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College.



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Budget Friendly Tips for Eating Healthy

Instead of **gaining** the Freshman 15, why not **lose** it?



Health Behavior

Facts

Eating Habits:

Proper nutrition promotes optimal growth and the development of children. Having a well-balanced nutritional diet will increase metabolism, boost your immune system, sleep better at night, and increase your energy.

Smart Snacking:

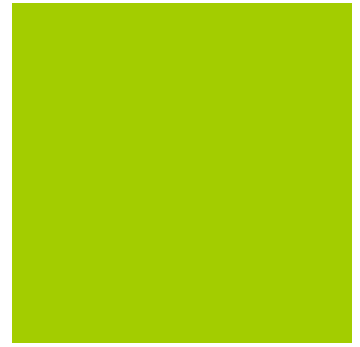
If you need a snack, eat something healthy, it can help you stay alert and avoid gorging at meals. Pre-cut fruits and vegetables, portioned out in zip-lock bags, provide carbs for quick energy, along with vitamins and minerals, without high-calorie counts! Other delicious options are granola bars, hummus and carrots, and cubes of cheddar cheese with grapes.

World Health Organization (WHO) and United Kingdom (UK) guidelines recommend a minimum consumption of five portions of fruits

and vegetables each day. The average daily consumption by college students has been found to range from 2.2- 3.8 portions/day. The prevalence of students meeting current fruit and vegetable consumption guidelines is low ranging from 3.27%-34.7%.

Healthy eating helps prevent, high cholesterol and high blood pressure. It reduces the risks of chronic diseases such as, cardiovascular disease, cancer, and diabetes. It will also help reduce the risks for developing obesity, osteoporosis, and iron deficiency.

Daily behaviors and routines have the potential to affect students' health status during early adulthood. Intervention during this period should be an effective method of achieving a reduction in overweight and obesity.



Taking the First Steps

How do I fix my habits?

But nothing is wrong with me? Colorful foods are healthy foods; introduce your self to fruits and vegetables through yummy recipes! Explore different foods and flavors!

I could maybe change: Eating healthy foods uplifts your mood, and creates better sleep. It also boosts your immune system and increases your energy level! You can still eat foods that you like but change some of the ingredients to make it healthier, instead of regular pasta, make it whole-grain pasta!

Let's do this thing! Make grocery-shopping fun! Map out the store to be a scavenger hunt for healthy foods! Plan out your list by planning out a menu for the week and your budget!

This is harder than I thought... Use My-plate to give you the right recommendations for your daily consumption! Portion sizes, variety, and balance will all contribute to a nutritious diet!

I got this! Be sure to surround your self with positive people to you transition the change to eating healthy, keeping budget plans, and making a weekly menu.



Healthy PSU & Resources

Plymouth State offers a great new program called Healthy PSU that allows students to gain more knowledge on campus and communal nutritional resources.

On Campus: PSU Dining provided by Sodexo. Weight Watchers on Campus, and Cooking classes and workshops!

In the Community: Hannaford's, Peppercorn's Natural Foods, D'Acres, and Local Foods Plymouth!

Also check out your local/town's farmer's market for more organic foods!

More tips for your Health!

- Start the day with a good breakfast
- Prepare healthy snacks in advance
- Limit your alcohol intake!
- Drink a lot of water!
- Eat foods rich in calcium!
- Enjoy your food; don't eat too fast!





Tips, How to: Surviving College on a Low Budget.



Plan out your budget!

What expenses are you paying for? If you're one of the lucky ones, your parents are helping you pay for school and other expenses (car/living). But if you're in charge of paying rent, insurance, and food pay attention.

First: Get a job, usually if you're paying for everything you qualify for work-study. The dining hall is a great place for it because you get a free meal plan. Also a CA job, because you get free housing. Make a list of your expenses and plan accordingly.

Second: Stock up! Buy your essentials and buy in bulk. Most simple recipes will require a protein, vegetable, grain, and a seasoning or sauce. Only 5 ingredients!

Plan out a menu!

Plan out your menu for the entire week on Sunday! Before you go grocery-shopping, plan out what you need, what you have, and can you afford it? Make sure you write a list and stick to it! No **IMULSE** buys!! Cook in bulk if you want to, and freeze the leftovers!

