



MAKE HALF YOUR PLATE FRUITS AND VEGETABLES

Fruits and vegetables are great sources of fiber, vitamins, minerals, and colorful plant pigments, called phytochemicals. Eating more fruits and vegetables as part of an overall healthy diet is associated with decreased risk of heart disease, certain cancers, type 2 diabetes, and obesity.

BC Dining makes this easy because:

- Whole fruit can be substituted for chips, fripps, or fries at no additional charge.
- An extensive salad bar is open from breakfast through dinner daily, and grab and go fruits and veggies and packaged salads are available all day long.
- An assortment of seasonal whole fruits and vegetables are available to purchase with dining money via the on-campus farmer's market or the indoor fruit carts.

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