

# nourish

## what is healthy eating?

Some Boston College **students told us** that they **think** healthy eating is having grilled chicken, Greek yogurt, and salads every day; this is healthy but not every day and for every meal. Others said 'healthy eating means eating less'. Some talked about individual foods being 'good' or 'bad'. Do you agree? If you do, we want to **widen your lens** and **broaden your scope**. Healthy eating is so much more!

### TOP FIVE REASONS WHY BOSTON COLLEGE STUDENTS REPORT NOT EATING A HEALTHY DIET



Time & Convenience



Peer Influence



Alcohol



Wait until Older



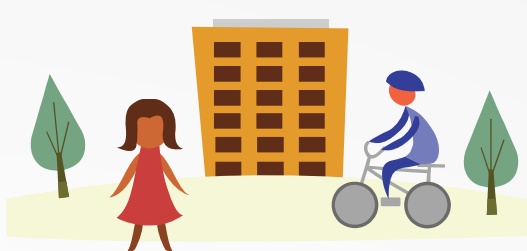
Boredom with Food Choices

### NOW IS THE TIME TO STRATEGIZE ABOUT HEALTHY EATING!



of college students consume the recommended five daily servings of fruits and vegetables.

Studies report that college students think they will wait to eat healthier after college.



Evidence exists that habits established in the first years of college carry forward to later years.

### HEALTHY EATING INCLUDES ALL FOODS

#### BALANCE



Choosing those foods with more nutritional value most often.

#### VARIETY



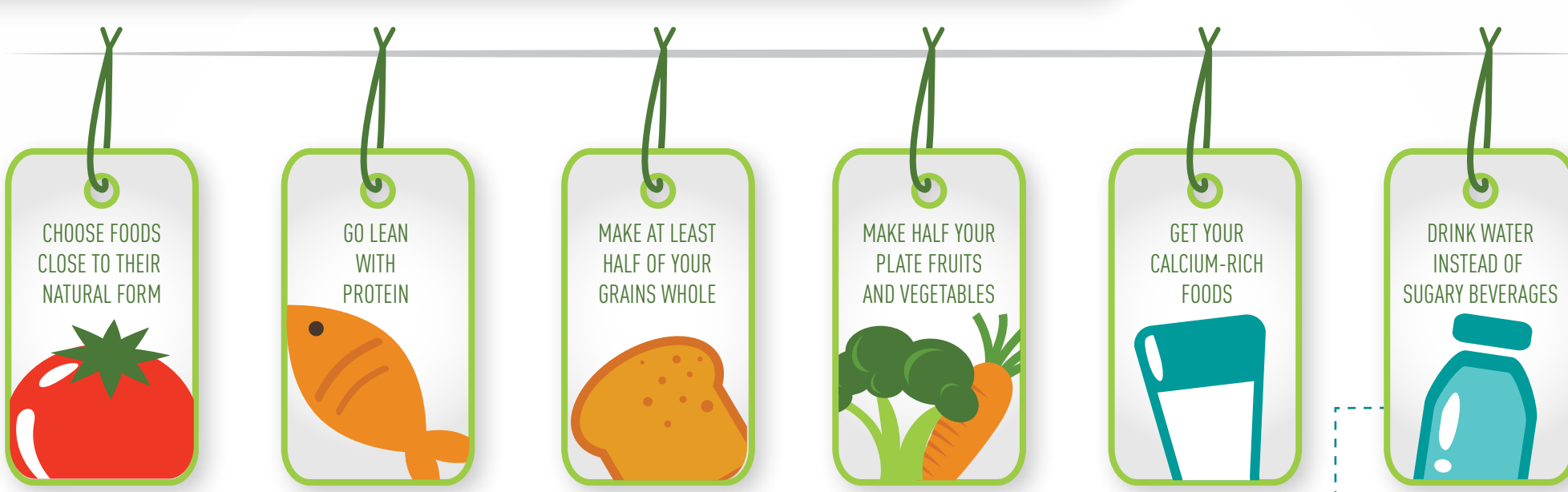
Selecting an array of foods among and within food groups.

#### MODERATION



Adjusting the portion size based on the nutritional value.

