10 TIPS FOR HEALTHY EATING @ BSU

Balance Calorie Intake

Calories are needed to fuel your body in order to keep your mind sharp, study effectively, and stay awake in class. Being physically active helps balance your calorie intake. For moderately active students with 30 to 60 minutes of physical activity aim for 2,200 calories (female) to 2,800 calories (male).

Choose Colorful Fruits and Vegetables

Including a wide variety of fruits and vegetables in your diet allows you to obtain a diverse amount of vitamins and minerals that are needed for good health and disease prevention. You will also benefit from fiber, which regulates the digestive system and antioxidants that reduce risks of coronary heart disease. Take action by including a fruit or vegetable at every meal.

Put Protein in Perspective

Protein is an important building block of muscles, cartilage, skin, blood, and even bones. Excellent sources of protein come from meat products as well as vegetarian foods like beans and peas, nuts, and eggs. However, you need to be aware of protein products with high fat. Choose lean meats and beans or peas that have been prepared with minimal fats such as butter and cooking oils.

Make Half Your Grains Whole Grains

Incorporate whole grain sandwiches, pasta, or rice dishes by reading nutrition labels on NetNutriton for words like “multi-grain”, “whole wheat flour”, or “cracked wheat”. Whole grains are a good source of B vitamins, dietary fiber, and minerals. Look for whole grains at our deli, pasta, and stir-fry concepts.

Add Calcium for Strong Bones

Calcium is essential for lifelong bone and teeth health. An excellent source of calcium comes from dairy products as well as dark leafy green vegetables, beans, and soy alternatives. Incorporate low fat dairy products into your diet, to allow for the benefits of calcium and Vitamin D without the extra calories.

Bulk up on Fiber

Fiber is a type of carbohydrate that is needed to keep your digestive tract regular. Plant foods, such as fresh fruits and vegetables, are a great source of fiber, in addition to whole grain bread, and various nuts. Another great way to obtain fiber is by trying fortified products like a FiberOne bar, but make sure to limit the added sugars you’re getting in pre-packaged foods.

Find Your Balance

Aim for meals with at least three food groups, including fruits and/or vegetables. In order to build a better meal, start by choosing your entrée first, then choosing sides to go around it. This will help you avoid getting to the register with only macaroni & cheese and mashed potatoes. Work on using your full meal equivalency and remember you don’t have to eat it all right away. Save some for snacking later or even for the next day’s breakfast!

Not-So-Sweet Sugar

Sugar is a tasty additive to food, but should be eaten in moderation. Sugar can cause your blood sugar to spike and then plummet. Often food labels disguise the word sugar on their label by using words like “maple syrup”, “honey”, and “Dextrose, Fructose, Glucose, Maltose, or Sucrose”. Choose foods with low added sugar and eat natural sugar that is found in many starchy vegetables and fresh fruit.

Choosing Fats

Deciphering between bad fats (saturated or trans) that increase cholesterol or good fats (unsaturated), that protect your heart and support overall health can seem daunting. Add good fats to your diet by incorporating foods like avocado, assorted nuts, or low-fat dairy to fight fatigue, control weight, and help you stay on top of your mental game.

Get Creative

Break out of your normal routine and achieve a creatively balanced meal by mixing and matching foods from different concepts (i.e. Add chipotle vegetables from Vivimos to a baked potato from McKinley Grille at The Atrium. There are multiple possibilities, so go out and experiment!