The basics need to be met first, and that totally includes pleasure! Nourishing your body doesn’t have to be complicated.

**Meet Your Nutrition Needs!**

1. **Enough**
   - Be consistent.
   - Honor hunger.
   - This matters most!

2. **Enjoyment**
   - Focus on satisfaction.
   - Include cultural foods and preferences.
   - Get curious in the kitchen.

3. **Variety**
   - Focus on balance, not perfection.
   - Include multiple nutrients.
   - Eat the rainbow!

4. **Nutrients**
   - Add individual nutrients for a personal touch.
   - The fine-tuning happens last!

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**Campus Health**

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