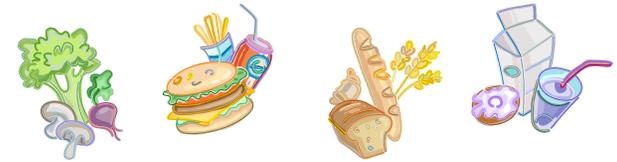




Whether you live in a house, apartment, or dorm, you have run into problems choosing the most healthy foods to eat. The average college student claims to be too busy or budgeted to eat healthfully. You may find yourself eating on the go, skipping meals or grabbing fast food in between classes. A healthy diet can improve your quality of life, help you do better in school and help keep you at your best. There are a number of little things you can change today to help you on your path to a healthier lifestyle.



Healthy Eating Tips for College Students

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Breakfast

Start the day off right and eat a good breakfast. Typical breakfast foods contain many of the nutrients our bodies need to get through the day. If you are running late to class, grab a granola bar, fruit, yogurt, bagel, or even leftover pizza.

Calcium

Eat foods that are rich in calcium. It is important for people in their early twenties to build up calcium to prevent future problems with osteoporosis and other diseases. Try low-fat milk, low-fat yogurt, low-fat cheese—even dark leafy vegetables are rich with calcium.



Menu

Before heading to the grocery store, make a point to sit down for 5-10 minutes and plan a menu for the week and a shopping list. By planning what you are going to buy you can save a lot of money. By creating a menu, you can focus on making healthy eating choices.



Salads



Dining hall salad bars can be a healthy option if you know what foods to choose and which to avoid. Calories can sneak up on you if you use too much creamy dressing, and bacon bits. Use these items sparingly if at all. There are many other options for you to add on; leafy greens, raw vegetables, sunflower seeds, fresh fruit, eggs, tuna and chicken.

Alcohol



If you do drink alcohol, be aware that you are filling up on calories but not on nutrients. A light beer contains about 100 calories. There are also many health problems that can occur as a result of too much alcohol consumption.

Sugar



Limit your soft drinks! Soft drinks are full of sugar which provides calories in your diet but few other nutrients and it contributes significantly to tooth decay. Also try using diet sweeteners in coffee, tea, cereal and fruits instead of sugar.

Weight Loss

If you need to lose weight, do it sensibly. **There is no miracle diet or pill that will make the process quick and easy.** Most diets that offer a quick fix usually backfire and cause more harm than good. You have to be committed to a lifestyle change involving a balanced diet and daily exercise to safely lose weight and keep it off.

Water



Be sure to keep yourself hydrated by drinking plenty of water. Your body needs eight glasses a day and if you exercise you may need more. Take a water bottle to class and have it around for late night study sessions.

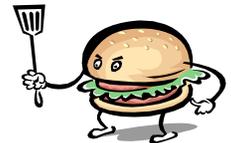


Snacks



Keep your house/room stocked with healthful snacks. When you get a craving for a late night study snack, you'll have healthy options instead of the typical junk food. Some easy food items to store are fresh or dried fruits, pretzels, unbuttered popcorn, rice cakes or whole wheat

Fast Food



Fast foods work best when you choose wisely. If you must have a hamburger and fries, **watch your portions!** Order the smallest size available. Most fast food restaurants are beginning to offer healthier items such as baked potatoes, fruit, yogurt and vegetables. Watch out for the salads! Most salads at fast food restaurants contain equal the amount of calories and fat as a large hamburger and fries.

