



## 10 Healthy Eating Tips For Busy College Students

(All foods mentioned are available in Oxy's dining facilities)

### 1. EAT REGULAR MEALS

Skipping meals can lead to out-of-control hunger, often resulting in overeating and poor nutrition choices. When there isn't time to sit down for a meal, grab something to go; such as a bagel, yogurt and/or a piece of fruit.

### 2. KEEP HEALTHY SNACKS ON HAND

When you are running around and can't make it to the dining facilities, or the facilities are closed, it is always good to have a supply of healthy snacks. Try packing string cheese, whole or dried fruit, trail mix, granola bars, etc.

### 3. WHEN YOU EAT FAST FOOD, CHOOSE WISELY

Choose grilled over fried options, pizza or calzones with less or no cheese, a turkey burger instead of beef, and salad with reduced calorie or fat free dressing.

### 4. EAT PLENTY OF WHOLE GRAINS, FRUITS, AND VEGETABLES

Try brown rice (at the grill/wok station) in lieu of white rice. Vegetarian pizzas at the Marketplace are usually prepared on whole wheat crust and whole wheat pasta at the pasta station can be requested. Fruits and vegetables are available at the salad bar.

### 5. EAT PLENTY OF FOODS THAT ARE RICH IN CALCIUM

Calcium is important for growing bodies. Lactose-intolerant or don't like milk? Try adding low-fat yogurt and dark green leafy vegetables to your diet.

### 6. MAINTAIN A HEALTHY WEIGHT

Exercising and being knowledgeable about what you eat is helpful. Excess body fat increases risk of high blood pressure, diabetes and other illnesses. But being too thin or not eating enough can also have inverse effects such as increased risk for osteoporosis, menstrual irregularities and other health problems.

### 7. IF YOU NEED TO LOSE WEIGHT, DO IT SENSIBLY

Starvation or quick-fix diets usually backfire and may also be harmful. The only safe way to lose weight, feel good doing it, and keeping it off is to cut calories, exercise and eat a balanced diet.

### 8. CHANGING YOUR EATING HABITS? BEGIN GRADUALLY AND EASE INTO IT

Do not expect to totally revamp your eating habits overnight. Start with moderate changes and work up to positive, lifelong eating habits.

### 9. BALANCE LESS HEALTHY FOODS, WITH HEALTHIER MEALS

Not every food you eat has to be perfect. It is normal to enjoy a salty or sugary snack, or a high calorie meal when you want, but balance it out with moderate, healthy meals.

### 10. AND REMEMBER, SUGAR & ALCOHOLIC BEVERAGES CONTAIN CALORIES, BUT ALSO NEGLIGIBLE NUTRITIONAL VALUE

Limit your use of both, and drink and eat responsibly!