Mindful Eating in College

Five tips to help you improve your relationship with food

All foods fit!
No foods should be off limit.
Broccoli, pasta, and ice cream all have a place in a healthy diet.

Practice gentle nutrition
Ask yourself what you're craving for a meal or snack and then try adding something nourishing to it.
Want pizza? Great! Try adding veggies on top.

Tune in to your body
Our bodies are smart and can tell us when we're hungry and full. Try minimizing distractions and listening to what your body needs.

Manage stress
Find other ways to manage stress outside of food like going for a walk, talking to a friend, engaging in hobbies you love, or running a bath.

Forgive yourself
School can be hard and sometimes we will eat more than feels good for us. Practice self compassion and remember we don't have to follow a perfect diet to be healthy.

Need more help?
Come meet with a nutrition counselor for FREE at the ASPIRE clinic! Schedule at www.fcs.uga.edu/aspire clinici --> request services
Call 706.542.4486