

## Top 5 Healthy Eating Hints

### 1. Make Time for Meals

Eating 3 meals per day plus snacks will give you energy that will last all day and keep your metabolism active. Pack healthy portable snacks such as fruit or a granola bar when you're on the go.

### 2. Balance Your Meals

Eating healthy meals that contain foods from at least 3 different food groups will help to ensure that you get all the nutrition you need to stay healthy! Be sure to eat different combinations of grains, fruits, vegetables, meat, dairy, and healthy fats throughout the day.



### 3. Don't Forget Dairy

Your bones need calcium to stay strong. Dairy foods and some dairy alternatives, such as fortified soy milk, are great sources of protein, calcium, and vitamin D



### 4. Stay Hydrated

Proper hydration is important for healthy skin and organs. Drink water even if you are not thirsty. Waiting until you are thirsty to have fluids means you are already partially dehydrated. Pack a bottle of water in your backpack or gym bag!



### 5. Choose Appropriate Portions

Food portions in restaurants are often more than one serving size and they're getting bigger and bigger. You may not realize how much food you are actually eating. When eating at the dining hall, take smaller portions to start and go back for more if you are still hungry.

## Top 5 Ways to Include Fitness into College Life

### 1. Walk or Bike to Class

Be active on the way to class instead of taking a bus or car.



### 2. Join an Intramural Sport

This is a fun way to meet new people and fit in exercise, too!

### 3. Go for a Walk with Friends

Stay fit and catch up with friends at the same time. Instead of taking a short cut back to your dorm, take the scenic route and get in a little extra exercise.

### 4. Take a Fitness Class as a Course

This is a good way to include fitness into your routine and get credit too. Consider weightlifting or dancing.

### 5. Check out your College Gym

Most colleges have gyms or fitness centers that offer free or reduced price memberships. They may also offer classes such as yoga, cardio, boxing and dancing.



Check out more Fitness Information at:  
[www.youngwomenshealth.org](http://www.youngwomenshealth.org)

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# College Eating and Fitness 101

Dining Halls provide many food choices in a new eating environment. Eating at college may seem intimidating, but healthy eating doesn't have to be difficult. Just keep these general nutrition principles in mind:

- Eat nutritious meals and snacks**  
Food is the fuel needed to keep your body and brain energized.
- Balance healthy eating with fitness**  
Exercise helps to relieve stress and keeps your body strong.
- Listen to your body**  
Recognize when you are hungry and full.

This guide will help you learn easy ways to include food and fitness into your busy schedule.



**Center for Young Women's Health**  
**Children's Hospital Boston**  
[www.youngwomenshealth.org](http://www.youngwomenshealth.org)  
and  
**Screening for Mental Health, Inc.**  
[www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)

## Dining Hall Dilemmas

**Be Creative**

### What if I can't find any food I like?

If you don't like the hot food offered, try to combine foods from different areas of the dining hall.

Example: Add a grilled chicken breast to a salad.

Many colleges have multiple dining halls that may have different food choices. Try all the dining halls and see which ones you like best.

### What if I am vegetarian?

Most colleges have vegetarian choices at all meals, including salads and sandwich bars. There's usually enough variety to satisfy any palate.

**Make time to eat**

### What if I have class during meals?

Even if you can't sit down for a full meal, pack a healthy, portable snack such as fruit, an energy bar, or a sandwich. Food is the fuel your brain needs to help you think. If you skip a meal, you may have trouble concentrating, get a headache, or feel like you didn't get very much out of your class.

### How can I maintain good nutrition?

Try to eat a variety of foods and don't skip meals. The Nutrition 101 section provides suggestions of foods to choose at meals.

Instead of	Try
Fried Foods	Grilled or Baked Foods
Refined Grains	Whole Grains
Whole Milk	Low-Fat Milk
French Fries	Baked Potato, Veggies
Sweetened drinks	Water or Seltzer
Sweetened desserts	Fruit

If you have any food allergies, food intolerances, or food preferences, talk to your campus food services director.

## Nutrition 101

Including all food groups in your daily eating is important because...



### Grains

**Aim for every meal**

- ☑ Give your brain and muscles energy
  - ☑ Are a good source of **B-vitamins and iron**
- Try cereal, bread, crackers, pasta, or rice. For added fiber and other health benefits, choose whole grains such as whole wheat bread and pasta and brown rice.**

### Vegetables and Fruits **Shoot for at least 5 a day**

- ☑ Help eyes, hair and blood and boost your immune system
- ☑ Are a good source of **vitamins A and C, minerals and fiber**

**Try apples, broccoli, pears, carrots, squash, salad, or other fruits and veggies.**

### Milk/Dairy

**Strive for 3 a day**

- ☑ Help maintain strong bones and teeth
  - ☑ Are a good source of **calcium and protein**
- Try 8-oz milk, 1-oz cheese, 1-cup yogurt, cottage cheese, pudding or frozen yogurt.**

### Meat and Meat Alternatives **Include at 2 meals**

- ☑ Help build muscles, fight infection, and heal wounds
  - ☑ Are a good source of **protein**
- Try beef, chicken, peanut butter, fish, tofu, or eggs.**

### Others (Fats & Oils)

**Add to all meals**

- ☑ Keep hair and skin soft and give a feeling of fullness
  - ☑ Are a good source of **fat**
- Try a little salad dressing, olive oil, guacamole, nuts or seeds.**



**Tip: Referring to the Nutrition Facts Label can help you make healthy food choices**

## Dorm Room Remedies

Late night munchies? Need a quick snack? Don't be left in a bind...here are some

### Dorm Room Food Essentials:

- Granola bars
- Energy or protein bars
- Popcorn  
(try the mini-microwave bag)
- Animal Crackers
- Peanut Butter
- Crackers, pita bread
- Cereal
- Oatmeal (packets)
- Trail Mix
- Nuts
- Tuna fish
- Fresh or canned fruit
- Soup
- Pudding

### If you have a fridge...



- String cheese
- Yogurt cups and smoothies
- Baby carrots
- Hummus



**Tip:** Pack in good nutrition in the dining halls. Fruits, vegetables, and dairy may be difficult to store and keep fresh in your dorm room. Eat your fruits, veggies, and dairy at the dining hall and try the above foods for added nutrition in your room!

### I love pizza, calzones, and buffalo wings at 1 am. What should I do?

It's okay to eat regular portions of these foods, such as 1 or 2 slices of pizza, once in awhile. If you eat regular meals throughout the day, you may be hungry at night, but not starving. Don't deny yourself food if you are craving it, but don't overindulge either. Eat these foods in moderation.

**If you're experiencing weight change or changes in appetite, see your college nutritionist.**