

○ Respect the importance of mealtimes by putting yourself on an eating schedule

You may never have a 9-5 day for your college experience, but your body will do better if you can impose an eating plan to keep you on track. Try and eat within an hour of waking and then refuel every three to four hours. This way, you won't feel out of control hunger and you may even be able to fill up on great food at meal times rather than snacking throughout the day.

○ Give up grazing

Munching on "handfuls" of crackers, cereal, pretzels, almonds...add calories quickly. Instead of grazing through the day and night, eat nourishing meals and snacks. You will eat in a more satisfying way and have an easier time managing your intake. (See chart following.)

○ Plan ahead to include a decent late night snack

If you are staying up until the wee hours of the morning you are going to feel hungry. Instead of being at the mercy of 24 hours takeout or vending machines, stock your mini fridge with decent snacks such as yogurt, fruit, or hard cooked eggs and keep instant cereals and canned soups on hand.

○ Plan to move your body each and every day

Do something everyday that is active...walk to class, take a bike ride, sign up for a class. Staying active will help you feel better, motivate you to eat better, provide the opportunity to think better...and even help you to sleep better.

○ Don't drink your calories

Large quantities of alcohol equate to large numbers of calories, which often leads to weight gain. It's not only the calories in alcohol and beer. Drinking fancy coffee drinks, smoothies, sodas...even fruit juice can help pack on the pounds. The flip side is...if you need to gain weight, drinking smoothies and fruit juice is something to add to your diet. For more information, see *The College Student's Guide To Eating Well on Campus* for a complete list of the calories in beverages.

SATISFYING SNACKS TO BEAT GRAZING

Instead of munching on crackers, chips, dry cereal out of the box or even a handful of mixed nuts, a much more satisfying snack might include:

- Soup
- Yogurt
- Cereal and milk
- Fruit and cottage cheese
- Peanut butter on an English muffin
- Hot cereal

planning guidelines

the importance of meals



You may not be able to eat meals at the same time everyday, but meals still are important. Under normal conditions it's a good idea to eat every three or four hours; under "college conditions," the same holds true, but the day may start and end later.

The following tips for healthy eating will help to give you more energy and brainpower:

Though it may be tempting to sleep right through the morning meal, skipping breakfast tends to make you feel crabby mid-morning and often promotes overeating in the afternoon and evening.

Consider the first meal you eat as breaking the fast. Breakfast doesn't have to be a big production and it does not need to be breakfast foods. Be creative...try a peanut butter sandwich, a bowl of soup or just cold cereal and milk. To get your body going, try to eat your first meal within an hour of waking.

Make time for lunch and dinner. If too much time elapses between meals you may feel out of control and overeat when you finally do sit down to eat. If you aren't going to be near a dining hall around mealtime, take a bag lunch for your backpack.

Plan for your snack attacks.
Good snacks include:
cereal and milk,
soup,
toasted English muffin
with peanut butter
to name a few.