

HEALTHY EATING IN COLLEGE

quick and easy ways to change your diet
and become a better you

A Healthy Diet can be Daunting

**MOST COLLEGE STUDENTS DON'T
KNOW THE IMPORTANCE OF A HEALTHY
DIET.**

College can be a difficult time, especially for your health! It can be difficult to balance responsibilities and still remember to take care of yourself. We conducted a survey and found that 4 out of 5 students believed they were not prioritizing their diets in their daily lives. These students expressed a lack of resources, time, and money as barriers to achieving a healthy diet.

However, making conscious, healthy food decisions can have a huge impact on one's overall health, and it's much easier to do so than one may expect. This article is aimed to help college students realize how easy it is to make small, impactful changes and the amazing benefits they will have!

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How Can Healthy Eating Change Your Life?

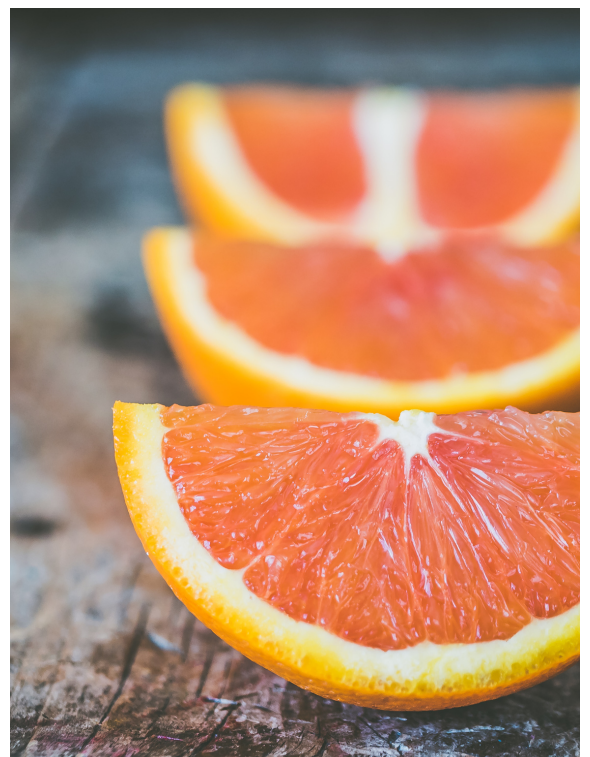
AND THE MANY BENEFITS OF A HEALTHY DIET.

Many college students overlook the importance of what they are putting into their body. There are many factors that can get in the way of prioritizing one's diet. It is important that students realize how impactful their daily meals can be on their overall health. Studies have found that food consumption can directly impact an individual's memory and alertness and can influence information processing and quality of work.

In fact, multiple studies have shown a positive correlation between simply eating breakfast and receiving a higher GPA. Similarly, individuals who avoid sugars and saturated fats are also more likely to have better sleep schedules. One's diet can also influence their levels of anxiety and the way they handle stress.

Unfortunately, there are many misconceptions surrounding healthy eating. Many people see these changes as time consuming and expensive. However, a study conducted by Harvard found that an extremely healthy diet only costs \$1.50 more than an unhealthy diet, per day! Many students lack guidance on how to treat their bodies better, so let's look at some ways how.

"Developing a balanced and nutritional diet at a young age can both enhance your academic performance and prepare you for a lifetime of healthy eating!"





ADD SOME GREENS- ALWAYS!

Whether you're in the dining hall or preparing your meals, always throw some greens into your meal. Green foods are known to improve digestion, support eyesight, increase the immune system, keep bones healthy, and even prevent cancer later on in life.

This could be as simple as adding spinach into your smoothies or omelets, throwing broccoli onto some chicken and rice, or even opting for a side salad instead of fries when eating out. Dark greens provide folate, a vitamin that is crucial for brain function.

College females are intended to get 4.5 servings of fruits and veggies per day, while males are recommended 5 servings.

GET THAT PROTEIN

Protein is a huge aspect of a healthy diet. The recommended daily intake is **5.5** servings for the average college female, and **6.5** servings for males. An easy, cheap way to achieve this is by adding a serving of beans to your meal. A can of beans costs a dollar or less, and it is nonperishable, so it won't go to waste. They are high-quality protein, and provide magnesium and vitamin B, which help the brain work.



FIND CHEAP & HEALTHY SUBSTITUTIONS

There are a lot of ways you can impact your diet just by making small swaps.

- Instead of eating refined grains, like white rice and white bread, choose **whole grains**, like whole wheat bread and brown rice.
- Switching to whole milk alternatives, like **almond** or **coconut milk**, can reduce fat and sugar consumption.
- Choosing to snack on 12 baby **carrot sticks** or two small **pieces of fruit** instead of a bag of chips, you can achieve the recommended serving of fruits and veggies, while also reducing unhealthy fats.

The Importance of Healthy Eating in College

a better diet, a better life, & the best you.

4 in 5 college students admit they do not prioritize their diet

But it's easier than you'd expect!

Practicing a healthy diet in college can improve academic performance, sleep schedule, and stress management

There are cheap, time-efficient solutions to unhealthy eating

like always adding greens, emphasizing protein consumption, and making small food substitutes



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