

# 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.



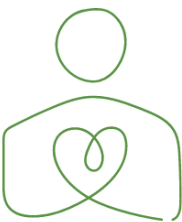
## Tune in to your body

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](http://www.fcs.uga.edu/aspire) clinic --> request services

Call 706.542.4486