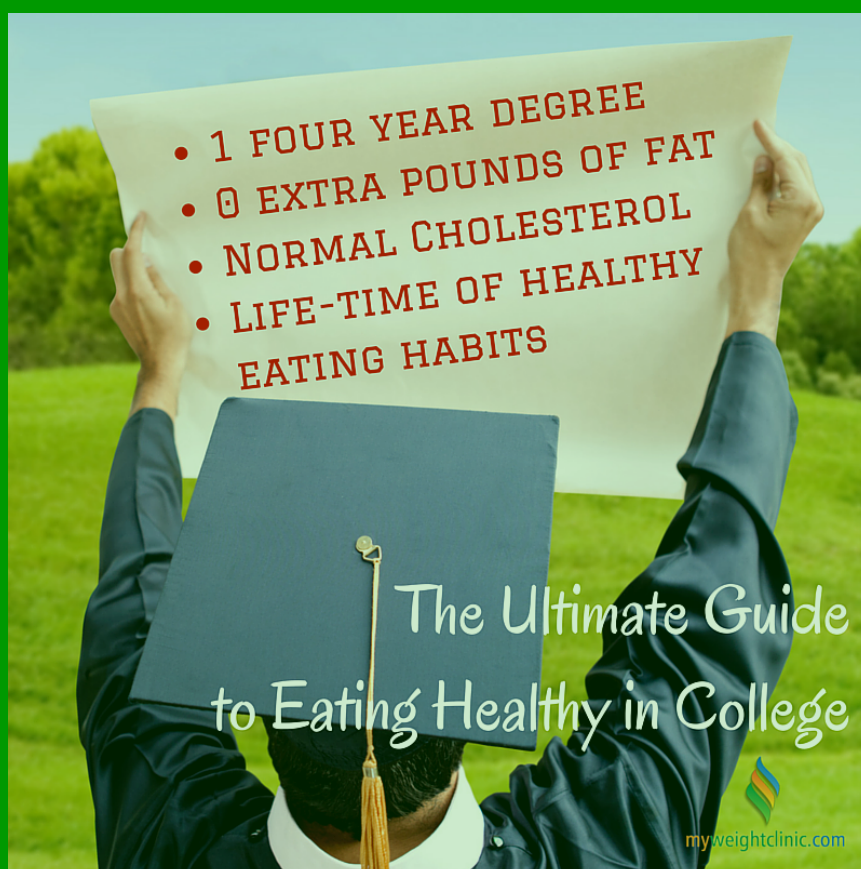


33 Tips to Eat Healthy in College



visit: myweightclinic.com/college

#1 Your eating habits in college can be more damaging than just the freshmen fifteen, they can cause you pain and suffering for the rest of your life.

#2 Learn some basic science about how food affects your body, now, while you're already in 'learning mode' and you will develop life long healthy eating habits

#3 An over-reliance on processed carbohydrates in most college diets is what drives weight gain

#4 Too much sugar/grain causes high levels of insulin, increased fat storage, leading to insulin resistance & chronic disease



#5 Get a protein-rich breakfast, minimize grain/sugar based breakfast food

#6 Avoid processed, sugary snacks and juices (see our snack list)

#7 Limit pizza to 2 times per week, trade bread sticks for salad



#8 Don't become a pasta zombie. Limit it to 2 times per week

#9 Four grams carbohydrates = 1 teaspoon of sugar.
No need for > 100g of carbs in a day



#10 Drink water. Invest in a good filter cup and have good water with you at all times.

#11 Get 4 cups of vegetables a day. Learn to toss a salad with vinegar and oil.



#12 If you avoid the 7 food traps most of the time, occasional drinking will have limited effect on weight

#13 Beer is not a major factor in most college weight gain, most light beers contain around 7.5g of carbohydrates

#14 When you eat pasta get 5-8 ounces of lean protein and don't finish pasta before protein



#15 Get quality protein at EVERY meal, new research strongly supports this advice

IN THE DINING HALL

#16 Shed bread: bunless burgers, chef salads, wraps

#17 Pass on the sodas, juices, and energy drinks

#18 If no good veggies served, take some from salad bar



#19 Limit the negative affect of desserts by getting adequate protein and fiber, *first*.

#20 Learn to saute meat & fish

#21 Learn to saute veggies (frozen = fresh & cheap)

#22 Learn to make a good omelette

#23 Learn how to utilize a microwave to make healthy, tasty meals anywhere



#24 Choose your college wisely, some are much easier to eat healthy at than others



#25 Think and plan, keep healthy list of meals & snacks in your fridge, room, bag, purse

#26 Be a leader, make health a priority and don't let your roommates bad habits ruin your good ones

#27 Eat a protein-rich meal before you go out to party - chocolate protein & spinach smoothies rock!



#28 Stay active and get 7-8 hrs sleep, this won't cause weight loss, but will prevent weight gain

#29 Dating can derail your good food intentions, again be the leader, if they're worth it they'll follow!



#30 When you have a day of partying, on the next day limit carbs to 30 grams or less to limit fat storage

#31 Staying active is a powerful strategy to limit weight gain, but you can still do serious damage to your health by eating poorly even if you do workout regularly

#32 3-4 short sessions of resistance & circuit training weekly is demonstrated to be as beneficial as daily endurance training



#33 The Scientific 7 Minute Workout is a convenient, butt-kicking routine that eliminates any possible excuse you could have for not getting exercise in college

Read 'The Ultimate Guide to Eating Healthy in College' at myweightclinic.com/college

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