



# The Nutritious Nibble

University Dietitian Newsletter

## Eating Well at The Commons

Eating well anywhere can be a challenge. We're drawn to our favorite foods, special occasion foods or something quick, easy and familiar. The Commons is like walking into an all you can eat buffet. The choices can be overwhelming and you might end up getting the same thing every day. Pizza, pasta, burgers; these are all familiar and fine to eat but consuming them every day could cause your nutritional balance to suffer and your body may protest.

### The Challenge

Every day The Commons serves foods that are excellent for you and others that are best eaten only occasionally. The choice is all yours. The challenge is to make balanced choices that support health and vitality while still being enjoyable and fun. A variety of desserts are available but eat them every day and you may feel it. Fruit makes an excellent snack or refreshing end to a meal.

### The Key

The key to eating well at The Commons is to take your time. Look at what's around. Aim to balance your plate with protein, vegetables and grain. Enjoy your burger with a side of greens, salad, broccoli or carrots or whatever's around. Skip the fries or have just a few, instead of an entire plate. Look for that leaner cut of meat. Try a new fish and not just when it's fried! Try a meatless meal. Comfort food is something we all enjoy but don't let it take over your plate. Have that mac and cheese and make half your plate colorful vegetables.

Variety is one of the keys to good health. Take a look at your plate; how many colors are on it?

Treat yourself with variety! Eating should be an enjoyable and healthy part of your day.

### Tips

- **Take your time to find the best choices, visit several kiosks.**
- **Enjoy your meals.**
- **Fill half your plate with vegetables.**
- **Choose fruits and vegetables in a variety of colors. Each provides it's own beneficial phytonutrients.**
- **Have protein, including beans and legumes, with every meal. Aim for a serving about the size of your palm twice daily.**
- **Include whole grains most days.**
- **Limit fried foods.**
- **Skip the desserts and enjoy fruit.**
- **Don't be too strict with yourself. Aim to eat well about 70% of the time. Restricting can lead to bingeing and not getting all the nutrients and fun we need.**
- **Expand you palate. Try new foods or new versions of familiar dishes.**
- **Make snacks count. Enjoy fruits, nuts, seeds. They travel well in your backpack and come in handy during long days.**

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For daily healthy option suggestions visit our social media and our [Dining Services web page](#). Suggestion are lower in sugar and unhealthy fats and higher in nutrients that support health and happiness.

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