



Nutrition tips for college students

Start every day with a good breakfast

Many people struggle to eat a good breakfast every morning, but studies have shown skipping "the most important meal of the day" reduces the ability to perform well in school. Try these tips if you have a hard time getting a good breakfast in the morning:

- **Eat a breakfast that appeals to you.** If you don't like typical "breakfast foods" you don't need to force yourself to eat them in the morning. There's no rules that say you can't enjoy a veggie stir fry in the morning!
- **Try to prep breakfast the night before.** If you struggle with running late in the morning, try making your breakfast the night before to save some time! Overnight oats are a great choice for this!
- **Take it to-go!** Again, if time is an issue in the morning you can always take your breakfast with you in the morning! Investing in portable containers and bags can make it easy to pack your food to-go.

Keep healthy snacks on hand

Keeping healthy snacks with you throughout your day can make sure you are always able to nourish your body when it needs it and can prevent from getting so hungry that you over eat unhealthy food

Keep a regular eating schedule

Eating regularly throughout the day at similar times every day can keep your metabolism active and make sure you have enough energy to get through your school day!

Make a meal plan

Meal planning can help in keeping a regular eating schedule and with budgeting your grocery shopping. Try planning out your meals and snacks for the week, making a grocery list based on your plan, and prepping your food in advance to save time throughout the school week!

Make sure to drink enough water!

It's no secret that water is good for us, and getting enough water will keep you hydrated and energized throughout the day! Aim to drink about 8 cups of water a day

what should I eat? and how much of it?

Fruits

1.5-2.5 cups per day

Items that count as one cup of fruit are:

- 1 cup of fruit
- 1 cup of 100% fruit juice
- 1/2 cup of dried fruit

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Grains

6-10 ounces per day

Make at least half of your grains whole grains! Examples of whole grain products include:

- whole-wheat flour
- oatmeal
- whole grain cornmeal
- brown rice

Vegetables

2.5-4 cups per day

Items that count as one cup of vegetables are:

- 1 cup of raw or cooked vegetables
- 1 cup of 100% vegetable juice
- 2 cups of raw, leafy greens

Dairy

3 cups per day

Dairy is important in your twenties as you build your peak bone mass at this age. Dairy includes:

- milk
- yogurt
- cheese

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Protein

5-7 ounces per day

Proteins include foods made from:

- seafood
- meat, poultry, eggs
- legumes
- nuts and seeds
- soy

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Limit

Check food labels and avoid or limit consumption to these values:

Sodium < 2,300 mg
Added Sugars < 10% daily calories
Saturated Fat < 10% daily calories

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Oils

Replace fats solid at room temperature (for example, butter) with oils for a healthier option! Solid fats in cooking can be replaced with:

- olive oil
- vegetable oil
- canola oil

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Activity

2.5 hours per week

Activity is important for physical and mental health. Try and find time to move your body for at least a few minutes a day for a total of 2.5 hours per week

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