A Healthy nutritious lifestyle begins with:
- Consuming foods from all 5 food groups:
  Fruits
  Vegetables
  Protein
  Dairy
  Whole Grains
- Making exercise part of your day.
- Managing stress.
- Minimizing foods that are high in calories and fat.
- Meet with a Dietitian to develop a meal pattern specifically for you.

MyPlate Revisited:
Fruits—2 cups per day
Vegetables—2 1/2 cups per day
Whole grains—6 ounces per day
Dairy—3 cups low fat dairy per day
Protein—5 1/2 ounces per day

What constitutes a serving size?

“You are what you eat—
What would YOU like to

There is no one food, drink, pill, or machine that is the key to achieving optimal health. A person’s overall daily routine is what is most important. That is why, as part of National Nutrition Month® 2015, the Academy of Nutrition and Dietetics urges everyone to “Bite into a Healthy Lifestyle.”

Each March, the Academy encourages Americans to return to the basics of healthful eating through National Nutrition Month. This year’s theme encourages consumers to adopt a healthy lifestyle that is focused on consuming fewer calories, making informed food choices, and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

Health Tip: Don’t Fight Stress by Eating:
It can be tempting to reach for a bag of chips or some cookies when you’re stressed out about an impending exam. Eating won’t help your stress go away, so avoid filling up on snacks. Try working out or taking a break instead.
Benefits of Eating Breakfast for Students

**Improved Grades**
Eating breakfast can improve cognitive performance, test scores and achievement scores in students, especially in younger children. According to a study published in the journal Archives of Pediatrics and Adolescent Medicine, students who increased their participation in school breakfast programs had significantly higher math scores than students who skipped or rarely ate breakfast. As an added benefit, the group of students who increased breakfast participation also had decreased rates of tardiness and absences.

**Iron**
Extreme fatigue, which can cause depression, is sometimes the result of iron-deficiency anemia. Iron is essential for the formation of hemoglobin, which carries oxygen to the blood, and myoglobin, which stores oxygen in muscles. Certain spices, such as thyme, parsley, and basil, as well as dried beans; eggs; beef; shellfish; salmon; whole grains; almonds; and vegetables including kale, spinach, collards, and broccoli, supply iron to the body and may be just the ticket to fighting stress.

**Protein**
Also known as the “happiness hormone,” it is important for regulating mood, appetite, sleep, cognitive function, and muscle contraction. The amino acid tryptophan, found in protein food sources, can affect serotonin, which means restricted or inadequate protein can negatively affect serotonin levels and lead to moodiness and depression. Nuts such as pecans, walnuts, and almonds also contain tryptophan and can improve depression and promote relaxation.

**Vitamin D**
Vitamin D deficiency has been associated with depression often felt during the winter months. Look for fortified milk, liver, and calcium supplements to boost vitamin D levels. 15 minutes of sun exposure on the face and arms three times per week will help keep vitamin D levels up.

**Water**
Water is involved in every function of the body. It’s in every cell, tissue and organ of the body.

**Fight Stress with Food? Yes, Really!**
Many of us have a tendency to reach for unhealthy comfort food when stressed or depressed, but some foods really can help relieve stress and anxiety. Adding these nutritious foods to your meal plan can join an overall healthful diet, exercise, and relaxation training as core weapons in the fight against stress.

Dine with the Dietitian

**March 12 noon**

**Tricia Hollenbach—Dietitian**

**Faculty/Staff**
**Tuesdays and Wednesdays—by appointment only**

Student Health Center
Immunity and Nutrition

WATER helps your body with the following:

- Keeps its temperature normal.
- Lubricates and cushions your joints.
- Protects your spinal cord and other sensitive tissues.
- Gets rid of wastes through urination, perspiration, and bowel movements.

Good nutrition is essential to a strong immune system, which may offer protection from seasonal illness, such as the flu, as well as other health problems including arthritis, allergies, abnormal cell development and cancers.

Help protect yourself against infection and boost your immunity by including these nutrients in your eating plan.

