

Nutrition Tips for Busy Students

Your day is a blur of classes, computer screens, books, maybe a part-time job and, if you're lucky, a little time for fun. So, how does healthy eating fit into a packed schedule like this? "Not easily," you might think. But wait; there is hope! Read on for some easy tips to get good nutrition into your student lifestyle.

What Does 'Good Nutrition' Do For You Today?



The first thing to do is figure out what nutritious eating will offer you. The more you feel that nutritious eating helps you today, rather than just preventing a heart attack 30 years down the road, the more interested you'll be in healthy eating. Good nutrition may help you:

- have more energy
- study more efficiently
- prevent unnecessary weight gain
- avoid prolonged sickness with colds and flu
- reduce anxiety and stress
- feel better about yourself
- have a better work-out
- prevent many health problems in the future
- prevent constipation

To help you 'buy into' eating more nutritiously, observe how you feel with healthier food choices. Try keeping a food journal for a week where you note energy effects of your food choices, for example. Although differences may seem subtle at first, you will be able to notice real changes with time. If you like how healthy eating affects you, you'll be more likely to follow through with healthier food choices.

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 in those food groups that your fast food meals don't supply, such as 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. Here are some foods to add:



- baby carrots, grape tomatoes, or other raw-vegetables with low-fat dip to that chicken sandwich instead of the French fries.
- frozen or regular low-fat no sugar added yogurt instead of a the onion rings
- water instead of sugared 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:



- egg burritos, especially those with veggies
- egg and bagel/English muffins sandwiches (avoid the biscuit 'n egg ones)
- pancakes (add a cup of milk or and order of eggs to provide a little more staying power)
- a bagel with lite cream cheese, topped with a slice of turkey or ham, and milk. Even a plain wheat bagel with milk is a nutritious meal.

Fast Nutrition at Home / Residence Hall

Keep a supply of healthy snacks on hand so you aren't tempted by the midnight pizza. Here are some ideas: nuts, low-fat cheese sticks, low-fat, low sugar nutrition bars, raisins, dried apricots, cherries, or peaches, flavored low-fat yogurt, baked tortilla chips, raisin bread, bread sticks, instant oatmeal, Parmalat milk (doesn't need refrigeration). If you are worried about overeating, consider buying individual size services of these and other snacks.

A smoothie a day keeps the blues away. Invest in a blender and enjoy your own, economical, smoothies. Keep frozen fruits (strawberries, blueberries, peaches, etc.) and some protein powder on hand for a spur of the moment whirl. Here's the basic recipe:
Combine 1cup of frozen or fresh fruit with 1 cup of lowfat, skim or soy milk. Add 1 scoop of soy protein powder, vanilla flavored. Sweeten with your choice of sweetener if needed. Blend & enjoy!

