



HOW TO EAT HEALTHY AS A STUDENT?

Quick guide to healthy eating

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What is healthy eating?

Basic definition of good nutrition

A healthy diet is one that provides the nutrients the body needs to maintain the proper functioning of the body, preserve or restore health, minimize the risk of disease and ensure proper growth.

To carry out your daily activities as a student it is necessary to have enough energy and this can be done by maintaining a balanced diet because daily activities involve physical and intellectual wear; that is why energy needs to increase and the body needs what we provide it with certain nutrients and the insufficiency of some foods can affect your health.

A good diet is **essential** for our overall wellbeing, but **you should also take care of your emotions, exercise, and sleep habits.**

"If we only focus on our nutrition and neglect other aspects of our life such as sleep, then we are not going to reach our goal which is to be healthy."

The benefits of a healthy lifestyle go beyond the physical, and you will begin to notice it when you sleep better, pay more attention in class, or have more energy during the day, said the expert.

Remember that you can always turn to an expert in case you have any questions or concerns about this or any other topic of your well-being.

If you need more information to improve your diet, you can contact Tec Nutrition or the customer service center by phone or email by calling the TQueremos line at 800 813 9500. Remember that on the TQueremos site, we have resources on the [physical dimension](#) and the podcast **Cuida Tu Mente (Ep. 40-How to have a good relationship with food?)** that can help you with this particular point. can help you with this particular point.

How to have a healthy diet as a student?

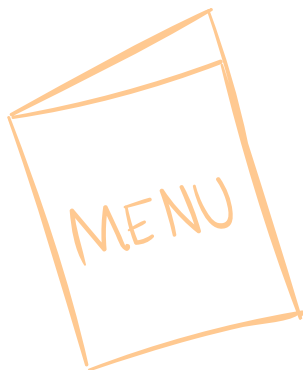


1

Start with small steps

If your main goal is to become healthier, you can start with smaller goals. Just as no two people are alike, there is no perfect healthy lifestyle.

It is preferable that you do not focus on an inadequate eating plan, focus on small habits that you can include in your daily routine. When you start, you should set yourself personalized, simple, realistic and sustainable goals to be able to keep doing them in the long term.



2

Eat more at home; if you eat out, evaluate the menu.

If you eat at home, you will have better control over the ingredients that you are going to eat, since you manage your portions better, as well as buy fresh produce which benefits your personal finances.

However, if you do go to an establishment to eat, look for and choose the healthiest option on the menu in order to keep your lifestyle as healthy as possible.



3

The 3 fruits and vegetables rule

If you don't buy fruits and vegetables for fear that they will spoil: buy only three and the next time you run your errand swap them for three others. That way you try more things and you're already including more fruits and vegetables in your diet.

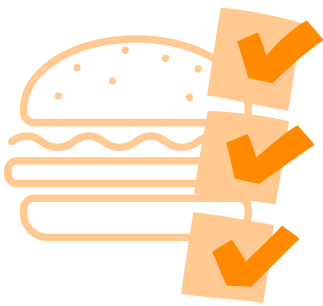


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Planea lo que vas a comer en la semana

During the weekend, for example, you can prepare a meal that you can consume during the next week. We recommend that it be a simple recipe to make it easier for you.

Create simple habits to follow and remember that it's okay if you eat well one day and not the next. The important thing is to lead a more balanced and conscious life.

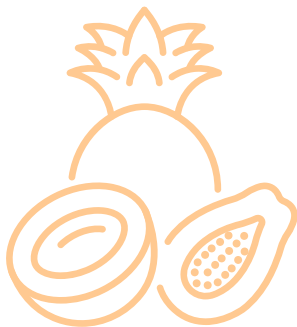


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No hay alimentos prohibidos

If you didn't have a chance to look for a more nutritious option, don't worry! You can eat whatever is available to you.

The idea is that you do not stop eating, much less forbid yourself from eating. However, try to maintain the lifestyle you are acquiring.



6

Prepare healthy snacks

It is likely that during the day you will be hungry, and instead of spending or preparing a whole meal, you can eat a snack without resorting to sweets or high-sugar bars.

Here are some ideas so that you always have healthy options on hand in your kitchen: avocado toast, hummus, natural popcorn, seasonal fruit, Greek yogurt, chocolate with a high percentage of cocoa, rice crackers, and/or nuts. We recommend you take care of the portions of each snack to avoid consuming excess calories.

Fruits, vegetables and foods that should be indispensable in your fridge or pantry

Don't think you have to have a thousand and one products in your pantry to start eating healthier. You can start with these foods, which in addition to being accessible and inexpensive, are also full of nutrients that will complement your diet:



Fruits

It's your perfect carbohydrate. Ideally, combine a serving of fruit with 10 almonds, 6 pieces of walnuts, or a spoonful of natural peanut butter.



Vegetables

They are essential to balance your meals, so you should try to include them in most of your meals.



Eggs

Apart from being one of the cheapest foods, it is also simple to prepare and is rich in protein when consumed whole.



Greek Yogurt

It is a dairy product that is a great source of calcium and provides energy to your body. If it is Greek without added sugar, it provides more protein.



Vegetable proteins

They can be beans, lentils, chickpeas, etc. They are easy to use, inexpensive and very practical to prepare.

Keep reading and learning!

Scan this code and find additional resources on the TQueremos site.

