



## Tips for Eating Healthy on Campus

**Healthy eating on campus is possible! Follow these tips for easy, healthier options:**

- Make half your meal fruits and vegetables; check your plate for color.
- Always add nutrient rich vegetables to your sandwich such as leaf lettuce/spinach, tomatoes, onions, shredded carrots.
- Hold the mayo and avoid up-sizing meals at fast food restaurants.
- Always choose grilled/baked/broiled options rather than fried to cut back on fat and calories.
- To make healthy snacks or toppings, purchase single ingredients such as sliced tomatoes and other cut up ready-to-eat vegetables, cottage cheese, mixed pasta, fresh fruit at salad bars at Cactus Grill, Core, Highland Market, and PSU.
- Don't drink your calories and fat—a 16 oz (grande) Starbucks regular caramel frappuccino contains 410 calories and 9 g saturated fat. *Rather*, choose a 'grande' non-fat latte for only 130 calories and a good-for-your-muscles/bones 13 g protein and 450 mg calcium!
- Eat non-fat/ low-fat frozen yogurt at Pinkberry topped with fresh fruit instead of regular ice cream. Choose the 'mini' size and make one of the toppings fruit for bonus points!
- Canned vegetables can be a convenient, non-perishable option. Drain and rinse canned vegetables to decrease the sodium (salt) content.
- Invest in a blender- you can make smoothies and protein shakes using fresh fruit.
- Eat slowly...it takes 20 minutes for your brain to tell your stomach that you're full!
- Although picking up food on campus is more convenient, occasional trips to the grocery store can save you more \$\$\$ in the long run.
- Healthy Foods you can buy on campus to keep in your dorm/apartment
  - Whole grain breads and crackers-->high in fiber
  - Fresh fruit preferably; if canned, not in syrup but in juice or water
  - Pre-cut fresh vegetables such as baby carrots, celery, bell peppers
  - Hardboiled eggs--> good source of protein
  - 1%/ skim milk, yogurt, string cheese (part-skim mozzarella)
  - Whole grain dry cereal, instant oatmeal (stick with original for less sugar)
  - Nuts and dried fruits- healthy for you but high in calories, eat in moderation
  - Canned tuna/salmon and canned chicken- tuna and salmon are excellent sources of omega-3 fats (healthy fat)
  - Peanut butter and jam
  - Non-sugary beverages such as tea, water with lemon/orange slice,
  - Bottled water

**For more info: [www.eatright.org](http://www.eatright.org) and [www.choosemyplate.gov](http://www.choosemyplate.gov)**

**For easy, tasty recipes visit: <http://uacookingoncampus.blogspot.com>**

Created by Tina Tripp and Claudia Baker, Dietetic Interns