



How to Eat Healthy on Susquehanna University's Campus

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Common Pitfalls on a College Campus



1. Wacky Schedules.
2. Too Many Choices.
3. Too Little Control.
4. Emotional or Non-Hunger Eating.
5. Recreational Eating.
6. Alcohol Use.

The Problem: A Wacky Schedule



The Solution: The Wacky Schedule

- Give up the grazing technique & eat a real meal.
 - *Grazing*, or eating several small meals each day, can lead to *increased calorie consumption* and *decreased nutrition!*
- Respect the importance of mealtime & maintain a schedule.
 - Meals are fuel for your body & it performs at its best when fed regularly (every 3-5 hours).



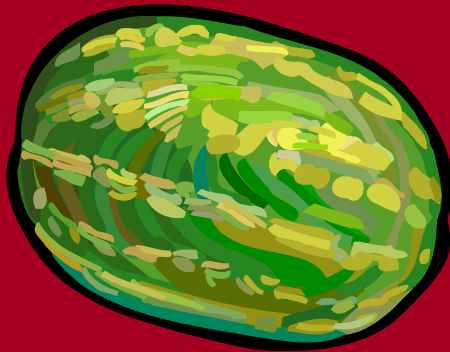
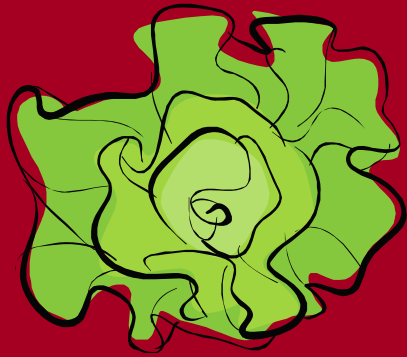
The Solution: The Wacky Schedule

- Eat as soon as you can after waking up in the morning.
 - Revs up your metabolism.
 - Helps to give you energy for the day.
 - Controls late day "pig out" sessions.
- Choose "decent" late night snacks or meals.
 - Eating late at night will not add any **more** pounds than eating during the day.
 - *Remember the "3 to 5-hour rule"...if you ate dinner at 6:30 pm and remain awake at 2:00 am, another meal is most likely needed.*
- Take a nap (rest)
 - Studies show those with a lack of sleep tend to eat more.

The Problem: Too Many Choices



The Solution: So Many Choices



- Make a commitment to eat at least 1 fruit & 1 veggie with both *lunch & dinner*.
 - They are both low in calories & fat and high in fiber, vitamins & minerals.
- Make two trips through the food line versus only one trip.
 - Go back for seconds or dessert AFTER you finish the meal.
 - Chances are you won't want more.
 - You will eat less because you are not hungry.

The Solution: So Many Choices

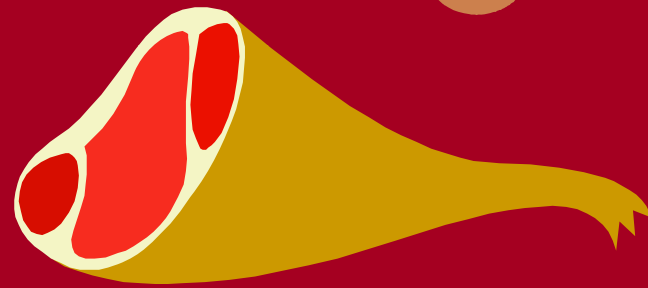


1. Moderation
2. Variety
3. Balance
4. Portion Control

Moderation

In the Dietary Guidelines:

- Limit intake of
 - saturated fat
 - trans fats
- Choose low-fat or fat-free
 - Meat & poultry
 - Dairy products
- Choose/prepare foods & beverages with
 - Little added sugar
 - Low calorie sweeteners



Variety



In the Dietary Guidelines:

- Consume a variety of nutrient-dense foods & beverages within and among the basic food groups.
 - Orange Juice
 - Spinach
 - Whole Wheat Breads & Cereals
 - Salmon
 - Skim Milk

