



Eating Well on Campus

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You are back at school now; running around like crazy trying to figure out where all your classes are and the last thing on your mind is what to eat. Often times when we get busy or stressed out we forget about eating healthy and just grab whatever is available. Eating healthy during stressful times can really help you feel better and give you more energy. Following a healthy diet can help you:

- Avoid getting sick with colds and flu
- Avoid unwanted weight gain
- Keep you from getting constipated
- Increase your energy
- Help you have a better workout
- May decrease health problems in the future.
- Help keep you focused while studying or in class

Good Nutrition on the Run

Plan ahead when you know you have a busy day and might not be able to sit down and enjoy a meal. Sometimes when we don't plan ahead our hunger takes over and often times leads us to pick unhealthy items. To prevent this try the following:

- Order a brown bag meal from VU Dining Services. Call 9-4195 for more information.
- Pack a PB & J sandwich with a piece of fruit, yogurt and a cookie.
- Bring a container filled with your favorite cereal, a banana and buy some skim milk.
- Canned tuna packs (with crackers, mayo and relish; you can mix it yourself), add a piece of fruit and swap the crackers for some whole wheat bread.

If you do have time to get a sandwich or a burger always ask for lettuce, tomato and other veggies on your sandwich. Another good idea is to substitute the regular side dishes with healthier choices. All of these are available here on campus.

- Baby carrots instead French fries
- Soy chips or pretzels instead of potato chips
- Water instead of ice tea
- A piece of fruit or yogurt instead of a slice of pie

A great activity you can do to really see if eating healthy does help you, keep a food journal for at least three days. Right down everything you eat and drink (note the time) along with how you feel before and after that meal. Often times writing down what we consume helps us identify areas we can improve on.

The most important thing to remember is that there is no magic pill or diet that will provide you with all the health benefits that a well balanced diet can. All foods can fit into a healthy meal plan you just have to balance out your favorite foods with the rest of your meal plan. For more information you can contact our Jessica Pellicciotta, RD, LDN at Jessica.pellicciotta@villanova.edu or call her at 9-5963