Rec Tip of the Week
Diet
Without careful attention to your diet, you could end up putting on the freshman 15 and more. Follow these tips to help keep your diet healthy and beneficial.

1. **Learn proper portion size.** To avoid eating too much of even the healthiest foods, keep track of how much you're eating. For most people, meat servings should be about the size of a deck of cards and other servings vary by the type of food.

2. **Vary your meals.** When the cafeteria has your favorite foods daily it can be easy to return to those old favorites every day. Changing up your diet from day to day is an important part of *good nutrition*; so take advantage of the variety of selections available to you.

3. **Eat breakfast.** Start your day off right with a good meal when you get up. Whether you're rolling out of bed at noon or up at the crack of dawn for class, make sure you start your day with a balanced, healthy meal.

4. **Keep healthy snacks around.** It's easy to eat healthy if you keep the Cheetos at bay and stock your dorm room with fruits and other healthy snacks. You'll be more likely to reach for these than junk food if you keep them nearby or in your backpack.

5. **Drink moderately.** While college students are known for their partying, you can still have a good time without consuming all the calories that come along with binging on beer, plus you'll avoid the hangovers and other negative effects. Drink in moderation and you can have a good time without hurting your health.

6. **Don't fight stress by eating.** It can be tempting to reach for a bag of chips or some cookies when you're stressed out about an impending exam. Eating won't help your stress go away, so avoid filling up on snacks. Try working out or taking a break instead.

7. **Drink water.** Drinking enough water can help boost your concentration as well as keep you from overeating. Make sure to keep hydrated as you go through your day by bringing water with you.

8. **Limit sugary and caffeinated beverages.** Beverages may not fill you up, but they sure can help fatten you up and have a detrimental effect on your overall health. You don't have to completely give up soda and coffee, but you should scale back in order to keep yourself in tip top shape.

9. **Limit junk food.** Junk food is fast and easy and many students end up eating a lot of it while they're on the run to class or to work. While a little fast food now and again won't really hurt you, make sure it doesn't become a habit.

10. **Make it convenient to eat right.** Don't make it hard for yourself to eat right. Buy healthy foods and stock your fridge and room with them to ensure they're the first things at hand when you get hungry.

11. **Don't skip meals.** With so much to do, it's easy to forgo eating to run off to class or the library. Don't skip meals. Set up foods you can eat on the run so you'll have the energy to keep going.

12. **Get help for eating disorders.** While many groups focus on helping students lose weight, there are those who need help fighting eating disorders as well. If you are worried you have an eating disorder and want help, don't be afraid to reach out to campus resources for help.