

Nutrition SENSE

UNIVERSITY OF MASSACHUSETTS – DINING SERVICES

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We're on the web:
[www.aux.umass.edu/
diningservices](http://www.aux.umass.edu/diningservices)

FEBRUARY'S *quick tip*

Healthy eating helps you get the most out of life. A healthy lifestyle is the key to looking good, feeling great and being your best at work and play. It all starts with a healthy eating plan.

DIETITIAN *on duty*

5:00-6:00 pm

Wednesday, Feb. 1
at Worcester DC – Hillside Room

Wednesday, Feb. 8
at Franklin DC

Wednesday, Feb. 15
at Hampshire DC

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Be Smart. Eat Smart.



Nutrition
UMASS AMHERST DINING SERVICES



Weigh the facts,
exercise, craving vs.
hunger, mindful eating
habits and eating
problems

Weigh the facts – avoid the fads

Want to lose weight and keep it off?
Look for a diet program that:

- Relies on low calorie foods high in nutrients (fruits, vegetables, whole grains, legumes)
- Offers a variety of food from the basic food groups (www.MyPyramid.com) so you will not get bored and you will get the nutrients your body needs
- Fits the way you live
- Emphasizes slow weight loss and long-term change of eating habits. It should not exceed two pounds of weight loss per week.
- Offers instruction on the principles in nutrition
- Includes an exercise program
- Provides a weight maintenance plan (check on cost if additional)
- Provides statistics of what the average individual loses and if they can keep it off
- Provides supervision/support by a health professional, family and/or friends (important not to do this alone)

Exercise!

Choose an exercise to fit your lifestyle. Exercise 20-60 minutes five times each week. The more you exercise, the more calories you will burn. Make positive changes in your daily routine to feel good about yourself mentally and physically. If you are working and attending classes and do not seem to have time for exercising, here are a few suggestions:

- Take the stairs instead of the elevator.
- Walk to your class across campus rather than taking the bus.
- Meet a friend for a walk rather than meeting for a meal.
- Purchase a pedometer (meter that measures the total number of steps you have taken) and have your ultimate goal be 10,000 steps a day. If you have a pedometer and have not yet reached the 10,000 steps, just add a few extra steps each day. A little every day adds up.
- Work out with a friend.
- Check out the Oct. 2004 Nutrition Sense Newsletter on designing your own exercise program on our web site www.umass.edu/diningservices/nutrition.

Participate in March's National
Nutrition Month Promotions
and be eligible for a pair of
Red Sox tickets.

See page 4 for details.





WHAT IS YOUR BMI?

Over the last twenty years it has been determined that:

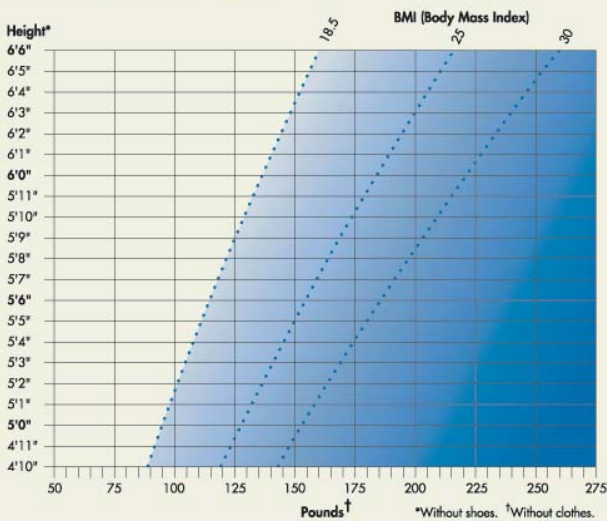
- 61% of adults in America are overweight
- 22% of adults are obese (very significant health risk)
- 300,000 deaths are caused by diseases associated with obesity
- 117 billion dollars are spent each year for medical treatment of diseases associated with obesity
- Americans spend 49 billion dollars every year on weight loss products.

Body weight may affect your energy level, health, appearance and self-esteem. Look to see what your Body Mass Index (BMI) is to see where you fall

- Below 18.5 means possible health risks due to low weight
- 18.5-24.9 means your weight does not increase your health risk
- 25.0-29.9 means your weight places your health at risk
- over 30.0 means your weight greatly increases your health risk

This chart does not take into account your gender, age or body composition.

ARE YOU AT A HEALTHY WEIGHT?



