

Study Skills: Nutrition (General Tips)

Category: Health and Wellness | Academic Preparedness and Success Tools | - Organization and Study Tools | Wellness Related to Studying | - Nutritional Habits

Location

Study Skills: Nutrition

Description

WHAT IS THE IMPORTANCE OF HEALTHY NUTRITION TO STUDENTS? Research has shown that students are able to learn better when they are well nourished. Eating healthy meals has been linked to higher grades, better alertness and faster information processing. Foods that are rich in fiber, protein, and healthy fats (e.g., eggs, yogurt, apples, oatmeal) keep the body feeling full longer, providing enough energy to focus and stay alert throughout the entire day.

HOW CAN STUDENTS USE THE RECOMMENDED DAILY INTAKE DATA PROVIDED BY THE FOOD AND DRUG ADMINISTRATION (FDA)? Students should familiarize themselves with the FDA's Recommended Daily Intake with the understanding that it is a general guide and should tailor meals to meet their specific nutritional needs. For more information on recommended daily intakes, visit the [FDA](#) website.

WHAT ARE COMMON PITFALLS FOR NEW COLLEGE STUDENTS WITH REGARD TO NUTRITION? Common barriers to healthy eating include, but are not limited to the following:

- Stress from academic pressure (especially during examinations) leads to poor decision-making around meals

- Budget constraints limit the purchase of more expensive healthier food options

- Time constraints limit meal preparation, regular eating schedules and encourage consumption of junk food and convenient high-calorie food

- Poor meal-planning and extended study sessions leads to snacking on unhealthy foods (e.g., late at night, etc.)

- Social eating (e.g., family/peer pressure to eat out, drink alcohol, etc.)

HOW CAN COLLEGE STUDENTS MAINTAIN HEALTHY EATING HABITS? Students can maintain healthy eating habits by:

- Improving nutritional knowledge (e.g., learning to distinguish between healthy food options and convenient processed options, gaining a better understanding of sensible portion sizes, etc.)

- Varying meals (e.g., different fruits and vegetables, meats, grains, different sources, etc.)

- Maintaining a food diary to track eating habits (e.g., type of meal, nutrients, timing, portions, etc.)

- Staying involved in grocery shopping and food preparation

- Sharing shopping and cooking responsibilities with family and friends

- Planning meals ahead (e.g., by the week, etc.) by taking into consideration work, class and recreation schedule and local grocery/food delivery options

- Learning how to use the [microwave](#) to prepare healthier food options

- Drinking more water (daily recommendation is eight 8-ounce glasses, sipped throughout the day)

- Moderating/reducing consumption of sugary (e.g., sodas, etc.), highly caffeinated and alcoholic drinks

- Take vitamins

WHAT RESOURCES ARE AVAILABLE FOR STUDENTS WHO MAY BE FOOD INSECURE DUE TO COVID-19? Many organizations have continued to provide food assistance during the COVID-19 pandemic. For specific resources, please see "Food Assistance" on the ["COVID-19 \(Coronavirus\) Resources"](#) page.

WHAT RESOURCES ARE AVAILABLE FOR STUDENTS WITH EATING DISORDERS? Many national and local organizations provide support to students with eating disorders. The [National Eating Disorder Association \(NEDA\)](#) is providing free and low-cost resources to students with eating disorders [here](#) including virtual support groups and a Helpline (800-931-2237). For crisis situations, students can text "NEDA" to 741741.

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