

NUTRITION & CAMPUS LIFE

What you need to know:

Proper nutrition is vital! Eat a well-balanced diet every day to get the vitamins, minerals, fiber, protein and antioxidants your body needs. A healthy diet will boost your immune system and lower your risk of chronic illnesses and infectious diseases.



Eat Fresh and Unprocessed Foods such as dark green leafy vegetables, orange/yellow colored fruits and vegetable. Legumes, nuts, whole grains and proteins



Drink 8-10 cups of water every day. Water is the best choice, but you can also consume other drinks like unsweetened tea and coffee and eat fruits and vegetables that contain water.



Eat Healthy Fats found in white meat, fish, avocado, nuts, olive oil, canola, sunflower and corn oil. Avoid fats found in processed foods.



Limit Your Salt Intake. When cooking and preparing food limit the amount of salt and high sodium condiments. Avoid snack foods that are high in salt.



Limit Your Sugar Intake. Choose fresh foods. Avoid high sugar content snacks and drinks.



Avoid Eating Out. Eating out during increases your contact with other people and increases your chance of being exposed to the virus.



Reach Out for Help. You may need support with your mental health and diet to ensure good health. If you feel overwhelmed, seek help from health professionals.