

Top tips to eating well in the dining hall

Start each day with slow-burning carbs for breakfast

Skip the white bread, English muffin, bagel, donut or coffee cake and choose whole-wheat bread/toast. Instead, choose oatmeal and yogurt with whole-grain granola at the Made Without Gluten Station.

The whole-grain carbs regulate blood sugar levels, are high in fiber and release into our systems slowly giving a fuller feeling longer. The elimination of refined sugars in processed baked goods keeps the mid-morning crash from setting in between meals.

Drink coffee and tea without sugar or cream

Get your caffeine fix without the added sugar.



Eat vegan at least once per week

Try entrees from the Vegan Station at least once per week. Eliminating animal protein and choosing food with plant-based protein reduces animal fats in your system. Eating vegan also introduces more vegetables into your diet that you may not otherwise choose.



Choose a fruit for dessert

Fruit introduces fiber, vitamins and minerals into your diet while reducing refined sugars.

Go for the raw foods

Uncooked vegetables such as kale, leafy greens, tomatoes, and mushrooms keep the vitamins and minerals intact.

Dip your salad into the dressings

Instead of pouring dressing all over your salad, keep it on the side. Choose olive oil and vinegar over mayonnaise-based dressings.

Eat from the salad bar first

Fill up on salad first to ensure you eat the healthy stuff before going for the mac and cheese.

Water, water, and more water

The best hydration source there is. On average, we don't consume enough water each day. So choose water over other beverage options and stay hydrated.



Try almond milk, rice milk, or soy milk

A great lean protein source.

Split your plate in half

At every meal, make half your plate fruits and vegetables. This will help you meet the recommended daily amount.

*Source: Steven Wm. Bohrer, FMP
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