

## Healthy Food on a Student Budget

### What's your favorite healthy food that can be bought on a college student budget?

Unfortunately, college students generally have poor eating habits. Eating at all hours of the day, snacking while studying, not making healthy choices when given the option (which is, what “looks good” vs. what “is good”, are all habits college students fall into. As a college student, it sometimes comes down to what is the most affordable. Unfortunately, this is usually generic-brand pizza, toaster streudels, and whichever soda is on sale. In order to combat this, here are some suggestions for healthy, easy-to-prepare foods that won't break the bank.

There are some great answers here, such as:

- A cup of rice and a vegetarian stir-fry
- Replace soda with water
- Pasta primavera
- Fruitshakes/smoothies
- Cheese and crackers
- Nuts
- Beans (flavored with a little meat)
- Fruits and vegetables

Learning to eat (and *prepare*) more meals at home is an excellent way to reduce your food budget and eat healthfully. Find a source of recipes that you trust and learn to prepare them. (Here's a good online recipe page that features many cheap and healthy meals.)

If you're looking for healthy food on a small budget, then fruits and vegetables and other whole foods are the way to go. They're the basic building blocks of a nutritious diet, and they're much cheaper than processed foods.

How much sugar you intake has a lot to do with whether or not you get diabetes. When the level of sugar in your bloodstream exceeds a certain quantity your pancreas begins pumping insulin (to counter). Over time, the effect of insulin lessens (hyper-glycemia is the result). Damaged organs can result in hypoglycemia (your pancreas not producing \*enough\* insulin to counter sugar levels).

When you know you're not eating as you should, be sure to supplement with quality, whole-food supplements. We can help you with the choice that best meets your needs.

**CALL 903-531-2243**

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