Balance

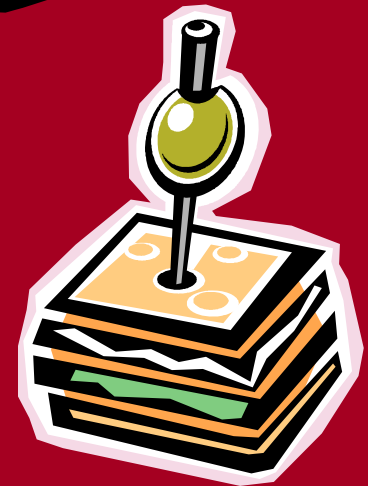
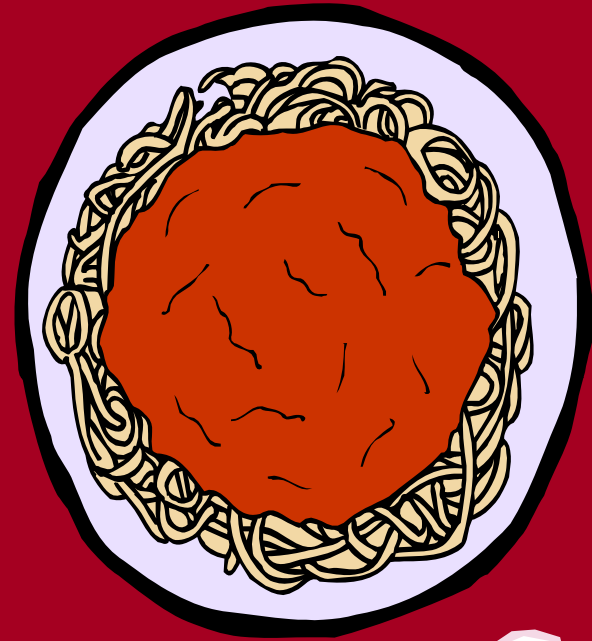
In the Dietary Guidelines:

- Adopt a balanced eating pattern.
 - Sufficient amount of fruits & vegetables/day.
 - 3 oz. or more of whole-grain products/day.
 - 3 to 4 cups/day of fat-free or low-fat milk or milk products/day.



Servings Sizes & Portion

A **portion or serving** is defined as a "helping: an individual quantity of food or drink taken as part of a meal."



What Counts as a Portion/Serving?

<u>Food Group</u>	<u>Serving Size</u>
Grain	1 slice of bread, $\frac{1}{2}$ small bagel, 1 oz. cold cereal, $\frac{1}{2}$ cup cooked cereal, or 4 small crackers
Vegetable	1 cup raw, leafy vegs, $\frac{3}{4}$ cup veg juice, or $\frac{1}{2}$ cup other vegs chopped, cooked or raw.
Fruit	1 medium whole fruit, $\frac{1}{2}$ cup chopped, cooked or canned fruit, or $\frac{3}{4}$ cup juice.
Dairy	1 cup of milk or yogurt, 1 $\frac{1}{2}$ oz. natural cheese, or 2 oz. processed cheese.
Meat & Meat Substitutes	2-3 oz. cooked lean meat, $\frac{1}{2}$ cup cooked dry beans, 1 egg, or 2 T. peanut butter.
Fat	1 tsp. butter or margarine, 2 T. dry non-dairy creamer, 1 tsp. oil, or 4 T. whipped topping.

"Guesstimated" Portion Sizes



- 1 cup of potatoes, rice, or pasta is equal to the amount that would fit into a tea cup or the size of a tennis ball.
- Bagels should be the size of a to-go coffee lid.

"Guesstimated" Portion Sizes

- Whole fruits should be about the size of a tennis ball.

- apples
- oranges
- peaches
- pears

- Bananas should be the size of a dollar bill.

