

## Navigating Nutrition in College

Starting college is usually the first time in one's life that they are on their own making decisions about food. The non-nutritious options readily available on college campuses, like your sweet and salty snacks, make it convenient and easy to grab when you are rushing from class to class.



Just because you live on campus does not mean it's impossible to make healthy food choices. Dining halls tend to have unlimited food options, giving you the freedom to choose whatever you want. Here are some tips to help you navigate through making healthy food choices:

<b>Dining Halls</b>	<ul style="list-style-type: none"> <li>• Know where your dining halls are located on campus</li> <li>• Look at the cafeteria nutrition information and familiarize yourself with what is available so you can make <b>informed</b> decisions about your nutrition</li> </ul>
<b>Be Prepared!</b>	<ul style="list-style-type: none"> <li>• Stock up on healthy staples!</li> <li>• Keep snacks, meals, &amp; water with you at all times. Snacks on hand will make you less likely to grab fast food when you are in a rush.</li> <li>• Try ordering groceries online. It is a quick easy way to get groceries delivered to you. A few sites include:             <ul style="list-style-type: none"> <li>○ Amazon Grocery</li> <li>○ FreshDirect</li> <li>○ ShopFoodEx</li> </ul> </li> <li>• <u>Examples:</u> nuts, seeds, dried fruit, multi-gain crackers, string cheese, fruit, peanut butter, vegetables, hummus, etc.</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;">    </div>
<b>Skipping Meals</b>	<ul style="list-style-type: none"> <li>• Avoid skipping meals during the day-it can lead to overeating later</li> <li>• Don't skip on breakfast! Breakfast kick starts your metabolism daily, and aids in decreasing overeating throughout the day</li> </ul>

<p><b>Dorm Room Kitchen</b></p>	<ul style="list-style-type: none"> <li>• Organize your dorm room, keeping your food items in one area</li> <li>• Pantry goods-use large Tupperware or tote to store pantry items</li> <li>• Fruit basket → Fill with fruit from the dining hall</li> <li>• Appliances → consider getting a toaster oven, mini-fridge, microwave, and/or a travel size blender</li> <li>• Have utensils on hand</li> </ul> 
<p><b>Don't Drink Your Calories!</b></p> 	<ul style="list-style-type: none"> <li>• Sugar-sweetened beverages, such as soda, juice, energy drinks, &amp; sweetened teas/coffee provide <b>extra</b> calories with <b>zero</b> nutritive benefit</li> <li>• Never having a soda again is not the message, but rather knowing that beverages contribute to calorie and sugar intake which can lead to unwanted weight gain and increased risk for diabetes</li> <li>• Choose water, low-fat milk/fat-free milk, 100% fruit juice or half juice with water, and sweeten teas and coffees yourself! <ul style="list-style-type: none"> <li>○ Add lemon, cucumber, or watermelon to give it some flavor</li> </ul> </li> <li>• Alcohol in moderation → 1 drink daily for women and 2 drinks daily for men</li> </ul>
<p><b>Listen to Your Body</b></p>	<ul style="list-style-type: none"> <li>• If you are hungry, you are hungry</li> <li>• Denying your body is not going to change that fact that you are hungry, but rethinking how you are eating throughout the day might</li> <li>• Learn to listen to your body and eat until you are full so that you are less likely to have cravings later in the day</li> </ul>
<p><b>Get Moving!</b></p> 	<ul style="list-style-type: none"> <li>• Aim for 30-minutes of physical activity most days of the week <ul style="list-style-type: none"> <li>○ Walking, jogging, biking, stair climbing, etc.</li> </ul> </li> <li>• Need to take an elective? Try a dance or sports class!</li> <li>• Walk to and from class or parking your car away from campus are simple ways to get some extra activity in daily!</li> </ul>

College can be a place where you establish healthy eating patterns! Let these tips help guide you through your nutrition choices.