

NUTRITION AND WELLNESS

Boston University Student Health Services

Top 10 Boston University Nutrition Tips

As college students, we are often running out the door, eating on the go and stressed out! Eating a well-balanced diet is a huge part of staying healthy and reducing stress. A balanced diet is essential for fueling the body and the mind!

1. **Eat breakfast.** Research indicates missing breakfast can affect academic performance. If you are running out of time in the morning grab a piece of fruit, granola bar or a smoothie.

2. Getting enough **fiber** in your diet means lowering your risk of diabetes, heart disease, diverticulitis, and constipation. Women should try to get at least 20 grams of fiber a day, while men should try to get at least 30 grams. You can get the fiber you need by eating fruits and vegetables, whole grain breads and cereals, and beans.

3. **Omega-3 fatty acids** are important to include in your diet because they increase the good cholesterol in your body and can prevent heart disease by lowering blood pressure and preventing blood clots. Omega-3s are found in fatty fish, like salmon, and the American Heart Association recommends 2 servings of fatty fish per week. If you don't like fish, omega-3s can also be found in leafy greens, soy, nuts, and cooking oils.

4. Don't forget your **vitamins!** Increasing your calcium intake can prevent osteoporosis later in life. For more calcium try milk, low-fat yogurt, low-fat cheese, and green leafy vegetables.

5. **Be smart about weight management.** Starvation and dieting backfire and can be harmful to your health. The best way to lose weight, feel good, and keep it off is with a balanced diet and exercise. Try out the Menu Planner for a cus-



tomized healthy diet and exercise plan at www.mypyramidtracker.gov/planner.

6. If you want to learn what a healthy weight for your age, height, and activity level is, calculate your **Body Mass Index (BMI)** at www.nutritiondata.com/tools/calories-burned.

7. By adding some **Power Foods** to your diet you can prevent heart disease and cancer, fortify your immune system, and increase your energy. Here are just a few examples: almonds, apples, avocados, beets, blueberries, broccoli, cherries, cocoa chocolate, cranberries, eggs, garlic, ginger, honey, and many more!

8. Boston University's Program offers food on campus made with whole grains, more fruits and vegetables, low-fat dairy products, lean proteins, and heart-healthy oils. For more information check out www.sargentchoice.com

9. **Drink lots of water.** Your body needs at least eight glasses a day! Carry a water bottle along to class and keep it handy during late night study sessions.

10. **Listen to your body!** The hungrier you are, the more likely it is that you'll overeat. If you starve yourself or wait a long time to eat you become hungrier and are more likely to eat at a quicker rate and consume more calories than you need.

Trying to manage your weight? Check out the BU Nutrition and Fitness Center at <http://www.bu.edu/nfc/>. They can help student create a weight management plan that includes a well balanced diet and physical activity!