

## Munchies

Students know importance of eating healthy

BY MELISSA PANTANO  
The Battalion

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

With such busy lives, the last thing students want to worry about is whether the chicken sandwich they eat is grilled or fried. But there are some easy ways to assure that what they eat today will not have them buying a larger jeans size by Christmas.

Putting a little time and effort into meals and snacks can boost their energy and leave them less hungry in the long run. Genevieve Connors, a senior nutrition major, said a little time and effort can instill a healthy lifestyle.

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

Connors said planning a healthy snack is easy and cheaper than eating junk food. Sandwiches, carrot sticks, crackers with peanut butter — the protein in that will give you energy," Connors said. "Actually, anything with protein should get you through the day."

When most people are on campus and hungry, they tend to just pop some change into a snack machine. But the inexpensive taste-bud-tingling treats might not always be the best choice.

Connors said most people have a common misconception about sugar. "Sugar boosts you up," Connors said. "But then it drops you really low, really fast."

Connors said students run into problems when buying drinks they think are good for them.

Another thing that people don't realize is that fruit isn't always a good choice," Connors said. "They sometimes have a lot of sugar in them, which makes them not much better than a coke."

Even though snacking is sometimes frowned upon, Connors 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 forget 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 college 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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