







# How to Eat Healthy in the Dining Hall

## Watch your portions

One of the hardest things about the dining halls is that it's all you can eat. If you go to Tuffy's, you pay for one burger and you're on your way. However when you're at a dining hall, you can pick up however many burgers that you want, and come back for more. Since you're going to be serving yourself for meals, it's important to go in knowing recommended portion sizes. Familiarize yourself with the chart on the right before going into the dining halls so that you understand the recommended portions for each food group and can make educated choices.

Hand Symbol	Equivalent	Foods	Calories
	<b>Fist</b> 1 cup	Rice, pasta Fruit Veggies	200 75 40
	<b>Palm</b> 3 ounces	Meat Fish Poultry	160 160 160
	<b>Handful</b> 1 ounce	Nuts Raisins	170 85
	<b>2 Handfuls</b> 1 ounce	Chips Popcorn Pretzels	150 120 100
	<b>Thumb</b> 1 ounce	Peanut butter Hard cheese	170 100
	<b>Thumb tip</b> 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

## "Everything is ok in moderation"

We've all heard the saying. You're going to be faced with lots of temptations in the dining halls- chocolate chip cake, Howling Cow ice cream, french fries and mashed potatoes and pizza and more. If you're really craving that ice cream cone, and you can't stop staring at the machine, go and get some. Just keep in mind the appropriate portion and enjoy in moderation.

## Approve of Wolf Approved



Another intimidating thing about eating healthy in the dining halls is that you don't necessarily know what's in each dish unless you've done your research before. You can always look up dishes online to find out ingredient lists, calorie count, grams of fat and everything else you'd need to know, but you can also rely on the Wolf Approved symbol to do that work for you. The NC State Dining website is also a great resource you can access at any time! You can find peace of mind when you see that a dish has the symbol on it's menu card, knowing that it has less than 600 calories per serving, less than 5 grams of saturated fat, no trans fat, and is not fried!

## Get into the habit...

Of making these choices! If you routinely make good choices in the dining hall, like portioning your food, eating unhealthy treats in moderation and considering the Wolf Approved options, you'll be less likely to fall into the unhealthy habits that are so often associated with college students (Freshman 15 who?!) and be able to continue a healthy lifestyle.





