



Eating a balanced diet is one of the most important things to do in order to live a healthy lifestyle. A healthy diet can prevent several health problems, improve sleep and brain function, and lower stress levels, which will enhance your Auburn University experience.



DIVISION OF STUDENT AFFAIRS
Health Promotion and Wellness Services

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TIPS ON HOW TO FUEL UP AT AUBURN UNIVERSITY

-  Eat 2-4 servings of Fruit a day
-  Eat 3-5 servings of vegetables a day
-  Make half of your grains whole
-  Incorporate fiber into your diet
-  Eat foods with bright colors
-  Drink lots of water
-  Go lean with your protein
-  Keep sweets to a minimum
-  Find a balance between food and physical activity

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