WHAT IS BALANCED EATING?

A balanced diet contains foods from all food groups, emphasizing variety, moderation, and adequacy in dietary choices and, the enjoyment of food. A balanced eating pattern:

• Does not put excessive emphasis on any one food or food group over others.

• Provides adequate energy and nutrients for daily needs while fostering long-term health promotion and disease prevention.

- Contains foods like whole grains, vegetables, fruits, lean proteins, and calcium-rich as well as fun foods, like desserts, chips, etc.
- Is achievable at any weight.



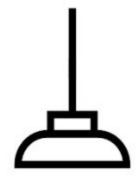
VARIETY is...

- Having multiple colors on your plate.
 Having different meals versus the same one. Our taste buds are smart. We can crave certain foods if we have no variety, leading us to sometimes overeat and feel guilty.
- Key to combating vitamin/mineral deficiencies. If you don't eat any red meat, egg yolks, spinach, or black beans you could be low in iron, for example.
- Eating carbs, protein, and dietary fat into each meal and snack.



MODERATION is...

- · Giving yourself permission to eat all foods, in any portion, at any time.
- Listening to what you want to eat.
 Being mindful about what is satisfying.





- ADEQUACY is...

 Eating adequate calories, and recognizing that overeating and undereating are part of normal eating.
- NOT using food choices or amounts of food consumed to manipulate weight or 'make up for' exercise or drinking alcohol.

 • Generally about eating 3 meals and 2-3 snacks
- per day for college students.
- · Consuming 'fun' foods.
- Key to recognizing hunger. If an individual is not eating adequately, hunger will not be reliable and an appointment with the campus nutritionist is recommended.