

Back to School Tips

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Back to school tips:

- Try to regulate yourself with a high energy breakfast. Even if you have been sleeping late this summer, get yourself back on track with a good fiber and protein source.
- Take snacks for your school day and/or keep them in your dorm room for later in the day. Make sure to consider fresh fruit, grains, and dairies; often these run low in the student's diet.
- Take water bottle of water, flavored water or juices with you to help yourself stay hydrated. Having it with you will remind you to drink. Stick it in your backpack or book bag and remember to drink as you walk across campus in the heat.
- If you're a regular exerciser or athlete, make sure to have a good afterschool/pre-practice or training snack to fuel up for your training, esp. sources like highcarb energy bars or salted pretzels with a bottle of hydrating fluids.
- If you struggle with overeating while studying, consider keeping individually portioned snack foods and desserts in your room. It's OK to snack before you go to bed. Dairy is often a soothing, relaxing food that helps you to sleep!

