

NUTRITION - MINDFUL EATING

● THE EASIER WAY TO EAT HEALTHFULLY IN COLLEGE! ●

Tips:

- Keep counters clear of all foods but the healthy ones. We eat what we see so keep the healthier options within eye shot!
- Never eat directly from a package (such as a big bag of chips or a carton of ice cream) – always portion food out onto a dish. Research shows the bigger the package, the more we tend to eat without even realizing it.
- Eat in the moment. Turn off your TV, silence your phone, sit down, and enjoy your meal.
- Avoid going more than three or four hours without having something small to eat. This will keep you from overeating at the next meal since you won't be starving!
- Eat at home! On average, you'll eat about 200 more calories per meal that you eat out. 200 extra calories a day for a year equals a 20-pound weight gain!
- Shop Smarter! Don't shop when you are hungry, shop the perimeter of the grocery store for the most nutritious foods, and read your nutrition labels.