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 feel that 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!

VARIETY
Selecting an array of foods among and within food groups.

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

Got milk?
Make oatmeal with milk you heat in your microwave. Time it!
Carry a water bottle and aim to refill it by noon.

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!

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.

Consider making healthy eating a top priority.
Linked to digestive health, improved blood sugar and reduced cholesterol levels.
Building blocks for muscle, skin, and hair. Helps metabolism, & boosts immune system.
Helps the body to achieve peak bone mass.
Crucial for brain function, muscle coordination, and metabolic reactions.
Lack of important vitamins, minerals, and phytochemicals.
High intake of solid fats leads to increased blood cholesterol levels and risk of heart disease and certain cancers.
Poor bone mass and osteoporosis.
Poor concentration, diminished muscular coordination, and constipation.

Evidence exists that habits established in the first years of college carry forward to later years. Studies report that college students think they will wait to eat healthier after college.

Office of Health Promotion, Boston College

The Student Affairs

“what is healthy eating?”

Healthy eating includes all foods.

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

Top five reasons why Boston College students report not eating a healthy diet

Time & Convenience
Peer Influence
Alcohol
Mental and Stress
Breakdown with Food Choices

Only 5.8% of college students consume the recommended five daily servings of fruits and vegetables.

Now is the time to strategize about healthy eating!

Choose some chef: Fruits, veggies, and vegetables contain lots of vitamins. Don’t eat that apple!

Stock up: Fill your fridges for the future. Build a healthy base, but be smart when it comes to ingredients, so you won’t get caught.

Be sneaky: Mix those in everywhere, like mac & cheese.

Got milk?: Make oatmeal with milk you heat in your microwave. Time it!
Carry a water bottle and aim to refill it by noon.

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!

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.

There are many health benefits to eating well, start today!

Boston College students report that when they don’t 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.

The benefits and consequences of eating choices

HEALTHY EATING CHOICES

- High fiber fruits, vegetables, and whole grains.
- Choosing lean proteins.
- Eating adequate servings.
- Staying well hydrated.
- Pure unadulterated, unprocessed ingredients.

INTERNET

- Lack of important vitamins, minerals, and phytochemicals.
- High intake of solid fats leads to increased blood cholesterol levels and risk of heart disease and certain cancers.
- Poor bone mass and osteoporosis.
- Poor concentration, diminished muscular coordination, and constipation.

There are many health benefits to eating well, start today!