EATING HEALTHY IN THE RESIDENCE DINING COMMONS

Eat breakfast to keep your metabolism revved up & prevent overeating later in the day.

Learn what a “normal” portion is and stick to that serving size.

Eat only one entrée per meal.

Learn how much you can comfortably eat, so you don’t take too much, skipping dessert if already satisfied.

Avoid lots of rich foods in the same meal or day, such as fried foods, fatty meats, creamy soups/sauces/dressings, cheese, butter, mayonnaise, and desserts.

Avoid excessive amounts of highly sweetened soft drinks, fruit juice blends, sports & energy drinks. These should be an occasional splurge. Choose water, low fat milk and 100% fruit juice.

Follow guidelines from the MyPlate recommendations, emphasizing a variety of fruits, vegetables, whole grains, and a small serving of protein & dairy foods.

Choose at least one daily salad from the salad bar, loading up on leafy greens, raw vegetables, beans, fruit, sunflower seeds & nuts. Serve just one ladle of dressing, or even substitute a small spoonful of cottage cheese as dressing.

Read the nutrition facts for chosen menu items online or at the CAT COUNTER kiosks located in dining halls to help you make overall balanced healthy choices.

Read the menus before entering the dining hall, so you plan ahead for what you will eat, & are less likely to spontaneously grab too much or unhealthy choices.

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