



VILLANOVA UNIVERSITY
Office of Health Promotion

Eating Well on Campus

Do you:

- ☐ Drink more than 3 cups of coffee a day?
- ☐ Drink more than 8 oz. juice or soda a day?
- ☐ Skip breakfast on most mornings?
- ☐ Snack on chips, cookies or other processed foods?
- ☐ Go all day without eating then overeat at night?
- ☐ Eat mostly refined grains like white bread, white rice,, etc.?
- ☐ Consume saturated fats like butter, cheese, etc. at most meals?
- ☐ Eat less than 2 servings of fruit or vegetables a day?
- ☐ Choose mostly fat – free foods?
- ☐ Deprive yourself of foods you crave?
- ☐ Minimize your carbohydrate intake?

Then follow these 10 Steps to:

1. Break the fast: Start everyday with something nutritious
2. Refuel your brain & body by eating every 2 – 4 hours.
3. Plan for mid-morning and mid-afternoon snacks.
4. Minimize caffeine intake to 16oz per day
5. Portion control: Eat when you feel hungry & stop when you feel full. Eat slowly! 20 minutes per meal
6. Balance concentrated sweets and processed foods.
7. Allow yourself to indulge in your cravings.
8. Maximize fiber intake. Eat at least 5 fruits & Veggies a day.
9. Consume some protein source with each meal.
10. Choose foods rich in monounsaturated, polyunsaturated and omega 3 fatty acids.

For more information contact:

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