

Step up to the “Plate”

Dietary Guidelines

2,000 calories is a recommendation but this varies widely depending on the person and activity level
6 servings of grain per DAY (at least half whole grain)

2 ½ servings of vegetables per DAY (eat the rainbow)

2 servings of fruit per DAY (variety is key)

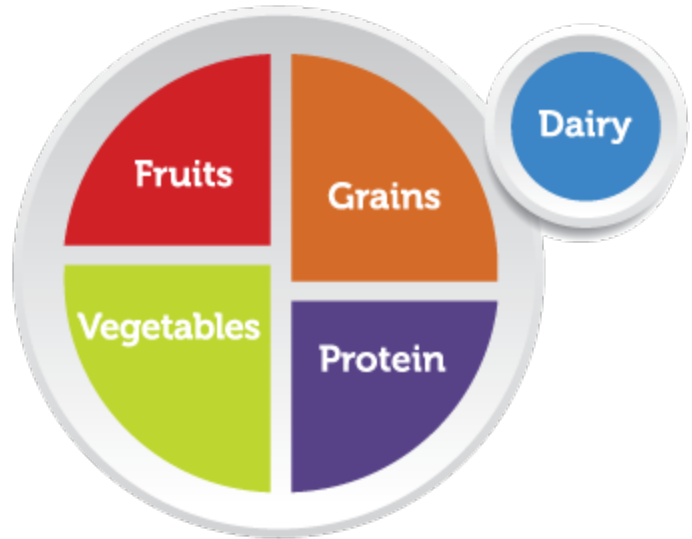
3 servings of low-fat or fat-free dairy per DAY

5 servings of meat, poultry, seafood, nuts or seeds per DAY

Include 3-4 servings of nuts and seed per WEEK

2 servings of fats and oils per DAY

5 or less servings of sweets and added sugars per WEEK



Thinking About Portion Sizes

Evaluate portion sizes using nutrition labels and other resources. Be conscious of how much food you are eating especially at restaurants where portions are typically larger.



Exercise

150 Minutes of activity per week is recommended for adults in addition to a healthy diet. Some easy ways to incorporate this into your day would be take the stairs, ride your bike, walk to class, go to the Rec Center, join an intramural team, or do squats, pushups, planks, etc. as a study break

“Superfoods” and Diets

Superfoods is a term used by the media. This term is not regulated so you can call anything a superfood. Additionally, there isn't a single food that has all the nutrients required for your body. Diets such as Adkins, Whole30, Paleo, Weight Watchers etc. are not practical and sustainable because they drastically cut calories and likely eliminate entire food groups from your diet. Choose a variety of nutrient dense foods instead.

Sports Nutrition

After working out your body needs carbs to give you energy and protein to rebuild your muscles. Without a balance, your body will not be able to optimally recover or build muscle. A great example of a post workout food is chocolate milk.



Resources



For more information:

- ChooseMyPlate.gov
- USDA.gov
- 2015-2020 Dietary Guidelines
- Eatright.org
- FDA.gov
- Registered Dietitians

If you are in need of healthy food:

- **Falcon Care** ask for a referral from the Counseling Center, Falcon Health Center or Residence Life
- **SNAP** www.fns.usda.gov/snap
- **First United Methodist Church** 1526 E. Wooster St. | 419-353-0682
- **St. Thomas More Food Pantry** 425 Thurstin Ave. | 419-352-7555
- **Broken Chains Church** 1234 N. Main St. Woodland Mall | 419-340-0652
- **Brown Bag Food Project** 115 W. Merry Street, Suite B | 419-960-5345
- **For more information visit** <https://www.bgsu.edu/center-for-community-and-civic-engagement/push/need-help.html>

Eating Healthy on a Budget

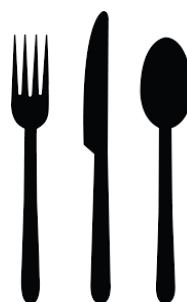
A common misconception is that healthy food is expensive and expires fast but there are ways to combat this by buying produce that is on sale or in season, utilizing canned or frozen foods for a longer shelf life, and making a grocery list to reduce waste later.



Some foods to consider:

Whole fruit (bananas, apples, oranges)
 Fruit cups (peaches, pears, applesauce, etc)
 Frozen fruit (grapes, berries, etc)
 Milk (even if its chocolate)
 Yogurt (Try Greek!)
 Cheese
 Beans, lentils, tofu, nuts, seeds, nut butter, quinoa, peas, egg
 Vegetables (carrots, peppers, etc.)
 Salads with whatever you have!
 Frozen vegetables
 Canned vegetables (look for low sodium)
 Whole Wheat Pasta
 Brown Rice

Eating in a Dining Hall



Pick a Protein
 Grab a Grain
 Vary your Veggie
 Down your Dairy
 Finish with Fruit

Eating in dining halls can be overwhelming for many reasons. Remember portion sizes are important and choose options that are nutrient dense!