10. EAT BREAKFAST DAILY. Plan to eat three main meals every day plus one or two small snacks. You may need to eat every 3 to 4 hours to keep from getting too hungry. When you let yourself get too hungry, you usually eat too much.

9. DON'T EAT ON THE RUN. Sit down at a table, make meal times enjoyable, and try not to multi-task at your main meals. Eat slower and notice your food. Honor your hunger and pay attention to cues that you are beginning to feel physically full.

8. SNACK FROM A PLATE. Instead of eating directly from the box or bag, take time to put a serving of food on a plate or in a bowl. Avoid eating by the handful, standing in the kitchen in a daze without realizing what or how much you’re eating. After you finish your serving, if you are still hungry for more, put another serving on the plate.

7. DON'T BE AFRAID OF FAT. Fat is necessary for your body to function, and it can help you eat less overall by preventing cravings and between-meal energy dips. Choose healthy fats, like peanut butter on toast, or good salad dressing made with olive, canola, soy, or other oils. Use these oils in cooking. Have a couple of handfuls of nuts for a snack.

6. MEMORIZE THE MEAL FORMULA. Protein + whole grain + calcium source = lasting energy and mental focus. This combination, along with some healthy fat (see #7) will keep your metabolism running optimally.

5. LIMIT SUGAR AND CAFFEINE FROM BEVERAGES. Beverages don’t fill you up—they add excess empty calories that may affect your overall health. How about limiting them to one serving in the morning, one in the early afternoon?

4. GET ENOUGH SLEEP. Many people eat more when they’re tired, in a misguided effort to bring up their energy and alertness. Being overtired can make you more likely to eat mindlessly and not stick to your eating plan.

3. INCLUDE A FRUIT OR VEGGIE EVERY TIME. How can you eat the recommended 5 servings of vegetables and fruits? Make one part of every meal and snack. Do you like fruit more than vegetables? Eat more of the food you like.

2. ADOPT THE 80/20 RULE. Allowing yourself one treat every day may be helpful in keeping your eating healthy without being too rigid. Follow the 80/20 rule: Eat high nutrition quality 80% of the time. Allow 20% of pure enjoyment foods.

And the number one tip for eating well as a student is:

1. LEARN TO COOK! If you get good at five or six quick and simple recipes, you’ll always have a delicious, inexpensive, and healthy go-to option that you can whip up instead of turning to fast food. Plus, it’s always impressive to cook for a date! For student-friendly recipes, go to http://www.uhs.wisc.edu/services/wellness/recipes.shtml