
Good sources of healthy fats are needed to nourish your brain, heart and cells; “good” fats can reduce cardiovascular disease, improve your mood, and help prevent dementia.

Limit your consumption of bad fats, which include saturated fats found primarily in animal sources (red meat and dairy products) and trans fats found in margarines, crackers, candies, cookies, snack foods, fried foods, baked goods, and other processed foods made with partially hydrogenated vegetable oils.

Healthy Eating Tip #8: limit sugar and salt intake.

Limit consumption of the following foods which have deceptively large amounts of sugars: breads, canned soups and
vegetables, pasta sauce, margarine, instant foods, fast food, soy sauce and ketchup.

-Avoid sugary drinks: one 12-oz soda has about 10 teaspoons of sugar in it, more than the daily recommended limit!!! Drink water with a lemon slice or juice instead.

-Most of us consume too much salt, which can lead to high blood pressure and other health problems. Here are some tips to help decrease your salt intake:

* Avoid processed or pre-packaged foods
* Eat more fresh veggies (instead of canned veggies)
* Cut back on salty snacks like chips, salted nuts and pretzels
* Choose low-salt or reduced-sodium products