

NUTRITION - MINDFUL EATING

● THE EASIER WAY TO EAT HEALTHFULLY IN COLLEGE! ●

- Go with a shopping list – it will keep you focused on what you are shopping for and help you avoid throwing unnecessary items (such as cookies!) into your cart.
- Keep it real! Buy foods that don't have a nutrition label – they are usually whole foods like fruits, vegetables, eggs, and meat.
- Read the ingredients, not just the nutrition label – You want to know what you are putting into your body. Also, the fewer the ingredients, the healthier it is!
- Don't go shopping hungry! You'll end up buying more than you planned or budgeted for.



SHOP SMARTER