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Munchies UMENTARY

Students know importance of eating healthy

BY MELISSA PANTANO

The Battalion

ollege students' lives are plagued with tough decisions. From something as simple as "Should I go to class today?" to more complicated issues such Short sleeves or long sleeves?

With such busy lives, the last thing students want to ry about is whether the chicken sandwich they eat illed or fried. But there are some easy ways to asthat what they eat today will not have them buy-

larger jeans size by Christmas. utting a little time and effort into meals and ks can boost their energy and leave them less gry in the long run. Genevieve Connors, a senior ition major, said a little time and effort can ina healthy lifestyle.

The easiest way to eat healthy is to bring snacks with to campus," Connors said. "Pack fruit with you that sy to carry around. Nothing that will squish — apare good; bananas also have potassium that will you from getting stressed.

nnors said planning a healthy snack is easy and er than eating junk food.

ndwiches, carrot sticks, crackers with peanut butthe protein in that will give you energy," Connors "Actually, anything with protein should get you

en most people are on campus and hungry, they just pop some change into a snack machine. But nexpensive tastebud-tingling treats might not al-

nors said most people have a common misconn about sugar.

gar boosts you up," Connors said. "But then it ou really low, really fast.

nors said students run into problems when buynks they think are good for them.

other thing that people don't realize is that fruit ren't always a good choice," Connors said. "They nes have a lot of sugar in them, which makes ot much better than a coke.

en though snacking is sometimes frowned upon, ors said it is good for students on the go

"Snacks keep your metabolism going throughout the day," Connors said. "It also prevents overeating when you finally get to sit down and have a meal.

College students are so busy that they sometimes for-get to sit down and eat the most important meal of the day. Connors said what one eats for breakfast will affect the rest of the day.

"Eating fiber for breakfast will make you feel more full for the rest of the day," Connors said. "A lot of col-lege students skip breakfast, starve until lunch and

then overeat. Not everyone sticks to veggies for healthy snacks. Some get more creative and like a bigger variety.

Dena Lubbering, a senior marketing major, said she does not bring healthy food to school, but when she goes

home, she eats healthy.

"I like to eat Grape Nuts cereal, cheese, hot green tea, tuna and asparagus," Lubbering said. "I try to buy stuff from the store that is light or fat free."

Lubbering said eating healthy is worth the extra time and effort when one considers the payoff.

"I don't want to turn into a blimp," Lubbering said. "Staying healthy puts me in a good state of mind."

Some health-conscious students get stuck on campus without healthy food. Jessica Miller, a senior information systems major, said she has found a way to eat healthy on campus.

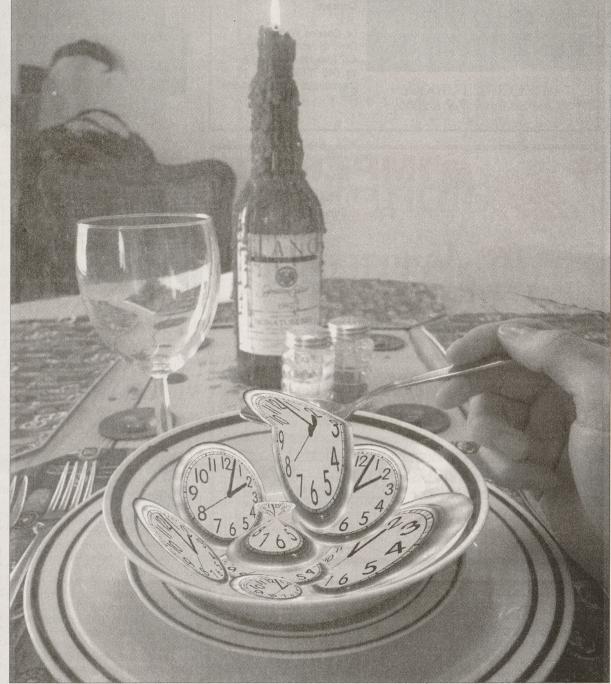
"If you go to one of the food places in the MSC, you can buy water and crackers to tide you over," Miller said. Miller said if students eat right, it will help them avoid the mental ups and downs that come from a diet of junk food.

"If you stay away from a lot of sugar, you can keep going longer," Miller said. "Healthy eating can let you study longer and have more energy.

Not all students trouble themselves with the trappings of a healthy lifestyle. For a student on the go, filling an empty stomach is the only deciding factor

Andy Hutton, a senior economics major, said he does not concern himself with healthy food choices

'Health food has no effect on my life whatsoever,' Hutton said. "I'm young, and my metabolism is still good. I don't think about it much. I probably won't until I'm forty, and I'll get fat from eating a cracker.



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