



Important Lifestyle Tips:

It's not just about food....

- Stay active
- Hydrate
- Get some sleep

Sleep is an important aspect of living a healthy life. It effects your ability to think and make decisions. This includes making decisions on what to eat.

You have the power....

You just have to plan ahead.

Did you know that the leading cause of weight-gain in new college students is stress and anxiety?² The good news is, you can't eat unhealthy food if it's not in your reach. The next time you stock up on food for the dorm room - **DON'T BUY JUNK FOOD.**⁴ Instead, choose foods that have a short shelf-life like fruit, vegetables, and yogurts that are low in sugar. You can also buy foods like trail mix, plain oatmeal, unsweetened peanut butter, and air-popped popcorn. These are still healthier snacks but with a longer shelf life.

References

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3. Czekajlo, A. Comparison of nutritional value of „fruit and vegetables” and “western” dietary patterns identified in a group of cancer patients
4. Von Essen, E. Young adults' use of food as a self-therapeutic intervention.
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COLLEGE DIET 101:



REVERSE THE CURSE OF THE “FRESHMAN FIFTEEN.”



Be Mindful...

As a college student, the funds can be limited. Vending machines, fast food and cafeteria food are potentially more affordable. It has been proven that most college students select foods based on convenience, price and taste.⁴ Other motivations behind choosing junk food is lack of rest, emotional cravings and a lack of planning.⁴

Listen to your body: Are you feeling tired? Are you feeling anxious? Are you eating because you are bored?

Keep Your Eyes Open: The next time you are in the cafeteria or in the grocery store, look for fresh foods such as vegetables, fruit, yogurt and nuts. Many college campuses are now incorporating fresh foods into their menu selection.

Reinvent Your Food Menu While On a Budget: Simple Substitutions

| Processed Foods ¹ | Natural Foods |
|------------------------------------|--|
| Chocolate Chip Muffin | Oatmeal topped with honey and cinnamon |
| Cheeseburger w/bun | Lettuce burger |
| Caramel Macchiato | Iced unsweetened almond milk latte with stevia |
| French fries | Sweet potato fries |
| Potato chips | Air popped popcorn |
| M&M's | Trail mix with mostly nuts |
| Cookies, cakes, pastries | Fruit assortment: grapes, pineapple, blueberries, strawberries |
| Soda pop/sugar sweetened beverages | Unsweetened carbonated water (La Croix), beverages sweetened with stevia (Bai) |



How do I create a balanced meal?

A balanced meal consists of **protein, carbohydrates and fats**. You also want to choose foods that are high in fiber and low in added sugar. Read the labels!

For example, a balanced breakfast that could be prepared in a dorm is two hard-boiled eggs, and a side of plain oatmeal topped with fruit,

The perfect mid-day snack could be red delicious apple slices topped with unsweetened creamy peanut butter. Here is the breakdown:

Protein: Peanut Butter

Fat: Peanut Butter

Carbohydrates: Apple

If you live in a dorm room with no kitchen, preparing fresh food is not an option. Be sure to use these principles when eating at the school cafeteria.³