Eating Well

Health*Matters is the wellness program for faculty and staff with campus partners including: Office of Environment, Health & Safety, Office of Human Resources: Benefits, Physical Education Program, Recreational Sports, and University Health Services: Care Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.

On Campus

Nutrition and Cooking Workshops
Various topics offered throughout the year; also available by department request.

Healthy Lifestyle Programs
Three to six week programs offered throughout the 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 Meeting & Event Guide
Guidelines for healthy food and beverages; tips for activity breaks, celebrations and green meetings.

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

uhs.berkeley.edu/nutrition