Resolve to Eat Well
Making a series of small changes in your diet is an effective way to improve your health in the New Year. Here are a few suggestions:
• Incorporate more whole grains
• Drink more water
• Eat breakfast

Did you know?
Eating more whole grains increases your fiber intake which reduces your risk of developing diabetes and certain types of cancers. Also including plant proteins like beans and quinoa in your diet helps reduce your saturated fat intake and promotes a healthy heart!

Additional resources to help you eat healthy at Emory include:
• Healthy Vending on Campus
• University Dining @ Atlanta Campus
• University Dining @ Oxford Campus
• Health & Wellness Facebook Site
• Cafe Bon Appetit Wellness Information