

HEALTHY EATING

A student's lifestyle can be very busy so you may find yourself eating 'on the run' which can sometimes lead to unhealthy choices.



There are simple eating habits you can adopt that will help you feel better and lessen your chance of gaining weight. They will also help your brain function better.

Eat breakfast

There's a saying that breakfast is the most important meal of the day. This is because it gets your metabolism going, providing your body with fuel to get you through your day. Several studies have shown that by eating breakfast 30 minutes before an exam you can improve your cognitive function and memory significantly. That means better test/exam results/scores.

Don't starve yourself

This might sound obvious, but skipping meals is very common. Try eating before you get too hungry, that way you won't eat too much and you're less likely to fill up on unhealthy 'junk food' that's readily available. If you let yourself run on empty you won't be able to concentrate as well.

Snacks

One way to avoid getting too hungry is to eat healthy main meals and snacks regularly but if you do this, make sure you make the portions smaller at your main meals so that you don't end up gaining weight!

Some healthy snack ideas include:

- Fresh fruit or canned fruit in natural juice
- Dried fruit and nut mixtures
- Canned fish in springwater
- Rice crackers or whole grain crackers
- Air-popped popcorn with minimal salt (use other seasoning if desired)
- Vegetable sticks with hummus
- Low fat yoghurt.

Plan healthy lunches and dinners in advance

- Cook extra food one night and freeze a portion so that you don't have to cook every day
- Have all the ingredients you need in the fridge and thawed
- Have some easy back-ups in the freezer such as pre-cut frozen vegetables.

Remember healthy food can be quick and simple

- Try salad and lean deli meats such as lean ham on multi-grain bread for lunch
- Grilled chicken breast, fish or lean meat with salad or steamed vegetables takes minutes to make and tastes great
- Try low fat ricotta with reduced fat semi dried tomatoes on grainy bread or crackers.



Takeaway

When you buy a takeaway meal you can still make healthy choices.

- If you're having pizza, go for the thin and crispy crust with vegetarian toppings
- Ask for sandwiches and burgers without butter or margarine and add plenty of salad
- Go for tomato based pasta sauces rather than creamy
- Try stir-fries or BBQ dishes instead of curries
- Grill your meat rather than breadcrumb or deep fry
- If you're getting salad, use lemon wedges or a balsamic vinegar instead of creamy or oily dressings
- Replace chips with salad.

Emergency Service Helpline: 1800 006 745

Over-the-phone help for emergency medical assistance, stress and trauma counselling, plus interpreter service. Available 24 hours, 7 days a week.



All Enquiries: 134 246

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