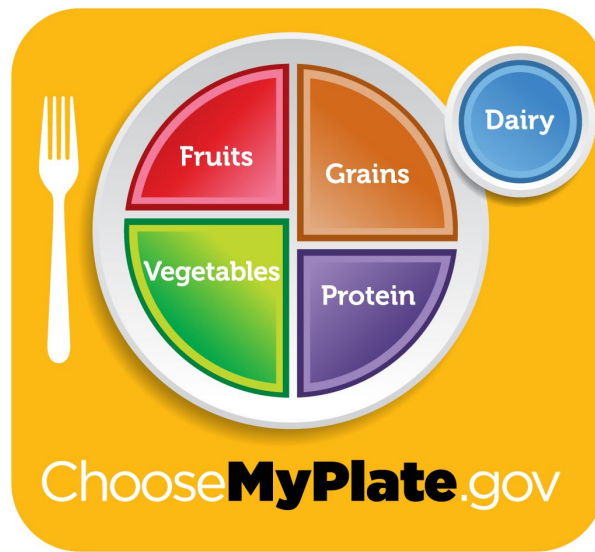




Nutrition

Connect

- Listen to your hunger and fullness cues to better assist your nutrition needs.
- Assess the environment you are in and how that helps/hinders your nutrition status.
- Listen to your body, monitor for signs and symptoms of changes in health, tune-in to resources available to you.
- Connect with Student Health Services for your on-campus healthcare needs.

Engage

- Celebrate staples in your diet and culture.
- Assimilate with college-oriented nutrition considerations.
- Understand nutrition foundations that are important to you and your health.
- Collaborate with your healthcare professionals on your individual needs.

Support

- Provide yourself with sufficient nutrition to optimize academic and personal quota.
- Nutrition helps you complete your everyday life, support yourself by nourishing your body.
- Ask for help from your healthcare professionals if you need guidance; these individuals are here to support you and your physical well-being.
- Understand you are not alone. You are a first-generation student, but there are resources available that can help you along the way.

Succeed

- Optimize success practicing balanced nutrition.
- Understanding food and nutrition is a staple in physical health and academic performance.
- Empower yourself with staying up to date on your healthcare needs and nutrition information.
- Utilize your resources that sustain your personal development.

Resources:

www.fau.edu/shs/

<https://www.choosemyplate.gov/myplatekitchen>

<http://www.fau.edu/dean/beyondfood/resources.php>

<https://www.fdacs.gov/Consumer-Resources/Buy-Fresh-From-Florida/Community-Farmers-Markets>

To schedule an appointment with the registered dietitian for your individual nutrition needs or for any other healthcare needs at Student Health Services, please contact us at (561) 297-3512 or visit www.fau.edu/shs/



Blackberries	Strawberries
Cherries	Blueberries
Plums	Cantaloupe
Nectarines	Honey Dew
Oranges	Grapes
Pears	Dragon fruit
Carambola	Passionfruit
Lychee	Watermelon
Guava	Mango
Papaya	Bananas
Pummelo	Kiwi
Sapote	Longan
Atemoya	Canistel

Food is Fuel, Energize and Thrive

Not only is nutrition nourishment for your body, but it is diverse! Enjoy a variety of foods from all food groups including fruits, vegetables, grains, protein and dairy.

These food groups reflect the 2015-2020 Dietary Guidelines for Americans. For updates on the 2020-2025 Dietary Guidelines for Americans, please visit:
<https://www.dietaryguidelines.gov/>

Chicken
Beef
Turkey
Lamb
Pork
Tofu
Beans
Peas

Legumes
Eggs
Fish
Nuts
Seeds
Tempeh
Veggie Burgers
Nut butters



Protein ounce equivalent: 1-ounce meat/poultry/fish = ¼ cup cooked beans, 1 egg, 1 tbsp. Peanut Butter, ½ oz nuts/seeds

For more information, please visit:
<https://www.choosemyplate.gov/eathealthy/protein-foods>



Potatoes	Onions
Sweet potatoes	Eggplant/
Turnips	Aubergine
Squash	Endive
Green beans	Peas
Corn	Kohlrabi
Broccoli	Malanga/Taro
Brussel sprouts	Carrots
Cabbage	Cauliflower
Okra	Beets
Capsicum/Bell	Bok choy
Peppers	Mushrooms
Leafy greens	Daikon
Radish	Galangal



The average needs of dairy range 2-3 cups daily. Equivalents to a serving of dairy include:

- 1 cup of milk
- 1 cup yogurt
- 1 cup soy milk
- 1 ½ to 2 ounces of cheese
- ½ cup cottage cheese = ¼ cup milk

For those who do not consume milk products, there are calcium-rich sources that are non-dairy such as fortified juices, soy products, leafy greens (collards, kale, boy choy, etc.) and more.

Cereal
Pasta
Rice
Popcorn
Breads
Bulgar
Crackers
Oatmeal
Tortillas
Wraps
Cornmeal
Grits
Quinoa
Sorghum

Polenta
Rice Cakes
Muesli
Millet
Amaranth
Buckwheat
Challah bread
Couscous
Naan
Hominy
Pizza crust
Pita
Buns
Biscuits