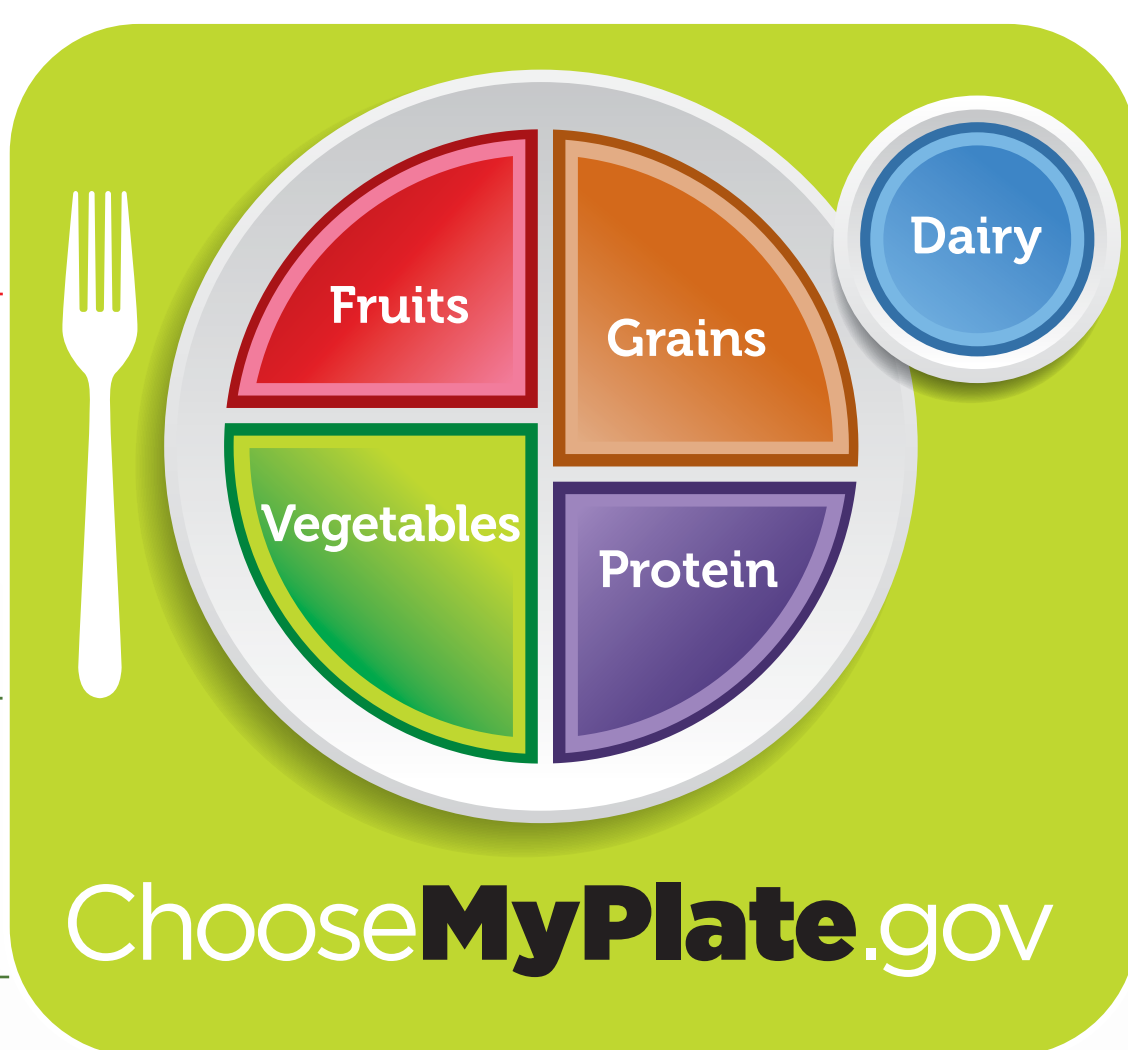
### TRY OUT A NEW FOOD IDEA EACH WEEK AND WATCH THEM ADD UP!



**Gimme some skin!** Edible skins on fruits and vegetables contain lots of nutrition. Don't peel that apple!

**Stock up!** Get your fixings from the dining hall ahead of time. Use the salad bar for ingredients, stock up on vegetables and make a stir fry!

**Be sneaky!** Mix vegetables in new places, like mac & cheese.



**Time it!** Carry a water bottle and aim to refill it by noon.

**Got milk?** Make oatmeal with milk you heat in your microwave.

**Miss a meal? On the go?** Roll up a whole wheat pita & hummus and head out.

**Late night snack attack?** Top tortilla chips with black beans, salsa, and low-fat cheese.

It's called 'MyPlate' for a reason! Make dietary choices that feel right for you, not someone else.

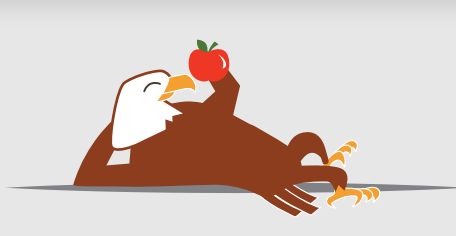
### THE BENEFITS AND CONSEQUENCES OF EATING CHOICES

+ WITH	HEALTHY EATING CHOICE	- WITHOUT
Linked to digestive health, improved blood sugar and reduced cholesterol levels	High fiber fruits, vegetables, and whole grains	Lack of important vitamins, minerals, and phytochemicals
Building blocks for muscle, skin, and hair. Helps metabolism, & boosts immune system	Choosing lean proteins	High intake of solid fats leads to increased blood cholesterol levels and risk of heart disease and certain cancers
Helps the body to achieve peak bone mass	Getting adequate calcium	Poor bone mass and osteoporosis
Crucial for brain function, motor coordination, and metabolic reactions	Staying well hydrated	Poor concentration, diminished muscular coordination, and constipation

### THERE ARE MANY HEALTH BENEFITS TO EATING WELL, START TODAY!



Consider making healthy eating a top priority.



Boston College students report that when they eat well, they feel better, focus better, and have more energy.



Healthy eating is linked with a lowered risk of obesity and a reduced risk of some cancers.