national nutrition month®

2015

BITE INTO A HEALTHY LIFESTYLE

Eating Right Never Tasted so Good!

Check out our healthy recipes sure to please your taste buds at www.eatright.org/nnm.
There’s no better way to start your morning than with a healthy breakfast.

Try oatmeal cooked with low-fat milk, almonds & berries, or a waffle with low-fat yogurt and fruit.

Include lean protein, whole grains, fruits and vegetables.

Find more quick breakfast ideas at www.eatright.org/
Look here for both the serving size and the number of servings of this campus meal.

Keep an eye on these: saturated fats, sugars and sodium (salt)

Reduce saturated fat, sodium (salt) and added sugars. Eating less of these will help you keep heart health, blood pressure and body weight in check.
USE CMU WEB TOOLS NUTRITION HEALTH TIPS FOR 2015

Check the nutrition content of campus dining options

Track your campus meals with an online nutrition calculator

Use the calculator to find foods that meet dietary restrictions

Find the calculator at cmu.mynutritioncalculator.net
Healthy snacks can sustain your energy between meals. When possible, have snacks from two or more of the food groups.

Plan snacks ahead of time. Keep ready-to-eat snacks on hand, such as whole-grain crackers and low-fat cheese.
FOCUS ON FRUITS
Fruits may be fresh, canned, frozen, or dried, or 100% juice. Make half your plate fruits and vegetables.

VARY YOUR VEGETABLES
Include dark green, red, orange, beans and peas, starchy, and other varieties.

MAKE AT LEAST HALF YOUR GRAINS WHOLE
Eat more whole grains such as whole wheat, bulgur, oatmeal, whole cornmeal, and brown rice.

GO LEAN WITH PROTEIN
Choose from a variety of meat, poultry, seafood, beans and peas, eggs, soy foods like tofu, nuts and seeds.

GET YOUR CALCIUM RICH FOODS
Choose fat-free or low-fat milk, yogurt and cheese.