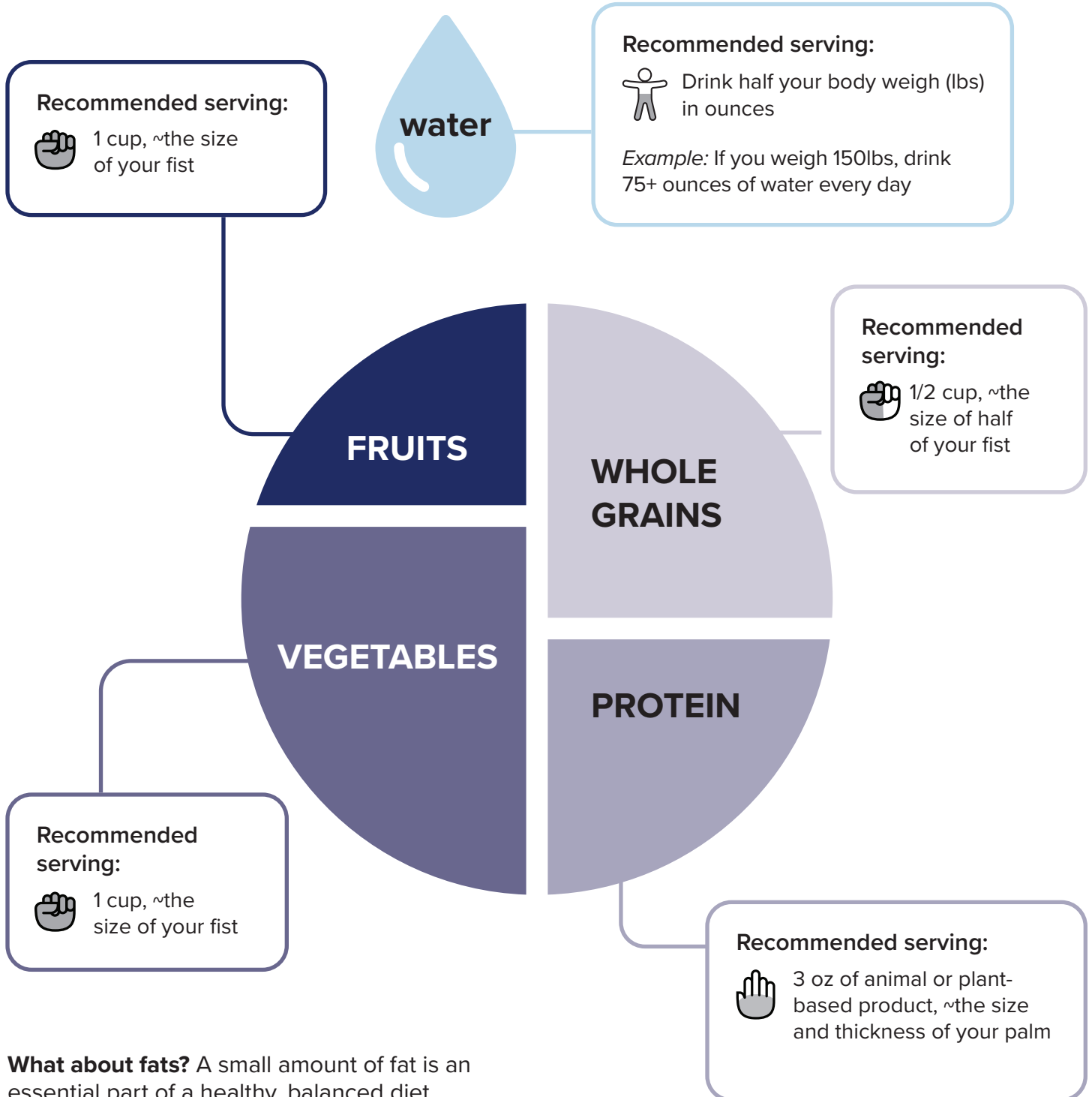


Eat Well at Columbia Dining

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 our dining halls.

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.

Complex Carbs: Whole Grains, Starchy Vegetables, Legumes

How it supports your health:

Complex carbs are the primary fuel source for body. They provide steady glucose for the brain and muscles, supporting concentration and sustained energy.

- Brown rice
- Quinoa
- Oats
- Whole-wheat bread
- Potatoes
- Sweet potatoes
- Beans
- Lentils

Protein: Plant or Animal Sources

How it supports your health:

Protein's role is to build, repair, and regulate. It supplies amino acids for muscle growth and repair, organ function, enzyme and hormone production, and immune function, while also supporting satiety by slowing digestion.

- Chicken
- Fish
- Eggs
- Greek yogurt
- Beans
- Lentils
- Tofu
- Tempeh
- Nuts
- Seeds

Fruits/ Non-starchy Vegetables

How it supports your health:

Fruit and non-starchy vegetables are rich in vitamins (A, C, K), minerals (potassium, magnesium), and phytonutrients. These lower-calorie, high-volume foods offer fiber and hydration to help regulate appetite, support a healthy gut microbiome, and aid in digestion.

- Blackberries
- Raspberries
- Strawberries
- Blueberries
- Kiwi
- Oranges
- Peaches
- Mango
- Spinach
- Kale
- Broccoli
- Red/Green bell peppers
- Zucchini
- Green beans
- Swiss chard

Fats

How it supports your health:

Fats are a concentrated energy source and are necessary for absorbing fat-soluble vitamins (A, D, E, K).

Sources of higher unsaturated fats:

- Avocado
- Olive oil
- Canola oil
- Nuts
- Seeds
- Nut butters
- Tahini
- Fatty fish (salmon, mackerel, sardines)

Sources of higher saturated fat:

- Cheese
- Full-fat yogurt
- Olives
- Coconut oil
- Butter