

Savvy Eating on the Run

Students are notorious for having busy schedules. Many juggle classes, jobs, socialization and other obligations. No wonder you often don't take the time to eat, let alone make smart choices. Eating should be pleasurable, and as hassle free as possible, but grabbing the first thing in sight usually spells trouble for your body. Make savvy choices even if you have to carry food with you. It's worth it in the long run, and your body will thank you for it now, and later!

Foods to Carry for snacking or as meals

- String cheese and triscuits
- Individual applesauces, boxes of raisins, fat free puddings, oatmeals, fruit to go (diced peaches, pineapple, mandarin oranges in individual servings) Individual boxes of cereal (especially whole grain, e.g. Cheerios)
- Low fat granola bars
- Yogurt (can be frozen overnight)
- Individual juice boxes (also can be frozen)
- Frozen grapes (especially delicious when the weather gets hot)
- Whole wheat bagels with peanut butter
- Homemade granola - mix two whole grain cereals together, add raisins and/or raisins, and add a small amount of seeds or nuts. Divide into one cup portions and store in airtight baggies. Stir into yogurt for a nearly complete meal!
- V-8 or tomato juice
- Peanut butter and jam on whole wheat bread

Watch out for Beverages!

Calories count in liquids and add up fast! A 32 oz. Coke is close to 400 calories. Drink water as often as possible. It quenches your thirst better, doesn't have caffeine (which is dehydrating), and is calorie free.

Dying for Chocolate

On those occasions when you have to have chocolate, eat a fudgsicle or carry a few Hershey kisses or Hershey miniatures and enjoy them with hot cocoa, or hot tea. All foods can fit into a healthy diet if you watch the portions. Happy snacking!