

# SMU WellFacts

## Nutrition



### What's On Your Plate?

#### Vegetables

- Consume 3 cups per day
- Include a variety of colors
- Limit consumption of starchy vegetables (potatoes, peas, corn)

#### Whole Grains

- Consume 6-8oz per day
- Rich in B vitamins and fiber, and iron
- Check ingredients label for "whole"
- Make half your grains whole



Choose healthy oils and avoid saturated fats



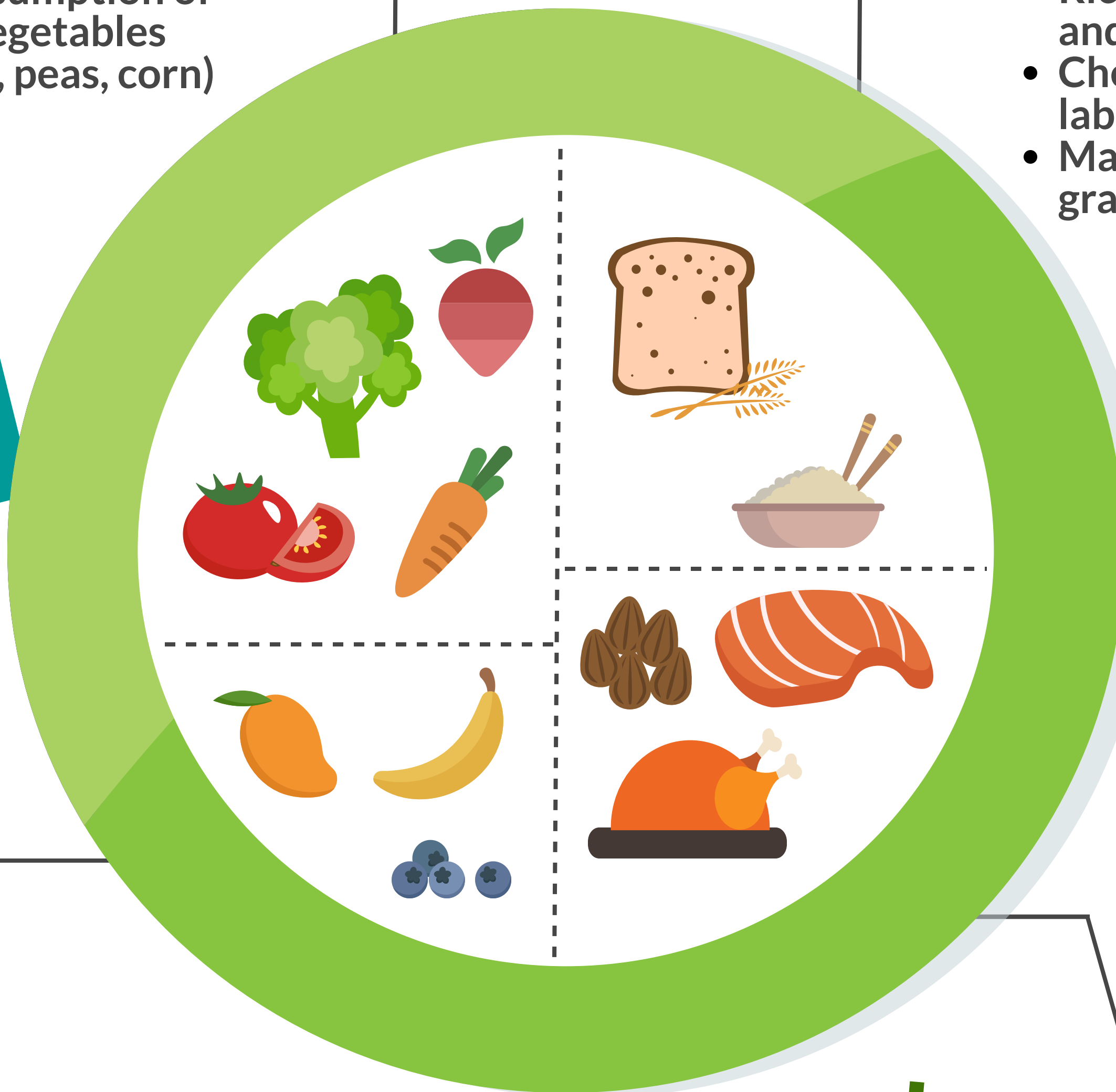
Drink water and avoid sugary drinks

#### Fruit

- Consume 2 cups per day
- Types of fruit include: whole, dried, canned, frozen, pureed
- Good source of fiber
- Limit consumption of fruit juice

#### Lean Protein

- 1/4 of your plate should be lean protein
- Choose seafood 1-2 time per week
- Beware of processed meats
- Choose plant proteins like nuts or legumes



## Health Benefits

Only  
**7.1%**  
of SMU students  
consume the  
recommended 5  
servings of fruit and  
vegetables each day

### Fruits & Vegetables

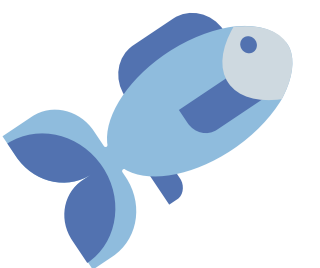
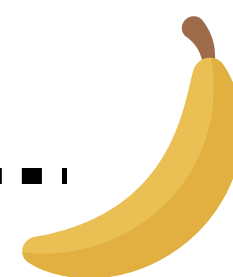
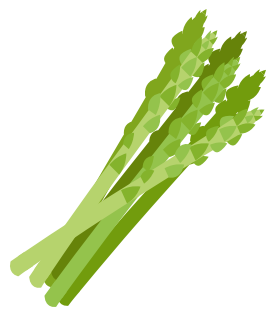
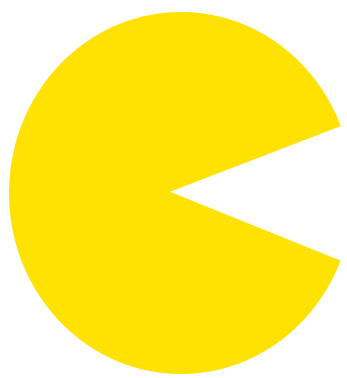
- Prevent Cancer
