

## Beyond Baked Beans

Cheap healthy food for students,  
singles and anyone else on a budget



10 ways to avoid "Fat Fresher"™ syndrome publication date: Oct 12, 2009

|  
author/source: Fiona Beckett

[Previous](#) | [Next](#)  
&nbsp;

- Don't skip meals, especially breakfast. You're far more likely to fall on junk food if you haven't eaten for several hours. If you can't face anything solid first thing have a smoothie (rather than a coffee and a Kit-Kat)
- If you're going out in the evening eat something or drink something beforehand in case you don't get to eat till late. A banana and glass of milk. A bowl of muesli. Some toast and peanut butter. Some kind of keep-the-wolf-from-the-door snack
- While there's nothing wrong with the occasional takeaway don't make late night eating a habit or you'll end up regularly having an extra meal. And when you *do* go to the takeaway remember there are healthy options (see our nutritionist Kerry's advice [here](#))
- Don't create temptation for yourself by stocking up on unhealthy foods. If you buy crisps and biscuits you're bound to scoff them. If you've got some fruit around you can eat that.
- Carry some healthy snacks about with you so you don't end up having to have a fat and carbo-laden snack. A few nuts and seeds, a piece of fruit, some crackers and cheese, even a Marmite sandwich will see you through if you haven't time for a proper meal.
- Don't rely on sugary soft drinks and beer - both of which contain significant calories - to slake your thirst. If you're thirsty drink plain water alternately with your drink of choice. Obviously that will down your alcohol consumption too.
- Don't let your portion sizes get out of control - all too easy with buffet-style canteen eating. And don't go back for seconds!

- Don't eat for comfort. If you're feeling low find other ways of making yourself feel good. Put on a favourite DVD or go to the cinema. Update your Facebook page. Ring a friend back home for a chat. Real friends are better than chocolate.
- Take some exercise. If you're not doing any sport get off the bus or tube a stop earlier. Try to walk - or cycle - every day
- Remember you don't have to eat the same as everyone around any more than you have to buy the same clothes or music as they do. Stick to the food and drink that suits your system and that you know is good for you.

If you've enjoyed this article why not visit the Beyond Baked Beans page on [Facebook](#) where you can contribute your own tips and recipes.

[Back to top](#)

[Previous](#) | [Next](#)