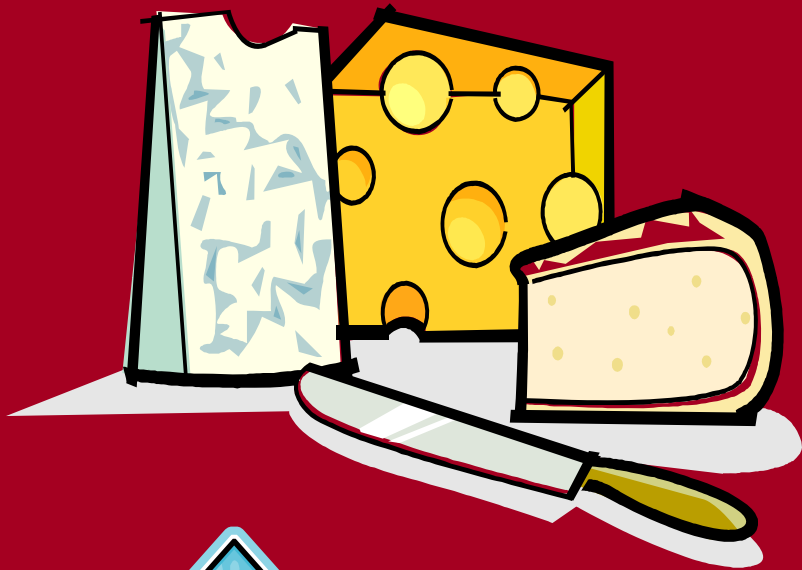


"Guesstimated" Portion Sizes

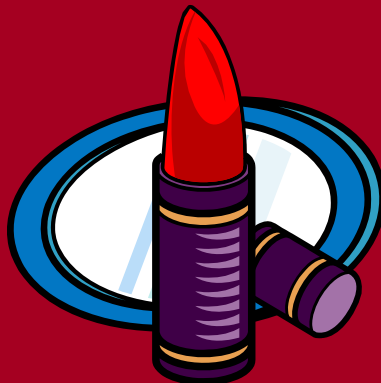
- Fresh veggies should be measured by "the $\frac{1}{2}$ cup" and should look like 3 ice cubes.



"Guesstimated" Portion Sizes



- A serving of cheese is equal to a tube of lipstick or if sliced, a 3.5 inch computer disk.

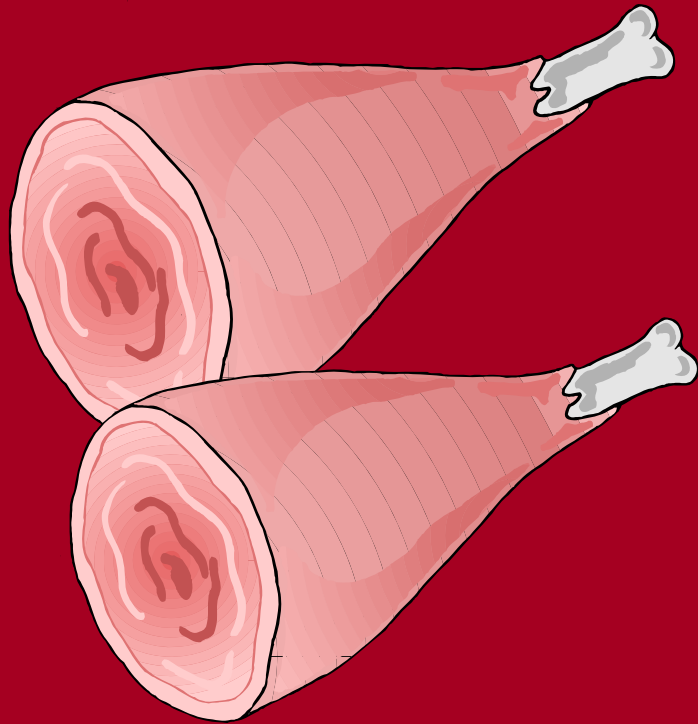


"Guesstimated" Portion Sizes



- Meats should be between 2-3oz. servings or the size of the palm of a woman's hand, or a deck of cards.

"Guesstimated" Portion Sizes



- 3 oz. serving of chicken or turkey with the bone equals:
 - 2 thighs
 - 2 drumsticks
 - 1 drumstick & 1 thigh

"Guesstimated" Portion Sizes



- 2 T. of peanut butter (or any "nut" butter) should be the size of a golf ball.

"Guesstimated" Portion Sizes



- 1 tsp of butter equals the foil-wrapped restaurant type (1 package).
- 1 tsp. of oil is the correct serving size.

