

## Staying Healthy: Fuel for School

By Tiffany Mathews, Keene State College  
*BACCHUS Maine State Coordinator*

Eating well in college is not only important, it's also easy. By following these five nutrition tips, you can fuel your body with the essential nutrients it needs to keep up with your busy schedule.

Tip #1- Choose natural and unprocessed foods such as veggies, fruit, wraps and sandwiches made with whole grain breads. Eat locally whenever possible to get the most nutrients for your money.

Tip #2- Limit salt, sugar, and fat intake by choosing fresh foods that are served raw, broiled, baked, or stir fried.

Tip #3- Increase water consumption by getting into the habit of carrying around a bottle of water and sipping on it throughout the day. You can add fruit juice or fresh fruit to your water to give it a different taste. A rule of thumb is to drink 8 eight-ounce glasses of water each day, however you can also increase your water intake by consuming fruit and veggies, which are usually good sources of water.

Tip#4- Know the nutrition facts. Read the labels on foods you eat. Notice the differences of nutrients among foods and keep an eye on the ingredients list. Choose foods with a short list of ingredients to ensure that you are getting a natural source of energy.

Tip #5- Eat small meals throughout the day to keep you energized. Eating foods high in vitamins, minerals, and whole grains will help you sustain your energy. Balance your plate with 50% fruits and veggies, 25% protein, and 25% whole grains to keep you going.

For more information about eating well, visit the American Dietetic Association website at [www.eatright.org](http://www.eatright.org).