when the stress of life is high, where do most college students turn for relief?

you guessed it, food.

unfortunately, it’s not the healthy stuff they’re grabbing on the go, and as a result many college students are compromising their diet and overall health in order to meet the demands of life.

that’s when nutrition connection sweeps them off their feet.

this is an education program to help college students build the foundation needed to maintain a healthy diet for life.

the following topics* are available to help you meet your goals:

- myplate.gov portion control
- guiding stars
- label reading

*Interested in a topic that’s not listed above? Let Jaclyn know what she can do to help you meet your goals.

contact jaclyn at jaclyn.collins@my.und.edu to help you connect the dots today!