

Live Well to
Learn Well

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Monday–Saturday

Check web for hours,
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Healthy Eating

Stay fueled with good nutrition

Good nutrition consistently throughout the day is needed to achieve optimal health and support your performance in academics, athletics, and extracurricular activities.

These ideas can help you build a healthy nutrition pattern, whether you create your own food, eat on campus, use restaurants or order take-out.

Aim for 3 meals per day, each with these 3 components:

- Protein & dairy foods
- Grains, breads & starchy vegetables
- Fruits & vegetables

Protein & dairy

Necessary to maintain the body, including muscle and bone

- Meat – pork, beef, lamb, goat
- Poultry – chicken, turkey
- Fish and seafood – tuna, salmon, shrimp, tilapia, and more
- Eggs
- Dairy – yogurt, cottage cheese, milk, cheese, labneh
- Nuts, seeds, and nut butters
- Beans and legumes (dry, canned or frozen) – black beans, chickpeas, refried beans, lentils, split peas, dal, green peas, edamame
- Bean products – tofu, tempeh, hummus, refried beans, chili
- Meat substitutes – veggie burgers, seitan, and others
- Non-dairy fortified beverages – soy or pea
- Protein powders, bars, and shakes

Grains, breads & starchy vegetables

Needed for good energy

- Rice, pasta, quinoa, millet, wheat berries, bulgur, sorghum, teff, rye
- Cereal (cold or hot, such as oatmeal)
- Bread, tortillas, English muffins, bagels, pancakes, naan, pita
- Potatoes, sweet potatoes, winter squash, corn, peas, beans, cassava, plantains



Fruits & vegetables

Important for micronutrients, antioxidants, fiber, and long-term health

- Fruits (fresh, frozen, or canned):

apples	kiwi
apricots	mangos
bananas	melon
berries	oranges
dates	papaya
figs	peaches
grapes	pears
grapefruit	pineapple
- Vegetables (fresh, frozen, or canned):

artichokes	kimchi
asparagus	lettuce
bamboo shoots	mushrooms
beets	okra
broccoli	onions
brussels sprouts	peppers
cabbage	radishes
cauliflower	snow or snap peas
carrots	summer squash (yellow, spaghetti, zucchini)
celery	tomatoes
cucumbers	turnips
eggplant	water chestnuts
green beans	
greens (chard, collards, spinach)	



Making it work

Fuel your day with meals and snacks, timed about every 3-4 hours, starting soon after you wake up.

List some of the foods in each group that you like, then mix and match to create personal menus.

Keep track of what you like that's quick to obtain or prepare. Many foods can be taken along to eat later in the day.

Suggestions below are listed with protein and dairy first, grains, breads, and starchy vegetables next, and fruit and vegetables last.

Breakfast

- Yogurt, granola bar, banana
- Peanut butter, toast, apple
- Milk, cereal, peach
- Eggs or tofu scramble, toast, avocado or orange
- Cottage or ricotta cheese, English muffin, melon
- Feta cheese or labne, flatbread, cucumbers
- Yogurt, frozen waffle, berries
- Lox, bagel, tomatoes
- Tofu, congee, vegetables
- Nuts, bread, fruit
- Beans, rice, assorted vegetables

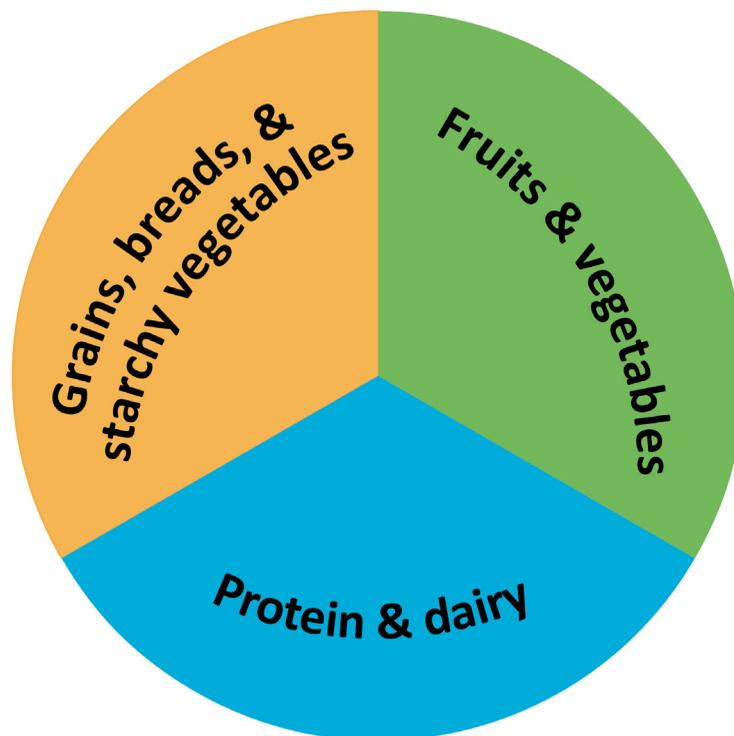
Lunch or dinner

- Turkey, tuna, peanut butter, or hummus sandwich, fruit
- Tuna/chicken/turkey/beans, bread, with chef salad
- Grilled chicken, corn, carrots
- Chili, corn bread, salad
- Tofu, noodles, broccoli
- Lentils or dal, rice or teff, spinach
- Black beans, sweet potato, pepper and onions
- Cottage cheese, baked potato, mushrooms
- Hummus, pita bread, cucumbers
- Baked fish, quinoa or millet, mixed vegetables
- Bean or meat tacos, salad
- Chicken or tofu stir fry, rice, veggies
- Pizza, salad
- Poke bowl

Snacks

Healthy food between meals helps fuel your body!

- Protein – Low-fat cheese sticks, yogurt, tuna, trail mix or nuts, hard-boiled egg
- Grains – Popcorn, rice cakes, whole grain crackers, graham crackers, granola bars
- Fruits & vegetables – Fresh fruit, applesauce, raisins, raw veggies
- Combination – Fruit smoothie, apple or celery with peanut butter, cottage cheese or yogurt with fruit, protein bar



Be real!

Our meals may not always be perfectly balanced, and that's okay.

Remember – all foods can fit! Sweets and treats are a fun part of life, enjoy them as part of your pattern of healthy eating.

Nutrition counseling

For more individualized information about nutrition, students may meet with a Cornell Health nutritionist for counseling.

Body image & eating concerns

If you have questions or concerns about body image and/or disordered eating, our Cornell Healthy Eating Program (CHEP) team can help. Visit health.cornell.edu/CHEP.

Appointments

Please call 607-255-5155 during business hours, or log in to myCornellHealth (24/7): mycornellhealth.health.cornell.edu.