

# 5

## Healthy Eating Hints

### 1. Make Time for Meals

Eating 3 meals per day plus snacks will give you energy that lasts all day and keeps your metabolism active. Pack healthy portable snacks such as fruit or nuts 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 alternatives such as soy milk provide 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 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 you are at a restaurant, plan on taking half of your meal home or spilt an entree with a friend. When eating at the dining hall, take smaller portions to start and go back for more if you are still hungry.



# fitness



## Top 5 Ways to Include Fitness in 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.



If you are concerned about your exercise or eating habits, take an anonymous self-assessment at [www.mybodyscreening.org](http://www.mybodyscreening.org)

Check out more fitness information by going to [www.youngwomenshealth.org](http://www.youngwomenshealth.org) or [www.youngmenshealthsite.org](http://www.youngmenshealthsite.org)

Developed by Children's Hospital Boston In Collaboration with Screening for Mental Health, Inc. National Eating Disorders Screening Program®

# Campus Eating & Fitness 101

Easy ways to include healthy food and fitness into your schedule.



### 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 or full.



## Dining Hall Dilemmas

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

Be creative. If you don't like the main entrees offered, try to combine foods from different areas of the dining hall. For 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'm a vegetarian?

Most colleges offer vegetarian entrees such as veggie burgers, stir fries and pasta dishes, at all meals. Create your own vegetarian meal at the salad or sandwich bar by adding protein-rich ingredients like cheese, eggs, hummus, beans or peanut butter.

### What if I have class during meals?

Food is the fuel your brain needs to help you think, so make time to eat. 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. Even if you can't sit down for a full meal, pack a healthy portable snack such as fruit, trail mix, a granola bar or a sandwich.

### How can I maintain good nutrition?

Try to eat a variety of foods and don't skip meals. To get the most out of your meals, eat a balance of vegetarian proteins or lean meats, high fiber carbs and healthy fats such as oils, nuts and fish.

### Instead of these Try these!

Fried foods	<b>Grilled or baked foods</b>
Refined grains (such as white bread and white rice)	<b>Whole grains</b> (such as whole wheat bread and brown rice)
Whole milk	<b>Low-fat or soy milk</b>
French fries	<b>Baked potato or sweet potato</b>
Sweetened drinks	<b>Water or seltzer</b>
Sweetened desserts (such as cookies, cake or ice cream)	<b>Fruit</b>



# nutrition 101

<b>MILK &amp; DAIRY</b>	Build strong bones.	Have a serving of low-fat dairy such as milk, cheese or yogurt, 3 times a day.
<b>GRAINS</b>	Provide energy for muscles and brain.	Include grains such as brown rice, whole wheat pasta and bread at every meal. Choose whole grain options as often as possible.
<b>FATS</b>	Keep you feeling full.	Include some fat such as olive oil, guacamole, nuts or seeds at every meal.
<b>FRUITS &amp; VEGETABLES</b>	Provide vitamins and minerals for healthy skin, hair, nails and immune system.	Try having at least 5 servings of fruits and vegetables such as apples, broccoli, pears, carrots, squash or salad per day.
<b>PROTEINS</b>	Maintain muscle.	Try having fish, beans, eggs, tofu, peanut butter, chicken or beef at 2 meals per day.



Using campus services can also help you maintain good nutrition. If you have any food allergies, food intolerances or food preferences, talk to your campus food services director. Meet with your college nutritionist if you experience weight or appetite changes.

## Dorm Room Remedies

### I have a meal plan, but always get hungry between meals and at night when I'm studying. What should I do?

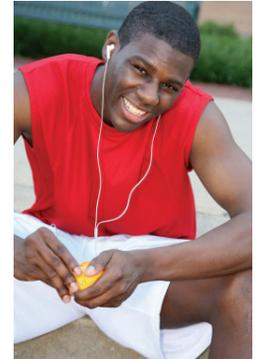
Keep your room stocked with healthy snacks you can grab when you're hungry, such as:

Fruit	Popcorn
Oatmeal	Soup
High fiber cereal	Nuts
Pita bread	Tuna fish
Granola bars	Crackers

### If you have a fridge, try:

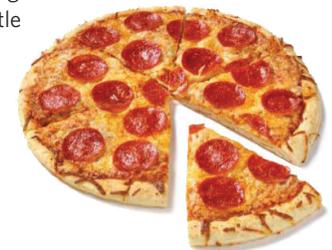
Baby carrots	Hummus
Celery sticks	String cheese
Yogurt	Fresh fruit

Water, flavored seltzer waters and low-fat milk



### My friends order late night pizza, calzones and wings. What should I do?

Don't deny yourself food if you are craving it, but don't over indulge either. Healthy eating is about moderation! If you eat regular meals throughout the day, you may still be a little hungry at night, so it is okay to eat a regular portion of these foods, such 1 or 2 slices of pizza, every once in a while.



**“Eating well and staying fit in college doesn't have to be a challenge. Remember to balance nutritious foods and exercise regularly to stay healthy in college.”**