

HEALTHY EATING



Healthy eating does not need to be hard.
To help you make sense of what foods you can eat to keep
feeling good at university, we've put together a list of dos and
don'ts of healthy eating



1. Drink lots of water to have a feeling of fullness and to help your digestion
2. Eat 5-6 small meals a day to avoid over eating and to keep blood sugar stable
3. Reduce the use of processed foods, watch out for chemicals, additives and fillers
4. Include super foods with antioxidants like vegetables, fruits and beans to fight disease
5. Make half your grains whole

1. Don't drink sugary beverages and juices
2. Don't make your meals too large
3. Don't completely remove fats, instead use healthy fats like canola and olive oil
4. Don't eat foods that rely on artificial sweeteners
5. Don't consume too many processed foods
6. Don't skip breakfast

2,500 
CALORIES A DAY

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