"Slow and steady wins the race" is an expression we have all heard time and time again. When it comes to adopting healthy habits, this phrase is right on point. Balancing the number of calories we consume with the number of calories our bodies use for activities plays an important role in maintaining a healthy weight. Just think: energy in = energy out.

Often with our busy schedules, it's easier to pick up something quick and easy (and sometimes greasy) rather than sitting down to a well-balanced meal. These helpful hints will help you kick start healthy habits.

Making small changes each and every day is the name of the game!

From the Dining Halls:
- At the dessert and drinks station choose water, unsweetened iced tea, seltzer and low-fat milk
- Try a cup of frozen or plain yogurt topped with fresh fruit, banana with peanut butter, or microwaved apple slices with cinnamon, honey, and unsalted nuts

At the Deli Choose:
- A whole grain bun, bread, or wrap with lean protein, like grilled chicken breast, turkey, or a veggie burger loaded with lettuce, tomatoes, pickles, and onions
- Limit toppings like cheese to 1 slice and swap out high fat condiments such as mayo with mustard or hummus

Pizza & Pasta Stations:
- Opt for whole grain options and top with veggies from the salad bar or hot food stations
- Grab 1 slice of pizza and fill the rest of the plate with salad or veggies before going back for more pizza

At Hot Food Stations & The Grill:
- Think of your plate as a pie chart: fill ¼ with complex carbs like brown rice or sweet potatoes, ¼ with lean protein such as chicken, fish, tofu, or beans and ½ with veggies or a salad with fresh fruit

At the Salad Bar:
- Top salads with fresh vegetables and fruit – the more color and variety, the better!
- Healthier dressing options: lemon juice, balsamic vinegar, and olive oil
- Top with grilled chicken, quinoa, tuna salad, or a veggie burger for a protein-packed, satisfying meal

In Your Dorm Room:
- Don’t have time to get to the dining hall in the morning? Keep a container of quick oats in your room. Fill a mason jar with a lid with ½ cup quick oats, cinnamon, and nut butter or protein powder. Shake it, refrigerate, and in the morning top with fresh or dried fruit (grab some from the dining hall!)
- Nutritious treats to snack on: plain Greek yogurt & fresh fruit, carrots or whole grain crackers and hummus, apple with nut butter, homemade trail mix (whole grain cereal, dried fruit, seeds, nuts)

Fitting Exercise into your Routine:
- Don’t have time to hit the gym? Walk to your classes instead of taking the shuttle
- Skip the elevator or escalator and take the stairs – every step counts!
- Take a study break and look up an at-home workout video you can do in your dorm room – regular physical activity helps relieve stress, which is especially important when preparing for exams
- Exercising with friends helps keep you motivated, decreases odds of skipping workouts & makes for more enjoyable workouts - what’s better than spending time with friends while accomplishing your fitness goals!

To schedule a FREE nutrition counseling appointment, visit: stonybrook.edu/dining/dietitian

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