## EATING WELL IN COLLEGE

### DO
- Listen to your body. Eat when you are hungry/stop when you are satisfied
- Eat Breakfast
- Eat regularly through the day keeping your blood sugar steady
- Make a plan for eating just like you make a plan for studying/projects
- Eat a variety of food. Keep fruits and cut up vegetables readily available
- Couple carbohydrates with protein
- When eating...just eat; don't study, watch TV or work on computer
- Drink plenty of water
- Plan on having "Quick & Easy Satisfying Snacks"
- When going for a snack; ask yourself if you are hungry or are you "stress eating"
- Savor your food

### DON'T
- Eat large amount of high sugar/high fat foods
- Drink or take in large amounts of caffeine, soda, juices
- Go for long periods of time without eating
- Go to a Convenience Store at 2:00 AM
- Compare yourself with others
- Go on a diet/fast/binge
- Drink excessively

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## OTHER TIPS
- Be well rested.
- Control what you can/let the rest go
- Move your body
- Find some fun & enjoyment; walk, listen to music, talk to friends, play spoons!