



10 Tips for Eating Healthy on Campus

1. **Start your day with breakfast!** It will help you concentrate better in classes and should never be skipped. Wake up a few minutes earlier to make it to the campus dining facility before class. But if you just can't seem to get yourself out of bed in time to get to the cafeteria, fix a healthy breakfast in your apartment or dorm room. Make an omelet in the microwave or have peanut butter on whole wheat toast or an English muffin. Add yogurt or fruit and a glass of milk to gain even more nutrients without many calories.
2. **Plan to include 3 meals a day.** Take a close look at your class schedule and make the time to eat between classes. When scheduling classes, try to give yourself a "lunch hour". It's difficult to keep your concentration levels up without the right amount of food in your system!
3. **Keep healthy snacks available.** Back to back classes may not allow you to have time to eat a full meal. Pack a small, healthy snack to get through class and have your meal when time is available. Fruit, nuts, whole grain crackers, and low fat granola bars can be easy snacks to keep in your room and to pack in your school bag.
4. **When eating in the dining hall, walk through the serving line first to see what is available.** This way, you can plan on the foods to take. Choose one or two vegetables and/or fruit, a lean protein, such as fish, poultry, soy foods, or beans, and a starch. Whenever possible choose whole grains, such as whole wheat bread or brown rice.

5. **Be the first to order!** Your friends can easily sway your decisions. If your friend orders a high calorie drink with dinner, you might be tempted to follow their footsteps. But if you order first, you are more likely to order something healthy and not likely to change your order.

6. **Use MyPyramid to personalize your eating plan.** (www.mypyramid.gov) Eat a variety of foods from the 5 food groups and don't forget to pay attention to portion sizes!

7. **Don't be afraid to ask questions!** Ask for healthier options, like whole wheat bread and brown rice. Ask if your items can be grilled instead of fried and to leave off the sauces and gravies or at least put them on the side.

8. **Be careful of late night snacking.** Pizza or other foods often become the "fourth" meal in college after a late night. Try to avoid the temptation or just indulge in a small slice. You'll feel better about yourself in the morning.

9. **Beware of beverages!** Many drinks can be loaded in calories, including cappuccinos or lattes in the morning. Look for nutritional information when offered and choose wisely.

10. **Enjoy your foods.** All foods can fit into a healthy eating plan. The key is to balance the not-so-healthy foods with a variety of lean protein, low fat dairy, whole grains, and fruits and vegetables.

<i>Choose:</i>	<i>Avoid:</i>
Baked	Breaded
Broiled	Buttered
Grilled	Creamed
Poached	Fried
Roasted	Au gratin
Steamed	Hollandaise