

college girl's guide

to all things food, body image, and exercise.

**because finding your way on a
new campus is already a lot.**

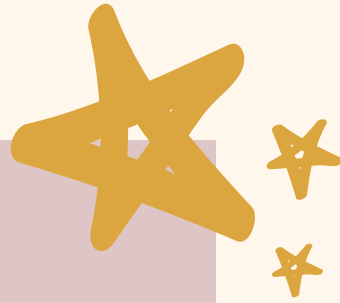
**as you step into a new season,
there's a great unknown.**

**as my girl Taylor says, it's happy,
free, confusing and lonely at the
same time.**

**for the first time ever, you may be
experiencing independence and
freedom. with things that are
familiar and things that are brand-
spanking-new. it's a lot!**

**my purpose for this post is to
provide the b a s i c s to give you a
little support as you step into this
exciting time.**

I am rooting for you !!



how the heck do I eat?

take each food choice one meal at a time.
this is called "the rules of 3" but fear not, this isn't another set of food rules. these general guidelines may help provide a bit of structure without rigidity.

eat **3** meals a day.

eat every **3 - 5** hours.

at each meal, have **3** different parts.
such as a carb, protein, and/or plant.

with **1 - 3** snacks.

be realistic! for me, going to the dining all before my 8AM was just not going to happen. so on top of buying plenty of snacks for myself, I also always planned just to eat breakfast in my dorm room. Easy dorm room breakfasts are: overnight oats, instant oatmeal, Cliff Bar and milk, PB+J, or protein bar and fruit.

how to build a meal

carbs

sourdough bread
tortilla
french fries
rice
cereal
sweet potato
chips
dinner roll
white toast
pancakes
ravioli
wheat bread
baked potato
bagel
plantain chips
crackers
granola
noodles
hoagie roll
tortellini
garlic bread
oatmeal

proteins

cheese
hummus
baked chicken
deli roast beef
yogurt
ham
nuts
ground turkey
beans
tofu
shrimp
edamame
milk
eggs
cottage cheese
pulled pork
sausage
tempeh
chickpeas
tuna
peanut butter
lentils

plants

bell peppers
arugula
berries
carrots
apples
banana chips
apple sauce
squash
marinara sauce
guac
acai bowls
salsa
spinach
peaches
fruit smoothie
sun dried tomatoes
olives
celery
raisins
mango
broccoli
snap peas
apple chips

+

+

**not every meal has to look picture perfect.
some meals may include mostly plant foods, some may not have
any plants. that is O K A Y! true healthy eating is all about the big
picture. remember, our body is far less judgemental about the
food we eat than our brains are. lean into what your body is
telling you it wants!**

dorm room snacks

I recommend to always have 4 snack options on hand, maybe 2 sweet and 2 savory options. Depending on your meal plan, you may want to consider buying more / less just in case! I encourage you to think what "could" I snack on rather than what "should" I snack on. Shoulding implies restrictive food rules that may make you feel deprived ultimately setting the stage to binging.

sweet

trail mix
Reeses cups
nutella
oreos
vanilla wafers
freeze dried fruit
lara bars
chocolate chips
bananas
belvita bars
fruit snacks
gummy bears
cliff bars
yogurt
un crustables
frozen waffles
instant oatmeal
yogurt covered raisins

savory

cheezits
plantain chips
pretzels
peanut butter
pita chips
hummus
baby bell peppers
laughing cow cheese
crackers
popcorn
babybel cheese
chips and salsa
jerky
chex mix
flavored almonds
sweet potato chips
whisps cheese crisps
triscuits

things to consider

the freshman 15 is not based on research, meaning that there's no evidence suggesting freshman gain 15 lbs.

Let me encourage you with this though, we are not designed to maintain our high school body for forever.

Body changes are hard but very normal.

if you find yourself restricting or limiting certain foods (cheat meals, only having dessert once, skipping meals, ect), ask for help. If you find yourself eating until you feel sick or feel out of control with food, ask for help. If you feel like you have to compensate for your food, ask for help.

some of my best memories in college involved spontaneous food moments. again, this can feel hard, but it is very normal. say yes to the random afternoon ice creams, sure to late night pizza, and absolutely to coffee dates. food is more than just fuel.

please, please, please do not drink if you have not had a meal beforehand. skipping meals in lieu of drinking is a sign of disordered eating. please, please, please do not drink because you feel pressured or like that is the only way to make friends or have fun.

why are you moving?

bear with me as I speak to younger Caroline

Your relationship with movement is equally as important as your relationship with food. I'd encourage you to consider the following...

- ★ **Why do I want to workout?**
- ★ **How could your college years be different if you moved to experience your body rather than changing your body?**
- ★ **Am I making exercise decisions to "make-up" for what I ate?**
- ★ **Would I consider the movement I am doing to be fun?**

Our bodies were created for movement and rest alike. And because of this, exercise to some extent should be F U N. Try out the group classes at your campus gym, go walking with a new friend, or dance in a gross frat basement. College has plenty of opportunities for movement built in, so it's most likely not necessary to pursue the gym each day without fail. Your body was not created to keep tally of calories, so there's no physiological need to compensate with movement.

affirmations

for the heavy body image days.

- No one in college has it all together, and no one never struggles with body image. I promise. Opt out of the comparison game.

- If you find yourself body checking in the mirror, ask yourself, "what am I looking for?" Chances are you're not simply looking for your stomach to look a certain way, you're looking for something a bit deeper that a mirror reflection can never provide.

- Sweet girl, you are infinitely more worthy than your boobs, butt, stomach, or legs. You are not an object, you are a person who is so special.

- Pay attention to when body image thoughts come up, usually they run parallel to our harder life moments.

- Unclench your jaw. Roll back your shoulders. Find your pulse. Catch your breath. Lean into what your body is signaling to you. You can trust what your body is communicating - hunger, anxiety, fullness, sleepiness, excitement. Use these cues to practice self care.

- A good body image can come and go overnight while your body remains mostly the same. Remember, body image has more to do with our brain than our physical body.

perspective, perspective

It's important to note that our



so perhaps our feelings about our body or food are largely impacted by our beliefs.

we wear our beliefs almost like sunglasses, as our beliefs (as well as our experiences in life or messages heard) inform how we perceive the world.

a lot of body image work is challenging our beliefs about
size
shape
health
lovableness
attractiveness.

how could changing out your "sunglasses" help you see your body differently?

