



Eat

Mindfully



College is an awesome place, full of opportunities and fun. However, it is also one of the most challenging places to eat healthy. That being said, the food and physical activity choices you make play a major role in helping you stay healthy and increase your ability to do well in your classes. Students with healthy diets perform better in their classes, have increased memory, and have better verbal fluency. Fortunately, there are small, easy changes you can make while at college that will not only help you eat more healthfully and maintain a healthy weight, but will also help you develop life-long healthy eating practices.

In the Dining Halls...

- **Head to the healthy end of the buffet.** Studies show people fill about 2/3 of their plate with the first 3 things they see.
- **Put down your utensils.** Doing this between bites will slow down your eating and help you pay closer attention to how much food you're consuming.
- **Eat slowly.** It takes 20 minutes for your brain to tell your stomach that you're no longer hungry. Fast eaters are often overeaters, while slow eaters tend to eat less but are still satisfied.
- **Avoid sugar-sweetened drinks.** They're full of empty calories that add up fast.
- **Don't clean your plate.** Be aware of your internal eating cues and stop eating when you are full.

While Eating Out...

- **Have a plan.** If you know you're going to a restaurant for dinner, plan for lighter meals during the day.
- **Think ahead when choosing a restaurant.** Consider a place with a variety of menu items and check online for nutrition information in advance.
- **Be deliberate when ordering.** Balance your meal by including healthier selections from all of the food groups.
- **Substitute.** Don't be afraid to ask menu questions and make requests to meet your nutritional needs. Ask for a side salad to replace fries in a meal.
- **Control Portions.** Many restaurants serve large portions, eat a portion of your meal and bring home leftovers. Ask for dressing and sauces on the side.