- Reduced risk of heart disease
- Reduced risk of obesity
- Reduced risk of type 2 diabetes

### Whole Grains

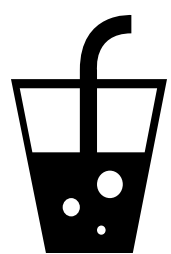
- Reduced risk of heart disease
- Build healthy metabolism
- Support healthy nervous system

### Lean Protein

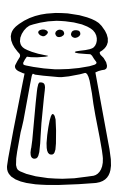
- Promotes cell growth
- Build muscle
- Support hormone function



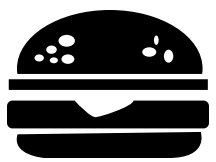
## Watch Out!



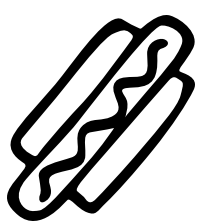
Avoid sugar sweetened beverages like soda or sports drinks



Reduce your sodium consumption



Avoid foods high in saturated and trans fats



Limit processed meats like deli meats and bacon which have been linked to cancer

**Balance**  
**Moderation**  
**Variety**

### SMU Resources

SMU Registered Dietician  
[dietician@smu.edu](mailto:dietician@smu.edu)

Counseling Services  
[214-768-2277](tel:214-768-2277)

Dr. Bob Smith Health Center  
6211 Bishop Boulevard  
Dallas, TX 75205  
[214-768-2393 | health@smu.edu](mailto:health@smu.edu)

*Presented by:*

**Office for Community  
Health Promotion**



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