

METZ MONDAY

with Will Murphy



Metz Monday blog posts will be posted the first Monday of each month. Blog posts will cover various topics, from healthy eating tips to "Metz Meal Hacks." Hopefully students will gain a better understanding of all the options available to them in the dining hall, as well as become active participants in helping Metz to improve the dining experience of Pitt-Bradford students.

Suggestions from Chef Ben

- Chicken is a great source of protein. Chicken breast is always available at the salad bar and can be grilled, along with veggies. Just ask the chef who is working the grill.
- Eat your veggies! Fresh vegetables can be found at the main line and at the salad bar.
- An apple a day keeps the doctor away. Find apples, and other fresh fruits, in the fruit basket next to the salad bar.
- The Gluten-Free & Live Well Bar (Next to Bravo) always has fresh cultural dishes. Check it out!
- Share your suggestions with Metz. You can find the suggestion box next to the fruit salad.

Ways to be Healthy in College

- Download the MyFitnessPal app to track calorie expenditure and exercise.
- Eat lots of fruits and vegetables. They are high in vitamins and minerals.
- Cut down on saturated fats and sugars.
- Be active: go to the gym, take daily walks, join an intramural team or go for a swim.
- Drink lots of fluid. 1-2 glasses of water every two hours will keep you hydrated.

