

Just the Facts...

Eating on the run!

Sometimes it doesn't seem like there are enough hours in the day for attending classes, studying, working, hanging out with friends, and sleeping, let alone eating balanced meals and snacks. But good nutrition supports all of your activities, so remember to refill your tank!

Poor eating habits are bound to catch up with you. Skipping meals can harm your academic performance, energy levels, mood, and immune system. Missing a meal can also cause you to overeat at the next meal, which may ultimately lead to weight gain.



Tips for making food fit into your busy schedule

- Make breakfast a priority. Often overlooked, breakfast may be the most important meal of the day. If you don't have time for a sit-down breakfast, take along a container of yogurt, instant oatmeal, or peanut butter on toast. Bagels, bread, fresh or canned fruit, and cheese are other ideas for a quick meal.
- Fill re-sealable bags with vegetables and take them along in your backpack.
- Pack plenty of fruit. Both fresh and dried fruit make an excellent nutrient-packed, portable treat.
- Bring along single servings of 100% juice, milk, and water.
- Consider investing in an insulated lunch bag with re-freezable ice packs. This will help keep perishable foods safe to eat.
- Be prepared. Always keep a stash of food in your backpack—you never know where you will be when it is time to eat.
- Use the weekends to grocery shop, wash fruits and vegetables, and “stock up” for the week.

Snacking

Let's face it--snacking is part of our lifestyle. Snacking sometimes gets a bad rap because people often snack on high-calorie, high-fat foods and then skimp on meals. Chosen wisely, snacks can help you get all the foods and nutrients you need. Remember to keep balance, variety, and moderation in mind when choosing your snacks. Choose foods from two different foods groups, eat when you're hungry, and make snacking a conscious activity to prevent overeating.

Questions?

A registered dietitian can help you eat great even if you're always on the go. Call 243-6325 for information.

Healthy Portable Foods

- Grapes
- Crackers and cheese
- String cheese*
- Hard boiled eggs*
- Plain popcorn
- Yogurt*
- Peanut butter
- Dried fruit-raisins, apples, apricots
- Vegetables-carrots, bell peppers, cucumbers
- Fresh fruit-apples, oranges, pears, peaches
- Whole-wheat bagels and crackers
- Pretzels
- Instant soups
- 100% juice
- Skim milk*

*Be safe! Keep these foods cold.



Created by University Dining Services Registered Dietitians.
Updated 10/06.

