

BETSY BOOTCAMP



Betsy's Ultimate Guide to

COLLEGE STUDENT NUTRITION

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guide to college nutrition

Why is nutrition important?

Picture this: you leave for college and for the first time feel free as a bird to stay up late and eat as many cookies before dinner as your heart desires. But one semester in, you notice that your clothes are starting to fit tighter, you feel sluggish most days, and you're having a hard time staying focused in class. This is a common scenario and usually changing a few key nutrition behaviors can get you feeling back to normal in no time.

What will this guide cover?

This guide is designed to help college students navigate some of the most common challenges that come with eating well in this new phase of life. It covers how to stock your dorm room with healthy snacks; how to navigate the dining hall with confidence, and how to grocery shop for healthy food on a budget.



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stock your dorm room

Stocking your dorm room with healthy snacks is key to keeping your energy levels up between meals. You'll also be less likely to overeat at meals if you aren't famished when you sit down to eat. Here are a few things you can keep handy to build a balanced and nourishing snack:

Fresh Fruit | apples, bananas, clementines, berries



Whole grain crackers | rice cakes, seed crackers



Nut or seed butter | grab the portable individual packets!



Popcorn kernels | + brown paper lunch bags to prepare



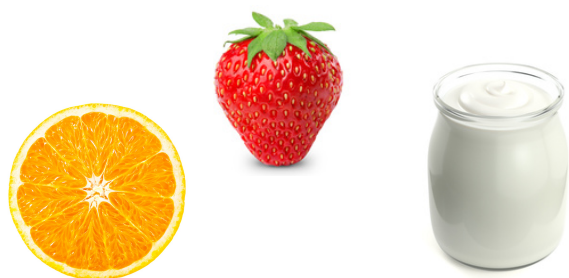
Grain and nut mix | trail mix, granola



stock your refrigerator

mini-fridge | must have combos

Greek yogurt (or lightly sweetened yogurt) + fruit



Pre-chopped vegetables + hummus



Salsa + veggie or tortilla chips or whole grain crackers



Cheese sticks + crackers



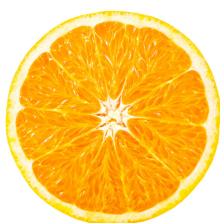
No time to eat breakfast before class?

Grab nuts, apple, and cheese stick



Need a portable snack to throw in your backpack for later?

Try two clementines and a small container of trail mix



Craving something salty while studying?

Add 2 tablespoons of popcorn kernels to a brown paper lunch bag and fold over the top twice. Lay on its side and microwave for two minutes. Season per preference.



5 Tips for Eating in the Dining Hall with Confidence

Follow the Plate Method

Follow the Plate Method (picture of MyPlate) for an easy-to-remember visual of how to fit in your favorites, and still ensure a nutrient-dense meal:



1. Fill half your plate with fruits and vegetables - this helps you meet your fiber and micronutrient needs.
2. Make one quarter of your plate lean protein - this can come from meat, poultry, fish, eggs, dairy, or plant-based options like beans, legumes and soy.
3. Make the other quarter of your plate high-fiber whole grains, or starchy vegetables such as corn, squash or potatoes quinoa, brown rice or beans
4. Use dairy as a flavor enhancer (cheese) or to add protein and calcium to your meal as needed. Also healthy fats like olive oil, avocado, seeds and nuts.

Start with a Salad

Most dining halls have abundant salad bar selections, so take advantage of this to meet your fruit and vegetable needs.



Make it a habit to start your dinner with a salad. Some of the best options that are widely available include:



- Dark leafy greens - vitamin K, folate
- Tomatoes - vitamin C, the antioxidant lycopene
- Carrots - vitamin A
- Avocado - heart healthy fats, fiber and potassium
- Nuts & seeds - magnesium (use them instead of croutons for crunch)
- When it comes to dressing, choose the one you enjoy versus feeling obligated to pick the "healthiest" option. Stick to a reasonable portion (just enough to enhance the flavor).

Skip Sugar-Sweetened Beverages

- With a plethora of juices, sweetened milk, and soft drinks now available at all times, it's easy to start adding them to your meals without thinking twice. The problem is that this can easily add empty calories and caffeine not to mention colorant, additives and preservatives with no health benefits.
- Save these beverages for special occasions and instead rely on water, coffee, or unsweetened tea for everyday meals.



Be Choosy with Dessert

One of the biggest adjustments college students have to make is exposure to unlimited desserts. Dining halls usually have indulgent treats available at every meal so it can be tricky to navigate. Here are a few simple tips:



- Pass on anything you don't love. In other words, just because it's "there" doesn't mean you have to take it.
- If you do indulge, make sure you have time to really enjoy it. If you're in a hurry, it's probably not the best time for dessert.
- Split it with friends. If you see something that you would love to try, ask friends if they want to share so you get a taste without overdoing it on sugar. Balance is the key to life!

Slow Down to Stay Satisfied

Slow Down to stay satisfied. Allow yourself time to feel full. Many people are inherently fast eaters and go from starving to stuffed in a matter of minutes. Keep in mind that there are many hormones in your digestive tract communicating with each other as a meal is consumed. Research suggests that if you eat too quickly, you aren't providing enough time for those hormones to tell you "I'm full". Clearly, we don't always have the luxury of a lunch break but do the best you can to avoid rushing through meals most of the time.



healthy grocery shopping on a budget

When you move out of the dorms, grocery shopping is quite possibly a new endeavor. How do you know what to buy? How can you get the most bang for your buck at the store? What are the healthiest convenience foods?

The trick is striking a balance between eating well and staying within your allotted food budget. Here are some of the best ways to do so:

Incorporate meatless proteins sources



Meat & fish can be pricey when it's not on sale, so experiment with using plant proteins like beans, lentils and tofu which are much more affordable. Also, green vegetables like spinach, kale and Brussels sprouts also have a good amount of protein! .

Stock up during sales



Be on the lookout for sales on your favorite non-perishable staple items. When you see a good price, stock up to take advantage of the good deal!

For perishable items, freeze once home from the store or incorporate them into meals that can be frozen for later.

Batch cook if possible

Batch cooking helps you maximize the time you spend cooking. It takes about the same amount of time to scale a recipe that it does to make the standard batch, so double up and freeze extra portions for days when you're short on time but still want a home-cooked meal.

Recipe suggestions:

- Chilis, soups, stews (crock pot recipes)
- Curries
- Shredded chicken for using in tacos, burritos, salads and casseroles

Closing

College can be a fun and exciting time in your life! Take the time to prioritize good nutrition so you can stay focused, meet your health and fitness goals, and keep your energy levels up along the way.



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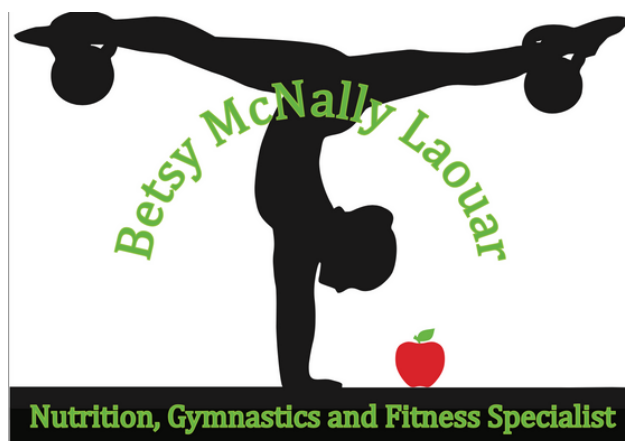
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