

Food is the fuel your brain needs to help you think, so make time to eat. If you skip a meal, you may have trouble concentrating, get a headache, or feel like you didn't get very much out of your class. Even if you can't sit down for a full meal, pack a healthy portable snack such as fruit and a granola or energy bar, trail mix, or a sandwich. Sometimes dining halls will offer sandwich ingredients at breakfast or boxed lunches if you are unable to make it to a dining hall during lunch.

How can I maintain good nutrition?

Try to eat a variety of foods and don't skip meals. To get the most out of your meals, eat a balance of lean protein, whole grain carbohydrates, and healthy fats such as oils, nuts, and fish. The table below provides suggestions of foods to choose at meal times.

Instead Of	Try
Fried Foods	Grilled or baked foods
Refined grains (such as white bread and white rice)	Whole grains (such as whole grain bread and brown rice)
Whole milk	Low-fat milk or soy milk
French fries	Baked potato or sweet potato
Sugar-sweetened drinks	Water or seltzer
Baked goods, ice cream, or other specialty desserts	Fruit

Nutrition 101: The Food Groups

Food Group	Benefits	Nutrition Tip
Dairy & Dairy Substitutes	Build strong bones	Have a serving of low-fat dairy such as milk, cheese, yogurt, or pudding three times a day.
Carbohydrates	Provide energy for muscles & brain	Include grains such as rice, pasta, bread or starchy vegetables, such as potato or corn at every meal. Choose whole grain options as often as possible.
Fats	Keep you feeling full and absorption of some vitamins	Include some fat such as olive oil, guacamole, nuts, or seeds at every meal.
Fruits & Vegetables	Provide vitamins and minerals for healthy skin, hair, nails, and immune system	Try having at least 5 servings of fruits and vegetables per day with a focus on different colors such as apples, carrots, eggplants, leafy greens, and bananas.
Proteins	Maintain muscle	Try having fish, beans, eggs, tofu, peanut butter, chicken, dairy, or lean beef at each meal.