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.

www.auburn.edu/healthandwellness
Auburn University is an equal opportunity educational institution/employer
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