



Nutrition 101:



**ITHACA
COLLEGE**

Center for
Health Promotion



Start Fresh!
Make Healthy Choices on
the IC Campus



healthy choices on campus

Food Is Fuel, So Don't Skip Meals!

Food is the fuel that gets us through these long college days, but making healthy meal and snack choices may feel impossible at times. Here are some tips to help you focus on healthy food choices.



- **Balance Food Groups:** Try to have **3-4** food groups at meals and **2** at snack times to balance metabolism (protein, fruits, veggies, grains, dairy).
- **Portion Control:** Look at nutrition labels to see what consists of a serving. Learn to “eyeball” what a serving entails to avoid over-eating.
- **Snack and Meal Time:** Snacking between meals is essential for keeping your brain and your metabolism going! Try carrying 2 snacks (apple with peanut butter/celery sticks with low-fat cream cheese) with you during the day and map out meals for the week.
- **Evaluate Your Hunger:** You may be eating because you are thirsty, stressed, or bored rather than actually being hungry. Listen to what your brain is telling you!
- **Beverages:** Be sure to stay hydrated throughout the day. Water helps the body in *many* ways. Eight 8-ounce glasses per day is the recommendation



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Be Mindful of Your Portions!

Portions and plate size have gotten MASSIVE over the past decade. In the dining halls, remember your eyes may be bigger than your stomach. One or two plates of proportioned food is usually enough. If you eat fast-food, try not to “super-size.”

Examples of Single Serving Sizes:

Grains:

- 1 slice of bread
- 1 cup ready to eat cereal
- ½ cup cooked rice, cereal or pasta

Vegetables:

- 1 cup of a raw vegetables
- ½ cup cooked vegetables
- ½ -¾ cup vegetable juice

Fruits:

- 1 medium apple, orange or pear
- ½ cup canned fruit (in its own juice)
- ¼ cup dried fruit
- ¾ cup fruit juice

Dairy:

- 1 cup of skim milk or low-fat yogurt
- 1.5 oz. of cheese or ½ cup cottage cheese

Meat and Beans:

- 3 ounces of meat, fish or poultry
- 2 eggs, 7 oz. of tofu
- 1 cup (cooked) dried beans or chick-peas

Fats and Oils:

- 6 almonds or 10 mixed nuts
- 1/6 of an avocado
- 2 tbsp. of peanut or almond butter
- 1 tbsp. of salad dressing/ peanut butter/ butter or spread/ mayonnaise/ oils

Portion Size Guide:

Baseball= 1 cup/med. piece of fruit



Deck of cards/palm = 3 oz. of meat, fish or poultry



Checkbook = 3 oz.



Matchbook= 1 oz.



3 stacked dice = 1.5 oz.



Poker Chip = 1 tbsp



Light bulb = ½ cup



Golf ball = ¼ cup



Shot glass = 2tbsp.





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Evaluate Your Hunger...

With a buffet of food always a short walk away, it can be difficult to stay healthy and keep weight in check. Try to eat only when your body tells you to! As college students, our schedules are busy, but take some time out and sit down to a meal or snack—*no computer, no cell phone, no TV!* When you are rushed, panicked or anxious, food is not chewed very well, nor is the flavor savored. Try the activity below to eat slower and appreciate your food...

Savor The Grub

- Make time to appreciate your food. Give yourself a distinct time allowance for a meal- 15 minutes is better than nothing.
- Sit down at a table or your desk. Standing at the refrigerator or walking around the kitchen decreases your attention and satisfaction.
- Take a few deep breaths before you begin eating. Deep breathing helps to calm and center you, so you can eat more slowly.
- Don't gobble your food! It takes away your chance to really taste it and be aware of when you are feeling "comfortably full."



Remember: *Feel your fullness.*

Use this scale to guide you:

- 1-Very Hungry*
- 2-Somewhat Hungry*
- 3-Content*
- 4- Comfortably Full*
- 5- Very Full*





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Snacking is not taboo!

