

Dining Hall Dilemmas

Healthy Meals: The key to healthy eating is MODERATION!

- Vary your salads and sandwiches (whole wheat or multi-grain breads, pita, tortilla, bagel etc.). Eat lean meats, cheeses and dressings on your sandwiches
- Eat lots of veggies & fruits

Instead of.

Fried foods

Refined grains (like white bread and white rice)

Whole milk

French fries

Sweetened drinks

Sweetened desserts (like cookies, cake, or ice cream)

Try.

Grilled or baked foods

Whole grains (like whole wheat bread and brown rice)

Low fat milk

Baked potato, veggies

Water or seltzer

Fruit

Including all food groups in your daily eating is important

Grains

Give your brain and muscles energy
Are a good source of B-vitamins and iron

Include grains like rice, potatoes, pasta, and whole grain bread at **every meal.**

Fruits and Vegetables

Help eyes, hair, and blood and boost your immune system
Are a good source of vitamins A and C, minerals, and fiber

Try having fruits and vegetables like apples, broccoli, pear, carrots, squash, salad **5-7 times per day (2 1/2 cups of veggies and 2 cups of fruit).**

Milk/Dairy

Help maintain strong bones and teeth
Are a good source of calcium and protein

Have a serving of low fat dairy foods like 8 oz milk, 1 oz cheese, 1 cup yogurt, cottage cheese, pudding, or frozen yogurt **3x a day.**

Meat/Protein

Help build muscles, fight infection, and heal wounds
Are a good source of protein

Try having beef, chicken, peanut butter, fish, tofu, or eggs in **2 meals a day.**

Fats and Oils

Keep hair and skin soft and gives a feeling of fullness
Are a good source of dietary fat

Include a little fat like salad dressing, olive oil, guacamole, nuts, or seeds **at each meal.**

Healthy Choices

Substitute egg whites for eggs	Oat meal
High fiber Cereals	Skim Milk
Whole wheat Pasta	Long-grain rice or Quinou
Red Skin Potatoes	Sweet Potatoes
Chicken Breast	Ground Turkey
Lean Meats	Veggie Patty
Tuna without heavy mayonnaise	
Whole wheat or multi-grain bread, pita, bagel, wrap, etc.	
Refried beans, back beans, red beans, kidney beans etc.	
Spaghetti Squash – Makes great Spaghetti with fresh marinara sauce	

Helpful Hints

Make time for breakfast

Breakfast should be the biggest meal of the day because it is the most important meal of the day. Eating breakfast will give you the energy that will last all day and keep your metabolism active.

Balance your meals

Eating healthy meals that contain foods from the different food groups will help to ensure that you get all the nutrition you need to stay healthy! Be sure to eat different combinations of grains, fruits, vegetables, meat, dairy, and healthy fats throughout the day.

Don't forget dairy

Your bones still need calcium to stay strong. Dairy foods and some dairy alternatives, such as enriched soymilk, provide protein as well as calcium.

Stay hydrated

Proper hydration is important for healthy skin and organs. Drink water even if you are not thirsty. Waiting until you are thirsty to have fluids means you are already partially dehydrated. Pack a bottle of water in your backpack or gym bag!

Choose appropriate portions

Food portions in restaurants are often more than one serving size and they're getting bigger and bigger. You may not realize how much food you are actually eating. When you are at a restaurant, plan on taking half of your meal home or split an entrée with a friend. When eating at the dining hall, take smaller portions to start and go back for more if you are still hungry.

What should I eat if I get hungry between meals & at night when I am studying?

Try to avoid eating large portions at night. The best way for a good night's sleep and an appropriate release of growth hormone is on an empty stomach. We recommend that you stop eating and drinking up to 2-4 hours before bed. Ice chips are okay before bedtime.

Fluids

Many times individuals feel hungry when they are dehydrated so first try to drink a glass of water. Make sure you are getting at least 8 glasses of water daily. An increase in water consumption may be necessary depending on your activity level for the day. If you get tired of water, try water (with a slice of lemon or lime), skim milk, 100% fruit juice, lemonade, and sport drinks (especially if you are very active throughout the day).

Calcium

Did you know your bones take in the greatest amount of calcium during the teen and college years? Many individuals do not get the required amount of calcium. Inadequate amounts of calcium may cause weak bones which may increase the risk of injuries and osteoporosis later in life in both men and women.