The Sunday news comes out and there are flyers for coupons, clip them, but only the things you need. Save the flyers if you need anything else later on. Go grocery shopping the same day with your list and coupons, and start cooking!

Leftovers are your new BF!

A great investment to buy is a blender and a crock-pot! You can make SO many delicious meals with either of these appliances.

In your blender; you can make 5 servings of smoothies (breakfast all week!) and if you're late to class, you can bring it with you! Yogurt is really inexpensive if you buy in bulk and they sell organic yogurt in the stores! Also add your favorite fruits in the mix!

In your crock-pot; you will have so many leftovers! It's also great because you can use it in your dorm room (not open-coiled!) and start making it before your first class and by dinner time it will be done!



Cheap and Easy Recipes!

Here are some delicious and fun recipes that are quick and easy to make! Not to mention budget friendly!

Visit www.BudgetBytes.com for more instructions on these yummy recipes, and for more recipes that you can afford!



Pumpkin Yogurt Parfait

- 1 (15 oz.) can pumpkin puree \$1.29
- 1 tsp pumpkin pie spice \$0.10
- 2 Tbsp brown sugar \$0.04
- 1 cup greek yogurt \$1.50
- 1 pkg (1/3 box) cinnamon graham crackers \$0.99

Total Cost: \$3.92
Per Serving: \$0.98
Serves: 4

Only 15 Minutes!



Spicy Shrimp & Tomato Pasta

- 8 oz. fettuccine \$0.95
- 2 Tbsp olive oil \$0.32
- 1 Tbsp butter \$0.15
- 4 cloves garlic \$0.32
- 1/2 lb. peeled & deveined shrimp (41/50 size) \$3.50
- 1 (15. oz.) can diced tomatoes \$0.69
- 1/4 tsp crushed red pepper flakes \$0.02
- 1/4 tsp salt \$0.02
- Freshly cracked pepper to taste \$0.05
- Handful fresh parsley \$0.22

Total Cost: \$6.24,
Per Serving: \$1.56
Serves: 4

Only 25 Minutes!



Oven Fajitas

- Seasoning:**
- 1 Tbsp chili powder \$0.15
 - 1/2 Tbsp paprika \$0.07
 - 1/2 tsp onion powder \$0.03
 - 1/4 tsp garlic powder \$0.02
 - 1/4 tsp cumin \$0.02
 - 1/8 tsp cayenne pepper \$0.02
 - 1 tsp sugar \$0.02
 - 1/2 tsp salt \$0.02
 - 1/2 Tbsp corn starch \$0.02

Total Cost: \$7.78, per serving: \$1.95, Serves 4

- Fajitas:**
- 2 small (or 1 lg.) onion \$0.64
 - 2 medium green bell peppers \$1.00
 - 1 medium red bell pepper \$1.50
 - 1 lb. chicken breast* \$1.99
 - 2 Tbsp vegetable oil \$0.04
 - 1 medium lime \$0.40
 - 8 (6-inch) tortillas \$1.20
 - 1/2 cup sour cream (optional) \$0.42



Oatmeal Pumpkin Cookies

- 1 cup all-purpose flour \$0.14
- 1/2 tsp baking soda \$0.05
- 1/2 tsp baking powder \$0.05
- 1/2 tsp salt \$0.03
- 1/2 tsp cinnamon \$0.05

Total Cost: \$2.51, per serving: \$0.17 ea. Serves 15 cookies

- 2 Tbsp butter (room temp.) \$0.29
- 1/2 cup pumpkin purée \$0.48
- 1/3 cup brown sugar \$0.11
- 1/3 cup white sugar \$0.05
- 1 large egg \$0.17
- 1 tsp vanilla extract \$0.28
- 1 1/2 cup rolled oats \$0.30



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Healthy PSU



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For more tips of the trade, visit these websites or find more like them!

<http://moreawesomerblog.com/2014/07/30/eating-healthy-college-budget-just-college-students/>

<http://www.collegiatevegan.com>

http://moneysavingmom.com/2012/04/is-it-possible-to-survive-on-a-30-per-week-grocery-budget.html#_a5y_p=697889

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