The Problem: No Control



The Solution: "No Control"

- Go for plain food.
 - If you're not sure what the ingredients are in the 'mystery" dish...skip it!
 - Focus on foods that are
 - baked
 - broiled
 - grilled
 - lightly sautéed or steamed



The Healthy Way Around Campus

Food Item	Choose	Reduce/Avoid
Salads	Fruit, tossed, or other fresh veggies salads	Mayo-based or heavily dressed salads
Salad Dressing	Low calorie dressing, vinegars, yogurt, or lemon juice	Regular or creamy dressings
Vegetables	Any type stewed, steamed or boiled without sauce	Creamed, escalloped, Au Gratin, fried, candied, or glazed
Potatoes	Baked, boiled, steamed, mashed, or browned	Creamed, escalloped, Au Gratin, fried, or hash browns
Soups	Clear broths or consommés	Creamed soups or chowders
Bread	Plain bread, rolls, crackers, bread sticks, corn bread, bagels, pancakes, noodles, & rice	Sweet rolls, Danish, coffee cake, doughnuts, muffins, high fat/sugar cereal, & French toast

The Healthy Way Around Campus

Food Item	Choose	Reduce/Avoid
Meat	Roasted, baked, broiled, boiled, or stewed w/out skin	Fried, breaded, with gravy or other heavy sauces & meats w/skin
Eggs	Soft or hard cooked or poached	Fried, scrambled, & omelets
Milk Products	Skim or non-fat milk, yogurt, cottage cheese, lite cheese, & lite frozen yogurt	Cream, whole milk, cheese, & ice cream
Fats & Oils	Use sparingly	Butter, margarine, oils, cream cheese, cheese, mayo, etc.
Desserts	Fresh fruit & low-fat/non-fat yogurts	Cakes, pies, cookies, brownies, candy, ice cream, etc.
Misc.	Lemon juice, horseradish, vinegar, mustard, & ketchup	Honey, syrup, jelly, jam, & sugar

The Problem: Emotional
& Non-Hunger Eating



Solution: Emotional & Non-Hunger Eating



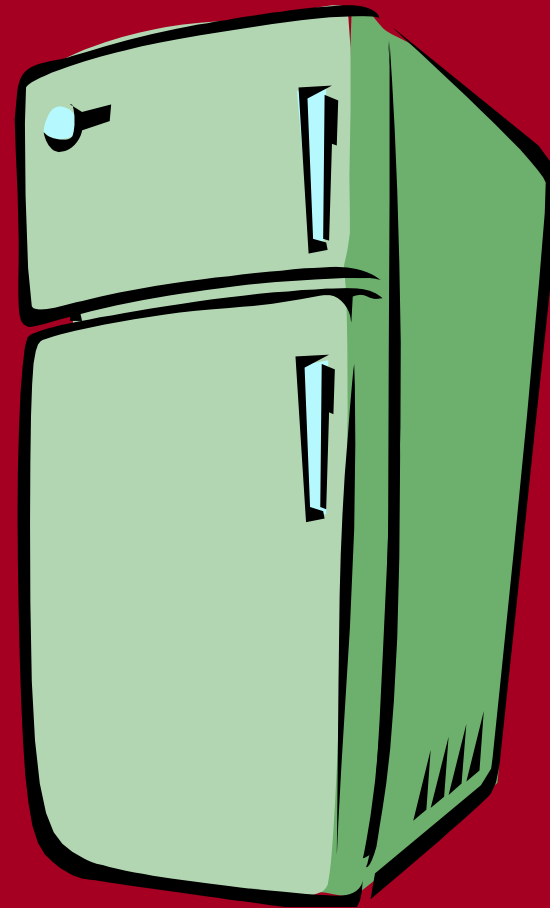
- Become aware of the non-hunger cues that encourage you to eat.

- Cues:

- sadness
- boredom
- anxiety
- loneliness
- stress

Solution: Emotional & Non-Hunger Eating

- Have low-calorie snacks near by or in your dorm room.
 - Snacking will never satisfy your hunger if you are truly hungry.
 - Calories are calories and can add up even if your snack choices are healthy.



