

## Tips for Eating Well in College

### DO

- Eat breakfast
- Eat regularly through the day keeping your blood sugar steady
- Make a plan for eating just like you make a plan for studying/projects
- Eat a variety of food
- Couple carbohydrates with protein
- When eating....just eat; don't study, watch TV or work on computer
- Eat adequate amount of calories.
- Drink plenty of water
- Plan on having satisfying snacks
- When going for a snack; ask yourself if you are hungry or are you "stress eating"

### Don't

- Eat large amount of high sugar/high fat foods
- Drink or take in large amounts of caffeine
- Go for long periods of time without eating
- Go to a convenience store at 2:00 a.m.
- Eat unfamiliar foods before an exam
- Compare yourself with others
- Go on a diet/fast/binge
- Drink excessively

### Other tips

- Be well rested
- Focus on what needs to be immediately/let the rest go
- Move your body
- Find some fun & enjoyment; walk, listen to music, talk to friends, play spoons!

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