

Dining Hall 411

Navigating the choices in the dining halls can be a tricky task. Below we've included a few quick tips for balanced eating. If you would like more help planning a balanced diet with dining hall choices, check out the [Carolina Dining Services nutrition page](#) [1].

- Listen to your body. Pay attention to hunger and fullness cues, and use these cues to guide your food choices and honor your health.
- Head to the Carolina Dining Services website (<http://www.dining.unc.edu/> [2]) to check out all the menus for the day so you can get excited for the yummy foods in your future.
- Drink water.
- Eat a side salad before your meal so you can cross your veggie requirements off the to-do list for the day.
- Try new foods for a change. If you go for pizza or cheeseburger most days, try the eggplant parmesan, tofu stir fry or garden burger today.
- Enjoy dessert sometimes, share dessert with a friend when you want, or forego dessert other times. Learn to listen to your body's needs. Honor your health!
- Take home leftovers.

Source URL: <https://campushealth.unc.edu/health-topics/nutrition/dining-hall-411>

Links

[1] <https://dining.unc.edu/nutrition/>

[2] <http://www.dining.unc.edu/>