

WHAT IS BALANCED EATING?

A balanced diet contains foods from all food groups, emphasizing variety, moderation, and adequacy in dietary choices and, the enjoyment of food. A balanced eating pattern:

- Does not put excessive emphasis on any one food or food group over others.
- Provides adequate energy and nutrients for daily needs while fostering long-term health promotion and disease prevention.
- Contains foods like whole grains, vegetables, fruits, lean proteins, and calcium-rich as well as fun foods, like desserts, chips, etc.
- Is achievable at any weight.



VARIETY is...

- Having multiple colors on your plate.
- Having different meals versus the same one. Our taste buds are smart. We can crave certain foods if we have no variety, leading us to sometimes overeat and feel guilty.
- Key to combating vitamin/mineral deficiencies. If you don't eat any red meat, egg yolks, spinach, or black beans you could be low in iron, for example.
- Eating carbs, protein, and dietary fat into each meal and snack.

MODERATION is...

- Giving yourself permission to eat all foods, in any portion, at any time.
- Listening to what you want to eat.
- Being mindful about what is satisfying.



ADEQUACY is...

- Eating adequate calories, and recognizing that overeating and undereating are part of normal eating.
- NOT using food choices or amounts of food consumed to manipulate weight or 'make up for' exercise or drinking alcohol.
- Generally about eating 3 meals and 2-3 snacks per day for college students.
- Consuming 'fun' foods.
- Key to recognizing hunger. If an individual is not eating adequately, hunger will not be reliable and an appointment with the campus nutritionist is recommended.