

NUTRITION HINTS

Skipping a meal to cut some calories can result in overeating later if you wait too long between meals. Start your day in the morning with whole grain cereal & fresh fruit that provides ample fiber and sets the tone for the day.



Breakfast can be the most important meal of the day by providing you the fuel to break the fast you have undergone through the night. Breakfast can also help you concentrate better throughout the day as well as help you maintain a good healthy bodyweight.



The family of dark green vegetables such as broccoli, asparagus, green beans, kale, romaine lettuce, bok choy, etc... are packed full of vitamins A and C, iron, calcium and phytonutrients. They also are high in fiber and low in calories.



The berry family is loaded with vitamins C and folate, fiber and phytonutrients. In fact fresh berries are some of the most powerful disease-fighting foods available as they provide a variety of antioxidants in each serving. Berries become a true fast food when you just wash, rinse and consume! In addition, berries (fresh or baked) can also be the main ingredient for dessert.



Eating fiber-filled foods at each meal can help you feel satisfied and full longer. Remember that fiber only comes from unprocessed plant foods such as whole grain breads and cereals, dry beans and lentils, vegetables and fruits.



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A Fast Growing Field

Nutrition & Foods is a Bachelor of Science Degree in Family and Consumer Sciences from the Department of Applied Sciences.

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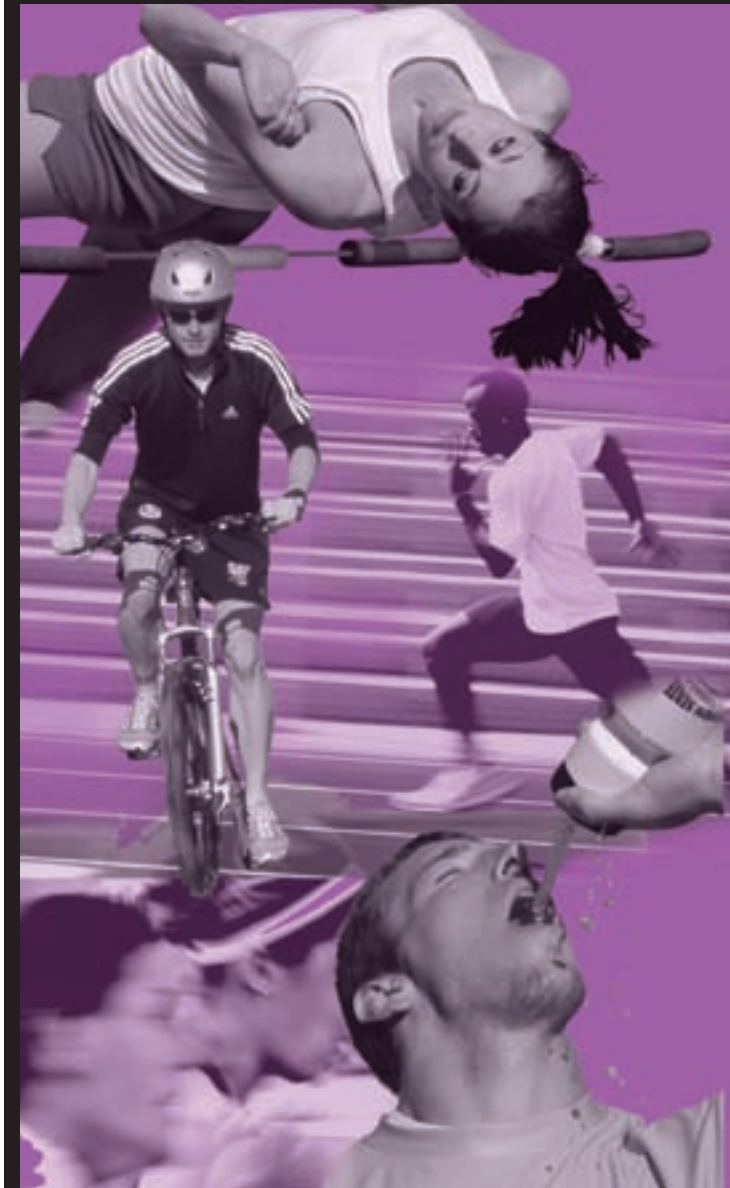
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HEALTH

VITALITY

PICTURE YOURSELF . . .

. . . **designing diets** for athletes, active people or the general population as a:

- Sports Nutritionist
- Licensed Nutritionist
- Personal Nutrition Consultant
- Public Health Nutritionist
- Personal Trainer
- Wellness Coach

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