Easy to Grab & Go (Just a few to choose from – Be creative)

Fruit

Melon
Grapefruit
Pineapple
Berries
Apples
Banana
Peach
Nectarine
Pear
Oranges
Tangerines
Plum
Grapes / Frozen Grapes
Dried fruit – Trail Mix (fruit & nuts)
Raisins

Veggies

Celery Sticks
Carrots Sticks
Broccoli
Cauliflower

Dairy

String Cheese
Low-fat yogurt or yogurt ice-cream
Smoothies – real fruit no added sugar
Pudding
Low-fat cottage cheese

Convenient Snacks (Whole Foods, Trader Joes just to name a few places where items can be purchased)

Whole-grain crackers	Low-fat Popcorn
Whole Wheat pretzels	Sunflower Seeds
Ginger Snaps	Pumpkin Seeds
Whole Wheat or multi-grain bagel	Jello
Whole Wheat or multi-grain pita bread or bread	Energy or Protein Bar
Soft Whole-wheat pretzels with mustard	Low-fat granola
Whole wheat fig bar	Tuna Fish
Rice cakes	Baked Puffs
Baked tortilla chips or Baked chips	Baked curls or crunches

Chocolate lovers

Fat-Free no added sugar hot chocolate	Low-fat Chocolate Pudding
Low-fat chocolate milk	Fat-free Fudge Bar (freezer)
Non-fat chocolate yogurt ice cream	Nutella Spread
Trail Mix - dried fruit, nuts & dark chocolate chips	

Combination Treats to Try: Here are a few more healthy snacking ideas:

Ants on a log — Spread peanut butter on celery sticks and top with raisins.

Banana ice — Peel bananas, break them into 1-inch pieces, and freeze the pieces in a sealed plastic bag. Just before serving, whirl the pieces in the blender with a small amount of water or juice. Serve right away. Add berries for a different flavor or top with fruit or nuts.

Fruit Kabobs or Veggie Kabobs

Hummus with Low-fat crackers, low-fat pita, whole wheat bagel, whole wheat Pretzels, bagel chips, or Veggies

Mini Vegetable Pizzas — Spoon pizza sauce onto half a whole wheat or multi-grain bagel, English muffin, or mini pita. Top with low-fat mozzarella cheese and your favorite veggies and toast or bake at a low setting until the cheese is melted and the bagel is crispy.

Rice cakes with peanut butter or raisins or hummus on a plain rice cake

Healthy ice pops — Freeze fresh, unsweetened 100% juice in ice pop molds or ice cube trays.

Trail mix — Combine 1 cup whole-grain toasted oat cereal with 1/4 cup chopped walnuts and 1/4 cup dried cranberries for a healthy trail mix.

Baked tortilla chips with Fresh Salsa

Yogurt, Fruit and low-fat granola

Cottage Cheese with Fruit or Marinara Sauce

Top Ten Reasons to Give up Dieting

#10 Diets Do NOT Work & Should be deleted from the dictionary! We need to think lifestyle eating habits.

#9 Diets are expensive: Choose to eat a variety of healthy foods that you enjoy. You may spend a little more on fruits, veggies, whole-wheat or whole grain foods but you will save later in life.

#8 Diets are boring: Be sure to eat a variety of foods so that you're ensuring that you are getting the necessary vitamins, minerals, and other nutrients that your body needs to stay healthy and free from disease and injury.

#7 Diets don't necessarily improve your health: Some diets are harmful & most fad diets do not give individuals the balance diet that they need.

#6 Diets don't make you beautiful: Beauty comes within, it is important to feel good about whom you are.

#5 Diets are not sexy: If you want to be attractive, be good to your body

#4 Diets are lead to harmful behaviors such as disordered eating such as anorexia, bulimia, compulsive overeating or excessive exercising.

#3 Diets can make you afraid of food: You should enjoy your food and not make it your enemy.

#2 diets can rob you of energy: Good nutrition will allow you meet your body's needs to live a healthy active life.

#1 Learning to love & accept yourself just as you are will give you self-confidence, better health and a sense of well being.

Resources

American Dietetic Association

<http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/index.html>

American Heart Association

<http://www.americanheart.org/presenter.jhtml?identifier=1200010>

American Cancer Association

http://www.cancer.org/docroot/subsite/greatamericans/Eat_Right.asp

http://www.cancer.org/docroot/PED/ped_3.asp

Centers for Disease Control & Prevention

<http://www.cdc.gov/>

American Diabetes Association

<http://www.diabetes.org/nutrition-and-recipes/nutrition/overview.jsp>

US Food & Drug Administration

<http://www.fda.gov/>

US Dept of Agriculture – Center for Nutrition Policy and Promotion

<http://www.mypyramidtracker.gov/>