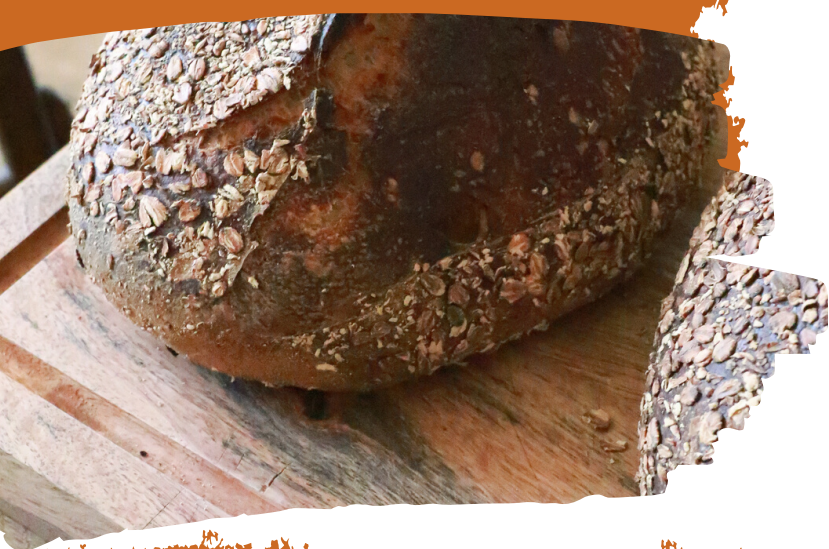


# 5 Tips for Healthy Eating in Medical School



## Keep fruit handy

Put fruit where you can see it – on the counter or the top shelf of your fridge. Make it easy to grab and go.



## Include whole grains

Whole grains can keep you satisfied and full longer. Try eating whole wheat bread, brown rice, millet, oatmeal, bulgar and even plain popcorn.



## Choose water first

When you're thirsty, reach for water first and try to avoid sugary drinks. Carry a reusable water bottle to refill during the day to help you drink more water.



## Cut down on sodium

Cutting down on sodium can keep your heart healthy and lower your blood pressure. Use herbs and spices instead of salt. Snack on crunchy veggies instead of chips. Choose fresh meats instead of deli meats or sausages.



## Get a mix of veggies

Make half your plate fruits and veggies. Aim for colorful veggies like dark green kale, red tomatoes, orange sweet potatoes, and yellow squash.

### Don't forget!

**Sargent Choice Nutrition Center** offers nutrition services ranging from thoughtful eating recommendations to individual nutrition counseling for BU medical students.

"Healthy eating for young adults," can be found under <https://www.myplate.gov/tip-sheet/healthy-eating-young-adults>  
"Toolkit for Health Professionals," can be found under <https://health.gov/our-work/nutrition-physical-activity/dietary-guidelines/current-dietary-guidelines/toolkit-professionals#cut-down-sugar,n.d>.

