

# NUTRITION - MINDFUL EATING

## ● THE EASIER WAY TO EAT HEALTHFULLY IN COLLEGE! ●

Eating healthy in college can sometimes be more challenging than trying to ace a quantum mechanics final! That being said, the food and physical activity choices you make play a major role in helping you to stay healthy and increase your ability to do well in classes. Students with healthy diets perform better on cognitive tests, have better verbal fluency, and have increased memory.

Fortunately, there are small, easy changes you can make while here 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 straight for the healthier end of the buffet line! Studies show people fill about 2/3 of their plate with the first three things they see.
- Eat mindfully. Pay attention to what and how much you are eating.
- Enjoy a hot breakfast within an hour of waking up.
- Put down your utensils between bites to slow down your eating.
- Avoid sugar-sweetened drinks.
- Don't clean your plate! Be aware of your internal eating cues and stop eating when you are full.