



Top 10 Tips to Navigate the Dining Commons

1. **Plan ahead.** Preview the menu online or on the Everyday App. It will be easier to put together a balanced meal at the Dining Commons when you have a game plan.
2. **Take two trips through.** Use the first trip to familiarize yourself with the options. Take the second trip to decide what you really want to eat.
3. **Follow the MyPlate Method.** Try to fill $\frac{1}{2}$ your plate with fruits and vegetables, $\frac{1}{4}$ with a protein and $\frac{1}{4}$ with a whole grain or fibrous starch.
4. **Include a fruit and vegetable (or two).** Fruits and vegetables provide you with antioxidants, vitamins, minerals, and filling fiber. Take a piece of whole fruit with you when you leave the Dining Commons for a nutritious midday snack.
5. **Get creative with toppings.** Try using extra virgin olive oil on your salad or adding spices to your food. These toppings will increase the nutrition benefits of your meal.
6. **Pay attention to your hunger and fullness cues.** Serving sizes are arbitrary; only you can tell what the appropriate portion size is for yourself. Become familiar with what your body wants and needs.
7. **Be mindful.** Engage with your food and those you are eating with while disengaging from technology. Your digestive system works better this way!
8. **Slow down.** It takes the stomach 20 minutes before it signals to the brain that you are full. Take your time; enjoy the conversation and your food!
9. **Add snacks.** When we let ourselves get too hungry, it can negatively impact our mood and physical health. If it's going to be more than 3-4 hours before you can sit down for your next meal, pack a snack.
10. **Try new foods.** It might be easy to get stuck in a rut when it comes to dining away from home. Trying new foods at the dining hall not only diversifies your palate but it also positively impacts your health.