It's 10:30 am and you're starving. You only have 15 minutes to get to class and get a snack. So, what are the choices? You could choose something from the vending machine, soda machine, fast food restaurant or the convenience store. But wait! There's another choice... your food stash.

**Carrying Food on Campus Helps You Make More Nutritious Choices**

You can substantially improve your nutrition and avoid unnecessary calories just by packing a few tasty, yet healthy, treats. Ideally, carry your 'stash' in a small, insulated food bag with an ice pak. Or simply toss some non-refrigerated snacks into your book bag before heading out the door. And, don't forget the water bottle!

**Tasty and Healthy Ideas**

- **high fiber cereals** to snack on straight from a zip lock bag (e.g., Raisin Squares®, Honey Nut Shredded Wheat Bite Size®, Cheerios® or Multigrain Cheerios®, Frosted Mini-Wheats®, etc.)
- **whole grain crackers**, such as Triscuit® or Ak Mak® brand crackers (can dip in peanut butter or hummus to add protein)
- **yogurt**, low fat
- **fresh fruit**, washed and ready to eat (sliced and cut, if necessary)
- **raisins & other dried fruits**
- **peanut butter sandwich** or with crackers
- **cheese sticks**
- **nuts** of all kinds
- **soy crisps** (can buy at UCLA store)
- **trail mix** (make your own by mixing together: nuts or soy nuts, raisins and/or other chopped dried fruits, granola, high fiber cereals like Wheat Chex®, and even some M&Ms®)
- **nutrition bars** with around 200 calories and a good source of protein (Luna or Cliff, Balance bars etc)
- **baby carrots**, sliced cucumbers and green/red peppers served with low fat Ranch dressing (or even hummus) for dip
- **soy nuts** (lower in calories than peanuts)

* Make sure you get a good source of protein with all your meals and most of your snacks too!

**What Does 'Good Nutrition' Do For You **Today?

The more you feel that nutritious eating helps you **today**, rather than just preventing a heart attack 30 years down the road, the more interested you'll be in healthy eating. There are practical as well as health reasons for eating nutritiously. Good nutrition now can help you:

- avoid getting sick with colds and flu
- prevent unnecessary weight gain
- conquer that constipation problem
- have more energy
- have a better work-out
- provide peace of mind that you are reducing your risk for multiple health problems in the future
- optimize your bone density
- build life-long healthy habits