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@UNMfood



1 Keep It Colorful

A colorful plate is a great way to incorporate low calorie, nutrient rich food. Piling on the veggies will fill you up without filling you out.

Our Healthy Pick: Subway in the Student Union Building or Chef's Innovation Station at La Posada

2 Walk It Off

Walking is a great exercise for beginners and fitness gurus alike. Making a commitment to walking for 30 minutes per day can dramatically improve your physical and mental health. UNM has a variety of walking trails ranging in distance and difficulty. These 'Lobo Trails' are marked with Healthy U signs. Visit <https://hr.unm.edu/wellness/lobo-trails> for maps and more information.

Our Healthy Pick: 2 mile Main Campus Gold Trail

3 Use Your Tools

There is more nutritional information available than ever before. Reading the label on food products can help you make better food choices, avoid allergens, and understand intended portion sizes. Visit <https://dineoncampus.com/unm> to utilize our wellness tools.

Balanced U is your guide to finding foods that are right for you. Icons will not only guide you in eating healthy but they will also identify which items are compliant with dietary restrictions. Learn more about Balanced U

Discover Nutritional Information for our national brands on their websites:

<https://www.chick-fil-a.com/>

<http://www.subway.com/en-us>

<https://www.starbucks.com/>

<https://www.papajohns.com/company/nutrition-allergen-information.html>

Our Healthy Pick: La Posada Dining Hall – Digital Menu Boards with Nutritional Information