

Nutrition and Healthy Eating... For College Students

A Time-Friendly Guide on a Budget



WHAT IS A NUTRITIOUS DIET?

Having a nutritious diet means eating a wide variety of foods in the right portions to maintain a healthy body weight. It is recommended to consume less salt, sugar and processed foods for a healthy diet.

WHY IS IT IMPORTANT

It is important to have a nutritious diet because it protects you against many chronic noncommunicable diseases. A nutritious diet supports growth and development. Additionally, provides you with energy, supports mental health and enhances cognition and performance



WHAT ARE ASSOCIATED HEALTH RISKS

- Obesity
- Heart Disease
- Stroke
- Cancers
- Hypertension
- Decreased mental health



WHY COLLEGE STUDENTS?

For the college population it can be difficult to maintain a healthy diet due to lack of time and funds. Juggling classes, work, home and social lives makes eating healthy less of a priority. This puts students at an additional risk during an already vulnerable time



WHERE TO SHOP

1

1. Aldi
 2. Trader Joes
 3. Walmart
- These three stores are known for their affordable prices



WHAT TO GET

2

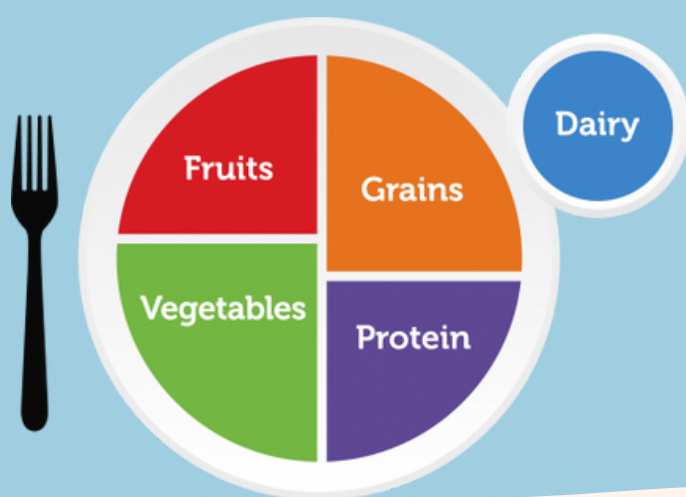
Protein: Eggs, beans, tuna, chicken

Fruit: In season or frozen

Vegetables: Canned or frozen

Grains: Rice and pasta

Dairy: Low fat milk or yogurt



3

ON A TIME CRUNCH?

Healthy prepped frozen meals, crockpot dinners, and foods such as salads or wraps that include no heat are just a few!

Several websites provide under 30 minute meal recipes



PREPPING FOOD

4

Meal prepping prepares dishes to ensure you are not worried what you are going to eat next. This reduces worry, as well as helps you spend less money on food. By meal prepping you can control the nutrition going into each of your meals. Meal prepping is all about creating a grocery list, cooking in bulk and properly storing each meal in containers.



5

HOW TO STORE FOOD

Proper food storage is very important to prevent getting sick.

- Ensure perishables are in the fridge or freezer
- Be cautious of mold
- Keep foods in sealed containers
- Eat prepped meals between 3-5 days in the fridge



AT THE DINING HALL?

6

Eating at the dining halls can be healthy! Follow these tips

- Ensure you are eating 2-3 meals a day
- Pick a source of protein, fruit, vegetable grain and dairy just like other meals
- Avoid high processed food



REFERENCES

College students struggle with eating healthy. Wellness. (n.d.).
<https://wellness.asu.edu/blog/college-students-struggle-with-eating-healthy>

Commissioner, O. of the. (n.d.). Are you storing food safely?. U.S. Food and Drug Administration. <https://www.fda.gov/consumers/consumer-updates/are-you-storing-food-safely>

Eating healthy in a college cafeteria. Best Body by Dr. Rachel Paul | The College Nutritionist. (2023, July 5). <https://www.collegenutritionist.com/blog/eating-healthy-in-a-college-cafeteria/>

Hanson, M., & Checked, F. (2024, August 31). College enrollment statistics [2024]: Total + by demographic. Education Data Initiative. <https://educationdata.org/college-enrollment-statistics#:~:text=As%20many%20as%205.52%25%20of,enrolled%20students%20were%20foreign%2Dborn>

The hidden threat to college students. Diet. (n.d.).
<https://www.kansashealthsystem.com/news-room/blog/0001/01/college-student-diet>

How to meal prep in college: Bestcolleges. BestColleges.com. (n.d.).
<https://www.bestcolleges.com/blog/how-to-meal-prep/>

NHS. (n.d.). NHS choices. <https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet/>

Pennapowers. (2017, October 10). Who is today's "typical" college student? Utah System of Higher Education. <https://ushe.edu/who-is-todays-typical-college-student/>

Shop smart. MyPlate. (n.d.). <https://www.myplate.gov/eat-healthy/healthy-eating-budget/shop-smart>

What is a normal age to finish college? (n.d.).
https://learn.org/articles/normal_age_finish_college.html

World Health Organization. (n.d.). Healthy diet. World Health Organization.
<https://www.who.int/news-room/fact-sheets/detail/healthy-diet>