Top 10 Tips to Navigate the McCarthy Dining Commons

1. **Plan ahead.** Preview the menu online or on the Bite App and review the nutrition facts. You will be less tempted to make an unhealthy choice when you have a game plan.

2. **Take two trips through the line.** Use the first trip to familiarize yourself with the options. Take the second trip to decide what you really want to eat.

3. **Follow the MyPlate Method.** Fill 1/2 your plate with fruits and vegetables, 1/4 with a lean protein and 1/4 with a whole grain (look for our daily whole grain at Harmony). Don’t forget one source of calcium rich dairy!

4. **Include a fruit and vegetable (or two).** Fruits and vegetables are foods that fill you up without filling you out. Take a piece of whole fruit with you when you leave the McCarthy Dining Commons for a nutritious midday snack.

5. **Watch out for hidden calories.** Condiments, dressings and salad toppers can add unwanted calories. Try low-fat condiments like mustard or salsa, top your salad with crunchy seeds or nuts instead of croutons and swap creamy dressings for oil and vinegar.

6. **Practice portion control.** Use your hand as a guide for portion control. One cup = size of your fist (raw fruits & veggies), 1/2 cup = cupped hand (pasta & cooked veggies), 3 ounces = size of your palm (meat, fish & poultry) and 1 tbsp. = tip of your thumb (condiments).

7. **Share.** See a dish you want to try but aren’t sure you’ll like it? Get your usual plate of food and sample the new entrée with a friend. You won’t feel the need to overeat.

8. **Slow down.** It takes the stomach 20 minutes before it signals to the brain that you are full. Take your time; enjoy the conversation and your food!

9. **Don’t get too hungry.** When we let ourselves get too hungry, we tend to overeat. Try to eat a nutritious snack every 3-4 hours. You’ll make better choices at meal times!

10. **It’s all about choice.** Good nutrition is about the choices you make. There are plenty of healthy options in the McCarthy Dining Commons. It is up to you to make the healthy choice!

For More Information Contact:
Carolyn Holland, RD LDN
cholland@framingham.edu