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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