



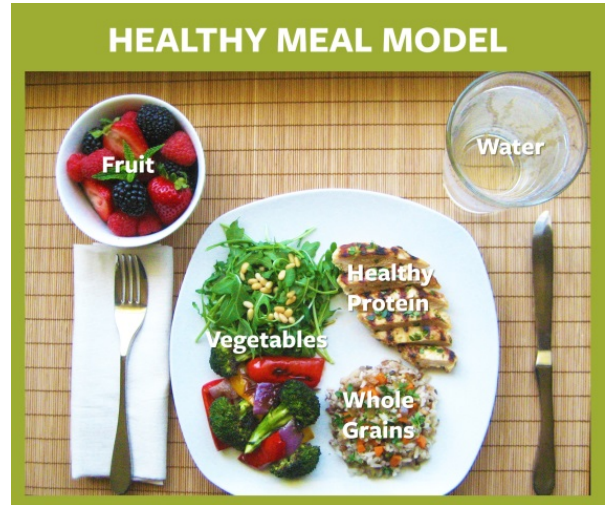
# Eating Well

[uhs.berkeley.edu/nutrition](https://uhs.berkeley.edu/nutrition)

## Want help with eating better?

Be Well at Work -- Wellness Program offers a variety of workshops and programs on eating well, healthy cooking, and more. Use these goals as your daily guide to making eating well simple:

- ✓ Choose portions wisely.
- ✓ Make half your plate veggies and fruits.
- ✓ Choose tap water as your beverage of choice.



## On Campus



### Cooking Workshops

Cooking classes on simple, healthy techniques. Recipes available online. Workshops available by department request.



### Healthy Lifestyle Programs

Practice new habits with offered several times a year.



### Eat Well Berkeley

Look for the ✓ around campus, indicating healthier options at restaurants, caterers, and vending.

## Online



### Ask the Dietitian Email Service

Got a question? We've got an answer.



### Healthy Meetings & Events

Use the Guide and webpage resources for planning healthy selections, integrating activity breaks, coordinating healthy potlucks, and more.



### Webinars and Nutrition Resources

Sugar Savvy, Nutrition Essentials, and more webinars available. Resources on food, nutrition, meal planning, and various health concerns.

### Be Well at Work – Wellness Program

Campus partners: Be Well at Work – Faculty/Staff Health Programs, Office of Environment, Health & Safety, Office of Human Resources, Physical Education Program, and Recreational Sports.

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**Be Well at Work**  
*Faculty/Staff Wellness*