NUTRITION

Good nutrition contributes to health & growth, and every time you eat is an opportunity to make healthy choices. Make nutrition a priority by following these simple steps:

1. Fill your plate with fruits & veggies (eat the rainbow).
2. Choose good carbs, not no carbs. Whole grains are best.
4. Calcium is important (remember, milk is not the only source).
5. Welcome water when you're thirsty (skip the sugary drinks).
6. Find your fats in plants, nuts & fish, and limit foods high in saturated and trans fats.
7. Less is more with salt. Choose fresh foods over processed ones to reduce sodium.
8. A daily multivitamin can offer nutritional insurance (choose one with vitamin D).

Pick Up Your BIB Rewards Card

Monday
- Boot Camp • 12:00-12:50pm • SRB Patio
- Yoga For Core • 12:00-12:50pm • River Campus (Interfaith)
- Yoga • 12:00-1:00pm • AAC Auditorium
- Zumba • 5:15-6:00pm • Sloan Studio
- Power Pump • 5:15-6:15pm • URMC Fitness Center

Tuesday
- Farmers Market
  - Flaum Atrium
- Health Bites
  - 12-1p.m.
  - K307
- Farmers Market
  - Saunders Research Building Atrium

Wednesday
- Farmers Market
  - Flaum Atrium
- Live Cooking Demo
  - 11:30a.m.-12:30p.m.
  - Cafe 601
- Farmers Market
  - Saunders Research Building

Thursday
- Farmers Market
  - Saunders Research Building Atrium

Friday
- Take Your Personal Health Assessment

Saturday
- Bike to Work Day

Sunday
- Memorial Day

More Information: rochester.edu/well-u
Register for an event: totalrewards.rochester.edu