

Nutrition Tips for

BUSY STUDENTS

Your day is a blur of classes, computer screens, books and a part-time job, and, if you are lucky, a little time for fun. So, how does healthy eating fit into this packed schedule? Read on for some easy tips to get good nutrition into your busy lifestyle.

What Does ‘Good Nutrition’ Do for You Today?

Good nutrition can help you be healthier now and in the future. Here are some reasons why fitting in a healthy eating plan is important:

- avoidance of colds and flu
- prevent weight gain
- healthy digestion
- increased energy
- better work-outs
- improved performance in school work
- elevated mood
- better complexion
- improved sleep
- prevention of future health problems

Observe how you feel with healthier food choices. Try keeping a food journal for a week and note the energy effects of your food choices. Although differences may seem subtle at first, you will be able to notice real changes with time.



Fast Nutrition at Home or Residence Hall

Keep a supply of healthy snacks on hand so you aren't tempted by the midnight pizza run. Here are some ideas:

- nuts
- fresh fruit
- dried fruit
- baby carrots
- flavored yogurt
- string cheese
- baked tortilla chips or pretzels
- dry whole grain cereal
- instant oatmeal

Good Nutrition on the Run

Bring part of your meal with you on campus. If you end up at a fast food restaurant for lunch, make the meal more nutritious by adding fruits, vegetables and low-fat dairy products. For example, you can purchase a sandwich or a burger on campus and supply the side dishes yourself. Always ask for lettuce, tomato and other veggies on your sandwich and avoid high calorie toppings. Here are some ideas:

- Baby carrots to that chicken sandwich instead of the french fries.
- Frozen or regular yogurt instead onion rings.
- Water instead of the iced tea or soda (you'll save money too!)
- A pear or some strawberries instead of the apple pie.



Don't Leave the House without Breakfast

Or at least grab something “on the road” such as:

- Breakfast burrito, especially those with veggies.
- Egg and bagel/English muffins sandwiches (avoid the biscuit ‘n egg ones).
- Pancakes (add a cup of low or fat free milk or an order of eggs to provide a little more staying power).
- A whole grain bagel topped with lite cream cheese or peanut butter and low or fat free milk.
- Even a plain, whole grain bagel or English muffin with low or fat free milk is a nutritious meal.