BMI measures weight in relation to height. The BMI ranges shown above are for adults. They are not exact ranges of healthy and unhealthy weights. However, they show that health risk increases at higher levels of overweight and obesity. Even within the healthy BMI range, weight gains can carry health risks for adults.

Directions: Find your weight on the bottom of the graph. Go straight up from that point until you come to the line that matches your height. Then look to find your weight group.

- Healthy Weight** BMI from 18.5 up to 25 refers to healthy weight.
- Overweight** BMI from 25 up to 30 refers to overweight.
- Obese** BMI 30 or higher refers to obesity. Obese persons are also overweight.

Source: Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2000, page 3.

Now that you know what your BMI is, what can you do about your weight? To lose weight and keep it off, you need to do three things:

1. Eat the right foods
2. Exercise regularly
3. Make changes in your eating behavior (behavior modification)

If you need to **gain weight**, look for the brochure at the nutrition display stations at each dining commons.

Craving vs. Hunger: Can you tell the difference?

When a person is motivated to eat, is he or she experiencing hunger or a craving? How does one differentiate between them?

Hunger is a physiological drive prompting a person to seek food for consumption. Symptoms of hunger include:

- an empty feeling in the stomach
- growling of the stomach
- fatigue
- irritability
- nausea
- shakiness
- difficulty concentrating

Food cravings are a motivational state in which a person feels a psychological drive to consume a specific food.

Cravings may or may not occur when an individual feels hungry. One is more likely to crave a particular food if the food is forbidden from his/her diet.

Instead of eliminating a favorite food from the diet, one should include it in moderation; inclusion will prevent the likelihood of a craving and the risk of a binge. Also, when choosing to ingest a prized provision, take the time to enjoy the experience! One should not feel guilty for partaking of a sumptuous snack.

Negative emotions often lead to cravings. Consuming a craved food in response to an emotional trigger is called "emotional eating." Emotional eating occurs when one eats to numb, distract, comfort or pleasure oneself. To manage emotional cravings, one can employ the following strategies*:

- Learn to recognize true hunger
- Know your triggers
- Look elsewhere for comfort
- Minimize unhealthy food choices
- Choose healthful snacks
- Eat a balanced diet
- Exercise regularly
- Get enough sleep

Red Flags of Bad Nutrition Advice

- Recommends a quick fix
- Dire warnings of danger from a single product/regimen
- If it is too good to be true, it is
- Simplistic conclusions drawn from a complex study
- Recommendations based on a single study
- Dramatic statements that are refuted by reputable scientific organizations
- Lists good and bad foods
- Recommendations made to sell a product (supplements, creams or patches)
- Recommendations based on studies published without peer review
- Recommendations from studies that ignore differences among individuals or groups

Cravings vs. Hunger Quiz

Take this quiz** to assess if you are privy to the differences between cravings and hunger. Circle the letter that most appropriately describes the statements.

C: Cravings H: Hunger E: Either N: Neither

- C H E N 1. Even after a large meal, I still want dessert.
 C H E N 2. I often have a gnawing feeling in my stomach.
 C H E N 3. When someone mentions food I love, I feel like eating.
 C H E N 4. I feel lightheaded after not eating for hours.
 C H E N 5. When I drive by a fast-food restaurant, I want to eat.
 C H E N 6. There is a time every day when I feel hungry.

See page 4 for answers.

Remember, feed the physiological drive of hunger; manage cravings by using the above strategies and not forbidding favorite foods from the diet.

*Courtesy of MayoClinic.com

**Courtesy of Weight Management Center, University of Pittsburgh Medical Center

Craving vs. Hunger researched and compiled by Kristen Pearson, Nutrition Major, Class of 2007.

Behavior Modification / Mindful Eating Habits

The definition of moderation is "being within reasonable limits, not excessive or extreme." Do not expect to make lifestyle changes overnight. Change your eating habits one at a time to make dietary changes less drastic. To begin, start by keeping track of what you eat for meals and snacks for three days and determine how many portions you have consumed each day. Portion sizes are listed in each category listed below. Look at what you are doing today and improve your eating habits one at a time. Here are some suggestions to improve your eating habits.

Eat a minimum of three meals per day. It will also help satisfy your appetite so that you won't find yourself overeating at mealtime.

Don't skip breakfast. Eat a high fiber breakfast for satiety.

Don't go more than 3-5 hours between meals. It can sap energy and lead to overeating at the next meal. Eat/chew slowly - it takes 20 minutes for the appetite center in your brain to get the message that you are full. If you eat too quickly, you will probably eat more than you need before your brain sends out a signal that you are full.