Snacking is key to staying focused and energized throughout the day. It boosts metabolism, reduces hunger, and helps you avoid overeating. Evaluate your hunger before eating, then aim for balance and portion control. Have a fridge full of healthy snacks full of protein and high fiber carbohydrates to avoid the candy jar. Plan snacks in advance and carry two with you during the day - just in case that stomach starts to growl!

Snack Ideas for Your Book Bag:

- Nuts (almonds, walnuts, peanuts; 1/4 cup serving)
- Granola bars with less than 150 calories per bar
- Trail mix or dried fruit
- Wheat pretzels
- Multi-grain crackers
- Baked potato or lentil chips

Snack Ideas for Your Dorm Fridge:

- Low-fat yogurt (plain or fruit)
- Cottage cheese
- Veggies
- Fresh fruit
- Hard boiled eggs
- Hummus with veggies, whole grain crackers or pita
- Non-fat milk
- Low-fat cheese

Discover if you are really hungry by first going for a ten minute walk or drinking 8 ounces of water; you may not want a snack afterwards.





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Vending Machines

Although convenient, vending machines are packed with unhealthy options full of saturated fat, sodium, and excess sugar that your body and brain do not need. If you need a pick-me-up, try to avoid chips and candy; rather, try scanning the machine for these options:



- | | |
|------------------------------------|---|
| Pretzels or Baked Chips | -Saves up to 50 calories and 9 grams of fat vs. regular potato chips |
| Trail Mix | - Adds fiber to your diet and up to 2 grams of protein vs. eating oatmeal cookies |
| Whole Grain Crackers | -Saves up to 4.5 grams of fat and adds up to 3 grams of fiber vs. cheese cracker sandwiches |
| Chocolate Chip Granola Bars | -Saves up to 180 calories and 11 grams of fat vs. eating a candy bar |

* If available, choose no sodium or lightly salted snacks and fat-free or low-fat.

