Eating on campus with so many different go-to options can be hard. With the stress of school, tests, deadlines, LbXgcVJV 'Lbl JYmžJhWb'a L_Y'ghi XYbrgVfV YWa ZcfhZcXgžXYgyYfrgžZfJYXZcxXgžLbXZcXgjh\LhLYbJNi bYWgdJf] mi \YUhmi It takes some conscious effort to make sure you are getting a well-balanced diet filled with fruits, vegetables, whole grains and lean proteins. Here are some tips for making better choices while dining on campus:

Each day our menus have a variety of cooking methods ranging from sautéed, baked, roasted, fried, steamed and more. When building your plate, htm: \understand Y\understand Y\

Take advantage of our online menus for meal planning (www.loyola.edu/dining or download the FoodU App). This U'ck gingi 'hoʻgY'k \uhjg'y Uj'uVY'uhk\Y'X]ZYfYbhgtujdog\YZcfY'ngi 'Uff]j Y"Cf]Zngi 'Xcbf\[YiUVubWho`WYW\alpha\] ahead, walk around and look at the different options before choosing. You can mix different options from different stations I just because you got grilled c\\\Who`[Yho]XGa 'k\Y'; f]`YZXCYgbf\[Xia Yub'ngi 'Ugc\\Y Yho [Yhh\Y'\Z]Yg'\\di \Wb`[Yhi