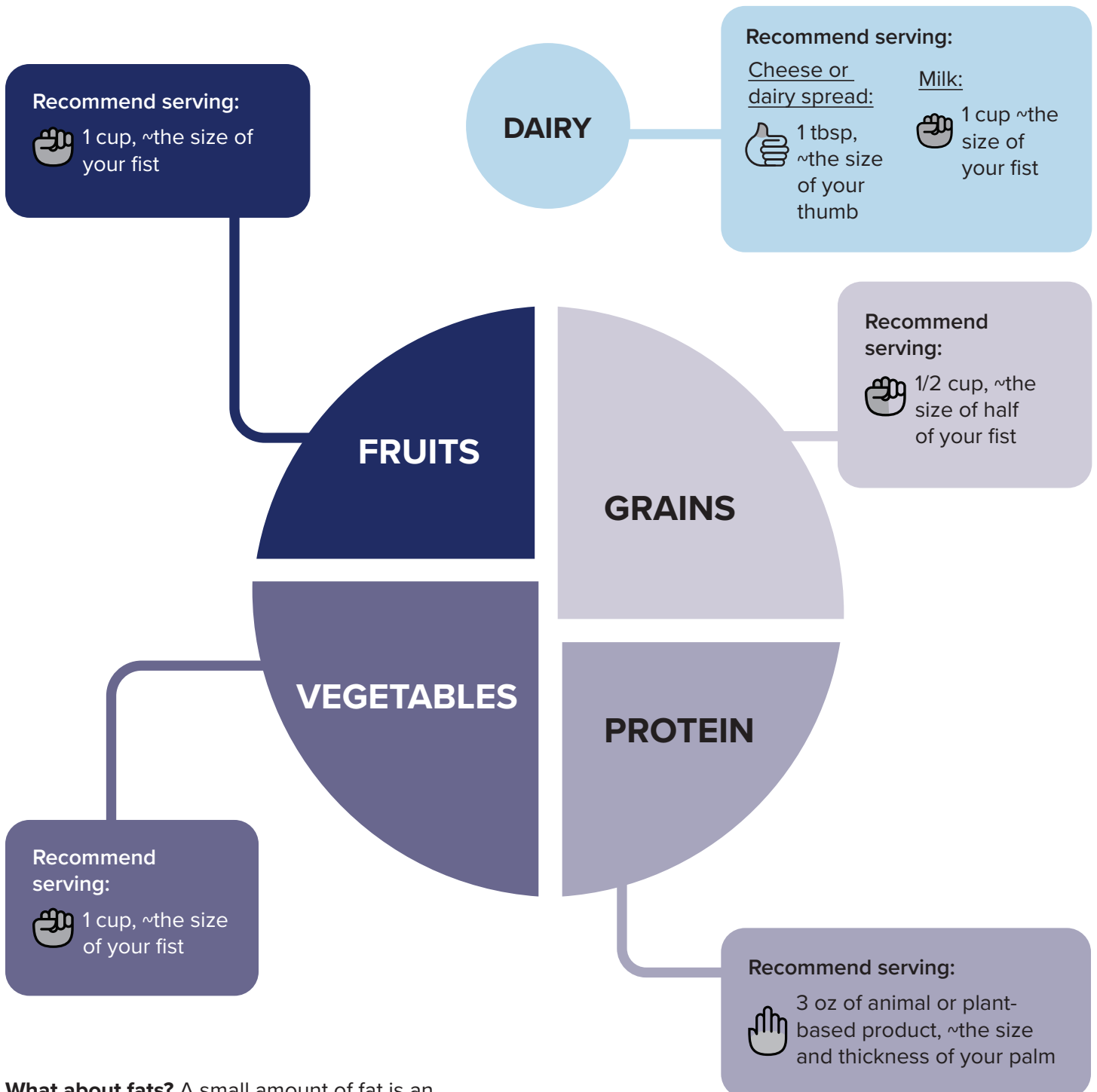


Eat Well at Columbia Dining

Nutritional needs are individualized based on many factors like medical conditions, activity level, and body weight. Remember, everyone is different! Here you will find tips to help you meet your nutritional needs while navigating the dining hall.

What does a balanced meal look like?

A balanced meal focuses on providing a variety of food groups to ensure our bodies get the macro- and micro- nutrients we need to function properly.



What about fats? A small amount of fat is an essential part of a healthy, balanced diet.



Fruits	<ul style="list-style-type: none"> • Fresh or dried; found in juices, smoothies, sauces, jams, and jellies 	Recommended Serving	1 cup, ~the size of your first
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Vegetables	<ul style="list-style-type: none"> • Fresh or found in juices, smoothies, sauces, jams, and jellies 	Recommended Serving	1 cup, ~the size of your first
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Dairy	<u>Animal-Based</u>	<u>Plant-Based:</u>	Recommended Serving	<u>Cheese or dairy spread:</u> 1 tbsp, ~the size of your thumb
	<ul style="list-style-type: none"> • Low fat milk • Yogurt • Cheese • cream cheese 	<ul style="list-style-type: none"> • Soy milk • Oat milk • Almond milk • Coconut milk 		
				<u>Milk:</u> 1 cup ~the size of your fist

Protein	<u>Animal-Based</u>	<u>Plant-Based:</u>	Recommended Serving	3 oz of animal or plant-based product, ~the size and thickness of your palm
	<ul style="list-style-type: none"> • Chicken • Beef • Seafood • Eggs 	<ul style="list-style-type: none"> • Beans • Nuts • Seeds • Tofu 		
		<ul style="list-style-type: none"> • Tempeh • Seitan • Tvp • Seaweed 		



Grains	<ul style="list-style-type: none"> • Whole wheat bread • Whole wheat tortillas • Whole wheat pasta 	<ul style="list-style-type: none"> • Rice • Quinoa • Corn (including popcorn) • Oats • Various cereal 	Recommended Serving	1/2 cup, ~the size of half of your fist
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Fats	<u>High unsaturated:</u>	<ul style="list-style-type: none"> • Safflower oil • Avocado 	<u>Low unsaturated:</u>	Recommended Serving	1 tsp, ~the tip of your pointer finger to the first knuckle
	<ul style="list-style-type: none"> • Olive oil • Canola oil • Sunflower oil 		<ul style="list-style-type: none"> • Palm oil • Coconut oil • Butter 		