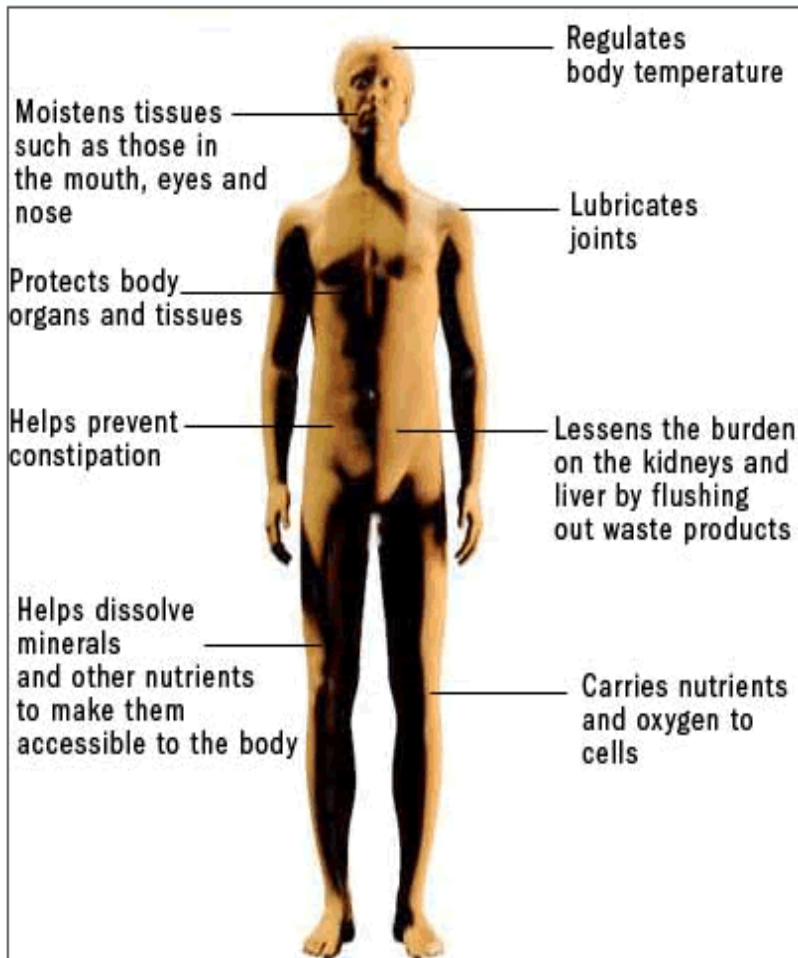


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Beverages

Many of us may not need eight glasses of water per day. However, without enough water in our systems, our bodies do not function properly. Water helps keeps us alert, focused, and may aid in controlling hunger. Sometimes we feel hungry, but we are actually thirsty. Sweetened and caffeinated beverages may also increase thirst. Try a few of these tips for healthier beverages...

Functions of water in the body



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- Drink sparkling water or try flavored seltzer.
- Squeeze a lemon, lime, grapefruit, or orange for a boost of flavor.
- Try drinking 100% juice diluted with water for a change of taste while increasing nutrients.
- Choose unsweetened or lightly sweetened and caffeine-free herbal-based teas or decaf coffee.
- Add fresh fruit to a pitcher of water and let it soak overnight to flavor.
- Keep a bottle of regular tap water with you throughout the day.



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What's For Lunch?



Eating lunch is important for re-fueling your mind and body. Make healthy choices next time while at the sandwich station, salad bar—or both! Balance your lunch with at *least* three food groups. Here are some tips to make your lunch healthier...

- **Fruits and Veggies:** Have one serving of fruit and at least two vegetables during lunch time as these are full of essential vitamins and minerals.
- **Low-fat Dairy:** Eat one non or low-fat dairy food to obtain calcium and increase protein. Non-fat Greek yogurt, skim milk, and low-fat cheeses are great sources.
- **Carbs:** Carbohydrates are needed for energy. Try whole-grain carbs, like whole-wheat pitas for a change.
- **Protein:** Protein is needed to sustain energy and ward off hunger. Try to eat 3oz. of protein to keep you balanced at each meal
- **Fats and Oils:** Steer clear of these on a daily basis, so next time you crave a cookie or piece of pie, it will be savored and satisfied. Choose fats like olive oil, canola oil, coconut oil, and nuts to get healthy fats in your diet (monounsaturated). Limit foods high in saturated fat, like baked goods and red meat.



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Tasty Sandwiches...

Who doesn't love a sandwich? It's portable, provides nutrients, and can include many food groups all in one! However, a sandwich can contain more than **700 calories**. Here are some healthy options you can choose to cut down those calories, increase nutrients, and still enjoy your sandwich...



- Choose complex carbs such as whole-wheat, whole-grain, or multi-grain bread or pitas over white bread, to add fiber and decrease calories.
- Mind your portions— large wraps contain over 100 calories more than two slices of whole wheat bread.
- Ask for low-fat cheese to decrease fat.
- Choose lean meats like turkey and chicken over ham, or have veggies with tofu or hummus.
- Skip the mayo and creamy dressings – try honey mustard or oil and vinegar for flavor.
- Limit breads brushed with oil and butter, like paninis and other grilled sandwiches. Opt for a lettuce sandwich if you're trying to cut down on excess carb consumption. *(bottom left picture)*
- Request more vegetables and lettuce on your sandwich to fill up with fewer calories.
- Limit hard rolls, croutons, and added salts.



Use Your Campus Resources!



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Center for Health Promotion



Hammond Health Center: (607) 274-3177

<http://www.ithaca.edu/sacl/healthcenter/>

Center for Health Promotion:

Lower Level, Hammond Health Center

<http://www.ithaca.edu/sacl/healthpromotion/>