

**COLLEGE OF AGRICULTURE  
GRADUATE STUDENT ADVISORY COUNCIL  
BROWN BAG SEMINAR SERIES**

# Eating Healthy as a Graduate Student

**Thursday**

**November 18, 2010**

**12:00 PM**

**Forest Resources**

**Building**

**Room 105**

**Presentation by**

**JoAnn Whipple,**

**Registered Dietitian,**

**University Health Services**



With busy schedules and limited budgets, it can sometimes be difficult to eat healthy and nutritiously as a graduate student. However, with some easy to follow tips and tricks, it is possible to eat healthy despite having limited time or money. Join Registered Dietitian JoAnn Whipple from University Health Services to learn how to build healthy eating habits. Find out how eating healthy can give you more energy and allow you to work more productively. Learn how to make nutritious selections at the grocery store and how healthy cooking can be fast and easy.