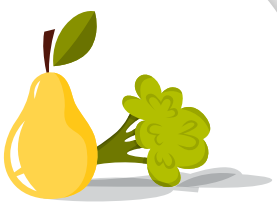
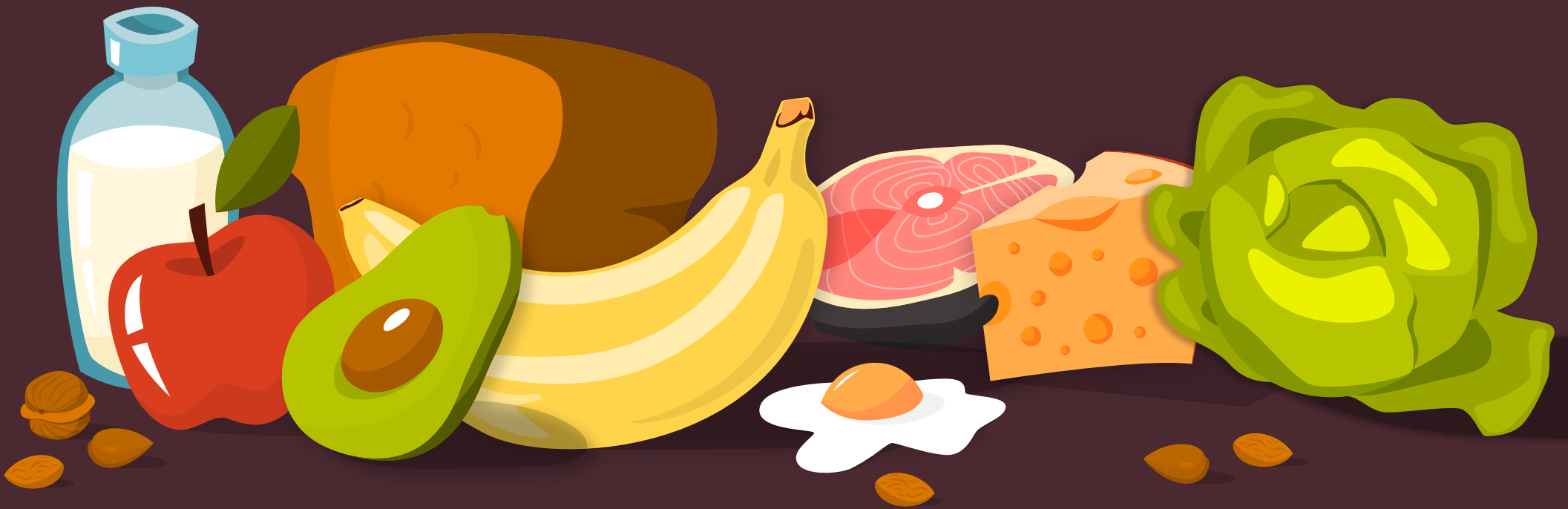


Easy Tips to EAT HEALTHY IN COLLEGE

One thing that many college students struggle with is eating well, but it's easier than you may think! Here are a few simple tips that you can follow during your time on campus.



DON'T FORGET YOUR FRUIT AND VEGGIES!

There is a reason that your parents always made you finish your fruits and vegetables — they're great for your body and overall health.

AVOID EATING LATE AT NIGHT

Eating late at night is a bad habit to pick up. If you're having a late night study session, have snacks such as nuts or fruits.



FRESH INGREDIENTS

Processed, sugary, and fatty foods do not constitute a healthy diet. Make sure that the foods you are eating are made from fresh and organic ingredients.

THREE MEALS A DAY

It's important to make sure that you are getting in your three meals a day at the appropriate times to prevent starving yourself or overindulging. This may take some time management skills.

3



KEEP HEALTHY SNACKS AROUND

It's easier to avoid eating poorly if you have healthy snacks at hand! Make sure that your room as well as your backpack are stocked with snacks such as nuts, granola, peanut butter, etc.

Upper Crust Food Service is here to help! We'll provide you with meal plans consisting of only fresh and healthy ingredients so give us a call today.