

# 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.