

International Students and Nutrition on Campus

International students often face unique challenges when adjusting to a new country and college environment, and finding familiar or enjoyable foods can be particularly difficult. While it might not always be possible to find everything you're used to from your home country, exploring new foods is a great experience. However, prioritizing nutritious options can significantly impact your well-being during this transition. Studies show that healthy eating positively impacts international students' quality of life (PMCID: PMC7327396, PMID: 32617352).

Here are some tips to help you create a healthy eating plan, whether you live on campus with a meal plan or off campus and cook at home:

PRIORITIZE NUTRIENT-DENSE FOODS AND AVOID SKIPPING MEALS

Eating at least three meals per day helps you get appropriate amounts of macronutrients and micronutrients, vitamins, and minerals, which helps the body fight off and prevent disease (PMCID: PMC7327396, PMID: 32617352). Focus on building meals that contain fruits, vegetables, and whole grains like quinoa, barley, and brown rice, and lean proteins like tofu, chicken, beans, and lentils.

EAT REGULARLY SCHEDULED MEALS

Skipping breakfast and lunch has been associated with poorer health and well-being, and digestive discomfort for international students (PMCID: PMC7327396, PMID: 32617352).

KNOW YOUR NUTRITION FACTS

Read the nutrition label on the foods you eat. Cut down on saturated fat, salt, and added sugar.

KEEP HEALTHY SNACKS ON HAND

Good options include fresh fruit, nuts, vegetables, hummus, cheese sticks, Greek yogurt, and popcorn.

STAY HYDRATED

Dehydration can lead to headaches, fatigue, dizziness, and poor focus. Carry a reusable water bottle and drink water throughout the day. Limit your intake of drinks like coffee, sodas, juices, and energy drinks.

PLAN YOUR MEALS

Living on campus: Use Miami University's "**Dine on Campus**" platform to plan your meals. Look for vegetarian, vegan, or international dishes on the menu.

Living off campus: Use a meal planning app to plan and prep your meals. Some free apps include:

- **Mealime Meal Plan & Recipes**
- **Yummly**
- **Shop Simple with MyPlate**

KNOW AND USE YOUR LOCAL RESOURCES

Grocery Shopping

- **Kroger:** 300 S. Locust St., Oxford, OH 45056 (in Tollgate Shopping Center — accessible via the O1 – Tollgate bus)
- **Walmart:** 5720 College Corner Pike, Oxford, OH 45056 (accessible via the O3 bus)

Food Insecurity Resources

- **Miami Cares Resources**
- **Talawanda Oxford Pantry and Social Services**

International Foods

- **Jungle Jim's International Market:** A large international supermarket located in Fairfield, Ohio (a drive from Oxford but offers a vast selection of international foods)
- **CAM International Market:** Village Crossing Shopping Center, 10400 Reading Road, Cincinnati, OH 45241 (another larger international market requiring a drive)
- **Halal Market:** 7755 Tylers Place Blvd, West Chester, OH 45069

Nutrition Information or Help

- **Dietitians at Miami University:** This is a free service for all enrolled students
 - Email diningdietitian@MiamiOH.edu to make an appointment with a campus dietitian
 - Get Nutrition Information: **Campus Dietitian Hub**