

Quick Tips to Eating Healthy on Campus

Eat Healthy



Try Whole Grain Cereal

Oat/cereal bran is high in soluble fiber which helps lower LDL cholesterol reducing risk of Heart Disease. Try oatmeal with some dark berries like blueberries and walnuts or peanut butter for extra antioxidants and omegas.



Avoid Fast Food

Fast food meals tend to be high in saturated fat, cholesterol, and refined carbs and eating these foods can increase your risk for diabetes and heart disease.



Maintain Balance

Try to eat balanced meals and make sure to add some fruits and vegetables to your plate (eg. if you eat sandwiches, add some leafy greens or other healthy veggies like carrots, tomatoes, and onions). Strive to make half your plate fruits and vegetables, $\frac{1}{4}$ carbohydrates (like grains or potatoes), and $\frac{1}{4}$ protein.



Don't Drink Your Calories

Avoid drinking soda and sugary coffee drinks like Frappuccinos. A Frozen Caramel Frappe with whipped cream and syrup can have 400 to 500 calories.

Save Money

- If you have access to a kitchen, take advantage of it. Buying groceries and making meals yourself will always save you money in the long run.
- If you can, bring a blender from home or buy one, smoothies are cheap, healthy, and delicious options between classes or for breakfast.
- Taking trips to the grocery store can save some money even if you don't have a kitchen. You can still get simple ingredients to make sandwiches or simple meals.
- Some examples of cheap healthy foods you can buy and store in your dorm: whole grain bread, peanut butter and jelly, fresh cut fruit, fresh cut veggies eg. carrots, hummus, canned tuna or chicken (high in omega fatty acids), hard boiled eggs (high in protein).

