On Campus

Ask the Dietitian
Have a question about food or nutrition? Ask the Dietitian provides faculty and staff a convenient and dependable way to receive answers to questions about health and nutrition from a qualified health professional.

Nutrition Essentials for Health Living (webinar)
Gain an understanding how foods contribute to health and disease. Practical tools for identifying healthier foods, nutritious meals and more.

Nutrition to Kitchen Workshops
From seasonal veggies, brown bag lunches to flexitarian lifestyle, find inspiration for making healthier meals with these workshops providing nutrition education, demonstrations, recipes and tasting samples.

I CAN! Commitment to Activity and Nutrition
Six-week healthy lifestyle program designed for all ages and body sizes to help develop healthy eating habits and a physically active lifestyle.

Online Resources
uh.s.berkeley.edu/nutrition

Eat Well Berkeley
This program helps improve access to healthier food choices on campus, including links to caterers, restaurants, vending and the UCB Guide to Healthy Meetings and Events.

Cook Well Berkeley
A resource focused on healthy cooking and food sustainability, including cooking and shopping videos, recipes, and links to local farmers’ markets.

Eat Well @ Work
Find information, recipes and resources for eating healthy while at work. Explore lunchbox ideas, dining out tips, information on hosting healthy meetings and more.

Nutrition Resources
A comprehensive list of recommended online resources on food, nutrition, meal planning, and various health conditions.

Eating well can be simple! Try these tips to guide you:

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