Don't eat on the run. Take 20 minutes to relax and eat between classes.

Put your fork down after you take a bite of food. Do not pick up the fork again until you have swallowed all the food in your mouth.

Achieve your goal by replacing one high calorie food with a lower calorie choice each day.

Only eat when you are hungry.

Eat healthy snacks between meals.

Eat smaller portions.

Don't multi-task (eat and do homework).



Dairy/Milk Products/Beverages

Consume a minimum of 3 equivalents of low-fat or fat-free dairy products each day. One equivalent is 1 cup of milk/milk alternative/yogurt, 1.5 -2 oz. cheese, 0.5 cup cottage cheese or 0.5 cup ice cream. Studies consistently have shown that individuals consuming 1000 mg (about 3.3 cups of milk) of calcium daily had a lower body weight or gained less weight. Drink 8-10 glasses of water, decaf herbal tea or seltzer water with lemon daily.

Tips

- If you currently drink one glass of milk per day, increase it to 1.5 cups per day and eventually increase it to at least two or three cups per day.
- Drink skim milk. Skim milk has 0% calories from fat compared to low-fat 2% milk which gets 35% of its calories from fat.
- Eat yogurt on pancakes or french toast - the plain and fruited yogurt are low-fat.
- Drink water or seltzer water with a lemon wedge at mealtime, instead of a soft drink or fruit juice. This is a savings of 38,000 calories/year or 11 extra pounds.
- If you drink four glasses of soda daily, cut back to three cups and add one cup of milk.
- Limit the amount of caffeine to two cups of coffee or soda per day.
- Drink water between each bite of food.
- Instead of drinking caffeinated and/or carbonated sodas, drink more skim milk, water or mix water and 100% fruit juice.
- Replace every cup of caffeinated beverage you consume with a cup of non-caffeinated beverage.

Protein/Meat/Legumes

Eat a minimum of 5.5 oz. equivalents of protein each day. One equivalent is 1 oz. of cooked meat, poultry or fish, 1 egg, 1 tablespoon of peanut butter, 0.25 cup legumes and 2 tablespoons of hummus.

Tips

- Cut down on fatty meats (red meat) and fried foods. There is always an alternative to deep fried foods in the DCs.
- Eat more poultry and fish. You can always take the breading off fried fish and chicken. The breading holds the fat and calories.
- Try a vegetarian/vegan entrée (legumes: garbanzo or kidney beans, lentils) once or twice a week to increase fiber, vitamin and mineral content.

Vegetables

Eat 5 equivalents (2.5 cups) of vegetables daily. One equivalent is 0.5 cup raw or cooked vegetables or 1 cup raw leafy greens (salad). Eat dark green and orange vegetables more often than starchy vegetables (peas and corn).

Tips

- If you eat one vegetable each day, take a larger portion or add a salad to another meal that day. This change will increase a meal's vitamin, mineral, fiber and phytochemical content.
- Add carrot sticks or a small salad to your meal.
- Eat carrot or celery sticks as a snack.
- Substitute a vegetable for a starch. Starches include potatoes, fries, noodles and rice.

Fruits

Eat four equivalents (2 cups) daily. One equivalent is 4 oz. 100% fruit juice, 0.5 cup raw, canned or cooked fruit, 1 medium apple, orange or pear, 1 small banana, 0.5 grapefruit or 0.25 cup dried fruit. Choose whole fruits over fruit juice.

Tips

- Grab a piece of fresh fruit to snack on if you get hungry.
- If you drink four cups of fruit juice/drink a day, cut back to three cups and add a piece of fresh or canned fruit to increase fiber content.
- Use fruit as a topping for pancakes, french toast, waffles or even ice cream.

Grains/Breads/Starches

Eat a minimum of six ounce equivalents each day, half to be from whole grains. One ounce equivalent is 1 slice of bread, 0.5 English muffin or hamburger roll, 1 oz. ready to eat cereal, 0.5 cup pasta, rice, cooked cereal or one tortilla.

Tips

- If you eat french fries daily, cut back to three or four times per week, then eventually down to one time each week. Try pasta, whole grains or baked potato in place of the fries.
- If you eat white rice with an entrée, try eating a whole grain such as brown rice, mixed grains, bulgur or other whole grain instead. Whole grains are available daily with the vegetarian options.
- If you eat potato chips with a sandwich, snack on pretzels instead (less fat).
- Sprinkle *Grape Nuts* cereal on your salad or yogurt to increase satiety.
- If you have a sandwich, choose a whole grain bread over white bread.