Protein is part of the body’s defense mechanism. Eat a variety of protein foods, including seafood, lean meat, poultry, eggs, beans and peas, soy products and unsalted nuts and seeds.

Vitamin A helps regulate the immune system and protects you from infections by keeping skin and tissues in your mouth, stomach, intestines and respiratory system healthy. Get this immune-boosting vitamin from foods such as sweet potatoes, carrots, kale, spinach, red bell peppers, apricots, eggs or foods labeled vitamin-A fortified, such as milk or cereal.

Vitamin C protects you from infection by stimulating the formation of antibodies and boosting immunity. Include more of this healthy vitamin in your diet with citrus fruits such as oranges, grapefruit and tangerines, or red bell pepper, papaya, strawberries, tomato juice or foods fortified with vitamin C, such as some cereals.

Vitamin E works as an antioxidant, neutralizes free radicals and may improve immune function. Include vitamin E in your diet with fortified cereals, sunflower seeds, almonds, vegetable oils (such as sunflower or safflower oil), hazelnuts, peanut butter or spinach.

Zinc helps the immune system work properly and may help wounds heal. Zinc can be found in lean meat, poultry, seafood, milk, whole grain products, beans and nuts.

Other nutrients, including vitamin B6, folate, selenium, iron, as well as prebiotics and probiotics, also may influence immune response.

Get the Most from Exercise

Making your exercise routine more enjoyable and fun helps ensure that you’ll continue.

The American Heart Association suggests:

- Make sure shoes are comfortable and fit properly, and that your clothing is appropriate for the weather. Clothing should fit comfortably and loosely.
- Start out slowly, and stick to a consistent workout time, schedule and place. If you miss a workout, start again as soon as you can.
- Make sure your expectations are reasonable, based on your health and ability to exercise.
- Opt for fun activities with family and friends.
- Track your progress, how you feel and reward yourself for success.
Top 10 Stress-Fighting Foods

1. Spinach contains magnesium, which helps improve your body’s response to stress and may prevent migraine headaches.
2. Asparagus is a good source of folic acid, which produces serotonin and helps stabilize mood.
3. Beef helps stabilize mood by supplying zinc, iron, and B vitamins.
4. Dairy products such as milk and cottage cheese provide protein and calcium.
5. Nuts and seeds are good stress-fighting snacks. In addition to containing vitamin B12, magnesium, and zinc, almonds also provide vitamin E, which, like vitamin C, fights stress-related free radicals that cause heart disease. Walnuts and pistachios are known to lower blood pressure. Sunflower seeds include folate, which helps produce dopamine, a pleasure-inducing brain chemical.
6. Fruits such as oranges and blueberries contain vitamin C, which fights cancer-causing free radicals. Blueberries also counteract the effect of hormones such as cortisol, and bananas provide potassium, which lowers blood pressure.
7. Fish containing omega-3 fatty acids, such as salmon, can boost serotonin levels and limit the production of anxiety hormones such as adrenaline and cortisol.
8. Avocados are a good source of monounsaturated fat and potassium, which lower blood pressure.
9. Milk, including skim milk, is high in antioxidants and vitamins B2 and B12 and also provides protein and calcium, which can reduce muscle spasms and tension and soothe PMS.
10. Crispy rice cereal or corn flakes aren’t necessarily low in sugar; however, they offer B vitamins and folic acid, which reduce stress. Have a bowl of whole-grain cereal with milk for a stress-fighting breakfast.

4 Foods to Avoid

- **Caffeine**, found in coffee, tea, soda, and chocolate, can cause anxiety and raise stress hormone levels.
- **Sugar** causes spikes in blood glucose levels and increases insulin. This affects your adrenal glands, which regulate stress hormones and help the thyroid regulate body weight.
- **Trans fatty acids** such as hydrogenated vegetable oil are found in many baked goods and can hinder the immune system and increase the risk of heart disease.
- **Alcohol** puts more sugar in the body, and excessive consumption can damage the adrenal glands.