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Residential
Dining

Blog

Check out the Oswego Nutrition Blog @ oswegonutrition.tumblr.com

Have a Health
or Nutrition
Question?

Ask our Registered
Dietitian (RD)

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Eating on the Run

Does eating on the run sound all too familiar to you? Do you feel like your always running from one thing to the next with no time to eat? Your body needs food to keep it going. So take care of yourself and eat something every 3-4 hours. It doesn't have to be a full sit down meal. Snacks are great and help keep your metabolism running efficiently. Planning is the key here. Make sure you always have some snacks with you for when hunger strikes.

If you have the Full Board Meal Plan take advantage and stop in the Dining Center multiple times a day. Some

healthy options available to you include yogurt with granola and fruit, dry cereal, dried fruit and nuts, whole wheat English muffin or a



wheat bagel with peanut butter, and fresh vegetables and fruit. You can takeout one of these snacks with you to eat

on the go or save for a later snack.

What about beverages? They are just as important. Stay hydrated by remembering to drink plenty of water. More than half of our body is made up of water. Don't wait until you feel thirsty because by that point your bodies already becoming dehydrated. Other ways to get your fluids in include tea, skim milk, and 100% fruit juice such as orange and apple.

The next time your rushing through the day don't forget to include some snack breaks to fuel your body. Choose nutrient rich foods and skip those pastries and donuts.

Feel Great for Spring Break

Want to look and feel great this Spring Break? Skip those fad gimmick diets that promise rapid weight loss. They deprive your body of important nutrients and leave you hungry. A better way to slim down for Spring Break is to

focus on incorporating more healthy foods into your diet. Add some grilled chicken to your salad and opt for fresh fruit and yogurt for dessert. Make sure you drink plenty of water, 8-12 cups per day. Don't underestimate the

amount of added calories in soda, juice, and alcohol. Choose beverages from the AQUAHEALTH hydration station at the Dining Center. Adopt a lifelong healthy diet and you'll feel great for Spring Break and beyond!