

Bonnie Morton

What goes into a healthy eating? Do “forbidden foods” even exist? Can you eat healthy and enjoy doing it? The Nutritional Analysis Program at EIU’s Health Education Resource Center allows students to get answers to these valuable questions and more through a one-on-one consultation with our Nutrition Education Coordinator. For more information on structuring meals that keeps you healthy and happy, visit [eiu.edu/herc](http://eiu.edu/herc), where EIU students can schedule a consultation. Or contact our dietitian Laura Jacob at [herc@eiu.edu](mailto:herc@eiu.edu) and learn why your nutrition matters.