

What are healthy defaults?

Promotions of healthy behaviors that require little or no effort and thought by consumers. Examples are menus that promote healthy options, well displayed staircases, exercise incentives, and others.



TIP #1

DITCH THE 'ALL YOU CAN EAT' MENTALITY

The majority of college and university dining halls are 'all you can eat' buffets

- Portion control! Allow time to digest between trips to the buffet, you might be full.
- Treat trips to the dining hall like a trip to a restaurant

Who Am I

I am a college football and strength coach with over 14 years experience in and around college dining. The four years during undergraduate work are extremely impactful in laying the ground work for healthy living. I hope this pamphlet helps set you on the right track!

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References / Additional Resources

1. Zeman K. A Fresh Approach: Boston College Dining Services new programs focus on culinary innovation and sustainability. *Food and Drink*. 2019;19:38.
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3. US Department of Agriculture. ChooseMyPlate. <https://www.choosemyplate.gov/>. Accessed November 3, 2020.



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**5 TIPS TO
HEALTHY
EATING IN
COLLEGE!**



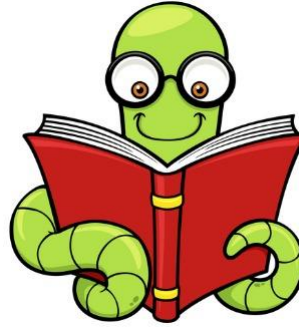
TIP #2

VARIETY VARIETY VARIETY

Many students get in the rut of eating the same meals day after day

- Challenge yourself to try specials and new additions to the dining options
- This often aligns with available local ingredients and changes with the seasons
- Include as many different colors on your plate as possible, especially greens, reds, and yellows and limit tans and browns
- Vary your protein routine

TIP #3 **READ!**



Colleges and universities promote healthy options through posters and signage. Keep your eyes peeled, you might learn something!

TIP #4

WHAT INFLUENCES YOUR MEAL CHOICES?

The top factors that determine eating behaviors in dining halls are:

- Layout of dining hall
- Convenience of healthy options
- Shortest lines
- Menu variety

TIP #5 **WHAT IS HEALTHY?**

- Focus on
 - Variety
 - Amount
 - Nutrition
- Start with small changes
- Make half your plate fruits and veggies
 - Focus on whole fruits
 - Variety of veggies
- Make half your grains whole grains
- Vary your protein routine
- Low/non fat milk/yogurt

WHAT ISN'T HEALTHY?

- Saturated fats
- Sodium
- Added sugars
- Processed meals
- Soda
- Overeating