The Duke Student’s Guide to BALANCED EATING

What’s on a Balanced Plate & Why?

- about 1/2 of your plate should be non-starchy vegetables & fruits
- about 1/4 of your plate should be whole grains
  (if the foods making up your plate are low in fat, add healthy fats in moderation)
- about 1/4 of your plate should be lean protein

- fruits & veggies of various colors provide vitamins, antioxidants, phytochemicals, fiber & carbohydrates
- lean protein provides iron, long-term fuel, and aids the growth, function & regulation of tissues & organs
- whole grains have fiber, B vitamins & carbs for energy
- healthy fats provide energy & insulation, battle inflammation, and support cell structure & hormone production

Disclaimer: This plate is meant for a healthy adult who engages in low to moderate recreational activity. Check with a registered dietician for a more customized intake if you are a varsity or professional athlete or engage in strenuous levels of activity.

4 Biggest Benefits of Balanced Eating

- Power up your brain to focus faster & study more effectively
- Boost your immune system to stay healthy year round
- Amp up your energy to boost productivity
- Improve your mood and lower your stress levels

4 Biggest Barriers to Balanced Eating

- I don’t know where to start!
  - They don’t have to be! Mix up your fruit, veggie & protein choices for variety and greater nutrition
- Starting with small, gradual changes at each meal is the key to achieving a balanced diet
- Balanced meals seem repetitive and boring
  - $$$
- Healthy food seems so expensive!
- If you’re preparing your own meals, planning ahead and buying in bulk can balance your plate and your budget. On campus, check out “ Balanced On a Budget”
- I’m too busy and stressed to worry about balanced eating!
- Getting more sleep and taking time for physical activity can help you bust stress and make smarter nutrition choices!

Biggest Benefits of Balanced Eating