Solution: Emotional & Non-Hunger Eating

- Make a list of things you can do instead of eating when a emotional or non-hunger binge is brewing.
 - read a magazine
 - take a walk
 - call a friend
 - take a bath
 - watch TV



Solution: Recreational Eating



- Leave the dining area
 - Linger may mean continued eating.
- Take a deliberate step to end your meal.
 - Brush your teeth
 - Chew gum
 - Suck on a mint candy
 - Drink water

Solution: Recreational Eating

- When you are through eating, immediately remove your plate.
 - Any food left on your plate may serve as a cue to continue to eat even if you are full.
- Create alternative activities that your normal "munch bunch" can do together instead of or besides eating.
 - Take a walk
 - See a movie
 - Exercise with your friends
 - Study

The Problem : Alcohol Calories



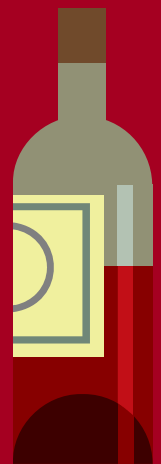
Solution: Alcohol Calories

- Pay attention to the number of calories in alcohol.
 - Drinking calories can add up very quickly.
- Never drink on an empty stomach.
 - Although you may want to save calories, this could be very dangerous.



What Counts as a Portion/Serving?

Alcohol Type	Serving Size	Recommended # of Drinks/day
Beer	12 oz.	Females = 1 drink/day* Males = 2 drinks/day*
Wine	5 oz.	Same as above
Hard Liquor	1.5 oz.	Same as above



Note: 4 or more drinks/setting is considered "binge" drinking for females. 5 or more drinks/setting is considered "binge" drinking for males.

Solution: Alcohol Calories



- Choose low-calorie mixers or dilute them with water or seltzer.
 - It isn't only the calories in the alcohol that can add up.
- Alternate each beverage with water or seltzer.
 - These fill-ins allow you to have something in your hand besides alcohol.

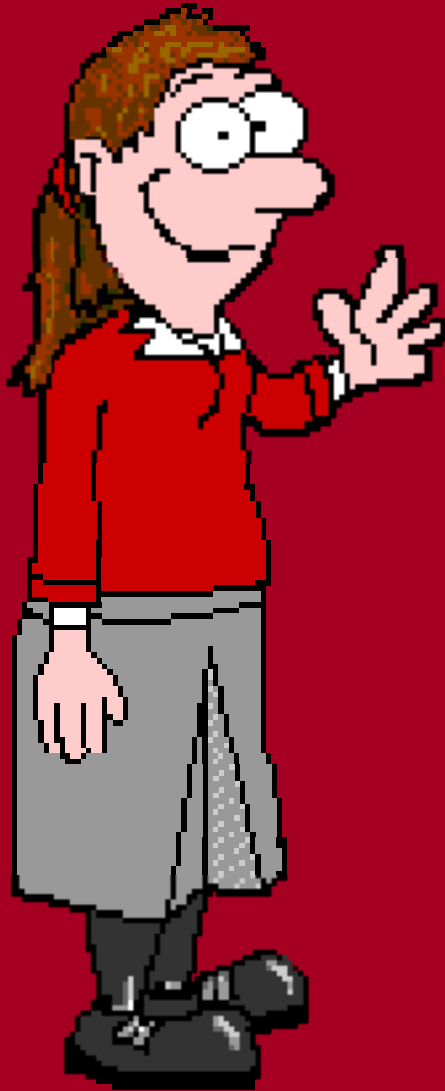
Conclusion



1. Remember...you are what you eat.
2. Eating well directly affects:
 - How you look.
 - How you feel.
 - How you perform mentally.
 - How you perform physically.
3. It's your body, it's your responsibility.

References

- Litt, Selkowitz Ann. **The College Student's Guide to Eating well on Campus.** Tulip Hill Press; Bethesda Maryland, 2000.
- Mahan, LK and Escott-Stump S. **Krause's Food 10th Edition, Nutrition, and Diet Therapy.** New York: W.B Saunders Company, 2000.



Need Help?

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