Eating on campus with so many different go-to options can be hard. With the stress of school, tests, deadlines, LbX'gcV/U'LbJ [Ymź]hWb'a U\_Y'gh XYb'g/MU Y Wa ZchZcXgźXYgy/ffyźZf)YX ZcXgźLbX'ZcXg'h\LhUfYb/Ňi bYWgbf]`mî`\YUh\mi' It takes some conscious effort to make sure you are getting a well-balanced diet filled with fruits, vegetables, whole grains and lean proteins. Here are some tips for making better choices while dining on campus:

Each day our menus have a variety of cooking methods ranging from sautéed, baked, roasted, fried, steamed and more. When building your plate, Hintro: \UY 'Uj Uf [Ymig WUg]Znoi NY [c]b[ 'to Ybom ZYbWZ] YgzdU[f] hk ]\L 'GYLa YX VfcWY] ZUbX \U\_YX W]Wb" 5 gcztry not to always have cream-based items which tend to be heavier in calories and fat. Mix it up with marinara pasta, or broth-based soups, or skip the cheese on your sandwich occasionally. Lastly, your idealmeal includes dessert for lunch and dinner but yci 'XcbNUL 'Hg'\U Y'ro YUhXYgYffzh)b\_cZ]hUg'Uh occasional treat. Try eating an apple, banana or pear if you need to finish your meal with something sweeter. Remember, everything in moderation, so take time to enjoy those waffle fries, or a WdW\_Yzngia U\_Y 'gi fY']h]gbNy Yfm'XUhor Yj Yfm'a YU":

Take advantage of our online menus for meal planning (www.loyola.edu/dining or download the FoodU App). This U`ck gingi 'hc'gYY'k \uhigU U`UVY'LhKY'X]ZZYFYChgU'jcbgVYZcFY'ngi 'UFF] Zngi 'Xcbfki[ YhUVUbW/hc'WVW ahead, walk around and look at the different options before choosing. You can mix different options from different stations Ì just because you got grilled c\]WYb'Zca 'hX'; f]`YZXCYgbfkia YUb'ngi 'Ugc'\U Y'hc'[ YhiNY'Z]Yg''Ndi Wb'[ Yhi