Other (Desserts/Fats)

Try to limit desserts, deep-fried foods/snacks and alcoholic beverages daily. If you really want one of these, have it, but remember to compensate by exercising more to burn the calories you just consumed.

- Limit the following snacks: salty chips, alcohol, sweetened beverages, cakes, cookies, candy, butter, margarine, etc.
- Use less salad dressing (1 tbsp dressing/day - that is 30,000 calories or 9 pounds!)
- Ask for entrees without gravies and sauces.
- Drink fewer sodas or sweetened beverages.
- Use a half a pat of butter/margarine instead of a whole pat.
- If you eat a dessert after every meal, try eating a piece of fruit instead once a day.
- If you have ice cream daily, try frozen yogurt instead.
- If you are craving a piece of chocolate or a specific dessert, have a small piece to satisfy your needs, but do not overindulge.
- Stock healthy snacks in your room. If you only have fresh fruit in your room, when you are really hungry, you will eat it. If you have a choice of fruit or candy, most will choose candy. Be selective as to what snacks you keep in your room.
- Eat fewer high fat foods (cheese, butter, red meat, desserts, deep fried foods).
- Reduce or cut out alcohol intake. Substitute a non-alcoholic drink every other drink.

Now that Mom and/or Dad are not telling you what to eat and you have your own independence, you need to decide how you want to eat. You may want to eat healthy, but you may not know how. Refer to the nutrition information for the basics in nutrition principles on our web site: www.umass.edu/diningservices/nutrition or at the nutrition display areas in each DC.

“being within reasonable limits, not excessive or extreme”

March is National Nutrition Month®

Step Up to Nutrition & Health

EATING PROBLEMS?

Many people find that their eating habits change a great deal when they get to college. Sometimes stress causes people, especially college-aged

students, to think about food differently and change their eating habits even more. For some people, food becomes the central focus of their lives, and eating (or not eating) becomes another college stress.

Everyone's eating habits are different, but each individual must decide when eating habits become a problem. You might ask yourself some of the following questions to help you examine your eating habits:

- Do I find myself thinking about food for large parts of the day?*
- Do I eat more than I mean to on a regular basis and then feel bad about it?*
- Do I skip meals even though I am very hungry?*
- Do I ever vomit after I eat because I wish I hadn't eaten?*
- Am I always unhappy with my weight and always trying to diet?*

Perhaps there is someone you know for whom eating may be a problem. Ask yourself if the person:

- Is preoccupied with food and weight?*
- Loses a lot of weight in a short time?*
- Spends a long time in the bathroom, especially after meals?*
- Hides food?*
- Eats large amounts of food in one sitting?*

Remember that exhibiting one of these behaviors on occasion does not necessarily mean you should seek assistance.

If you are concerned about your eating habits, or those of someone you know, and feel that you'd like assistance in understanding them, there are resources available to you on campus regarding body image and eating disorders:

- University Health Services Eating Disorder Clinic: 577-5239
- UHS Mental Health Services: 545-2337
- Everywoman's Center, Wilder Hall: 545-0883
- Counseling and Assessment Services: 123 Berkshire House: 545-0333
- Psychological Services Center, Tobin Hall, First Floor: 545-0041 (sliding fee)
- Women's Health Project, UHS, Health Education Division: 577-5181

ANSWERS TO HUNGER/CRAVING QUIZ:

Situations 1,3, and 5 indicate cravings (C).

Situations 2 and 4 indicate hunger (H).

Situation 6 indicates either cravings or hunger (E).

FAD Diets

Avoid fad diets as they typically do not work and many cannot remain on it for the rest of their life. You may initially lose weight,

however, once you go back to your old eating habits, most tend to gain even more weight back than what was lost. Following are statements to know if the diet you are looking into is a fad diet:

- Promotes quick weight loss
- Advocates limited food selection (grapefruit, cabbage soup, low carbohydrate)
- Omits one or more of the food groups or major nutrients
- Bills the diet as a "cure-all" or the diet food as a "magic bullet"
- Lacks proven scientific evidence for success
- Includes expensive supplements - some which can be harmful in high doses (e.g., Vitamins A, D, C and B6)
- Claims to be based on a previously undiscovered "secret"
- Suggests food/products can change the body's chemistry
- Allows you to eat all you want and still lose weight

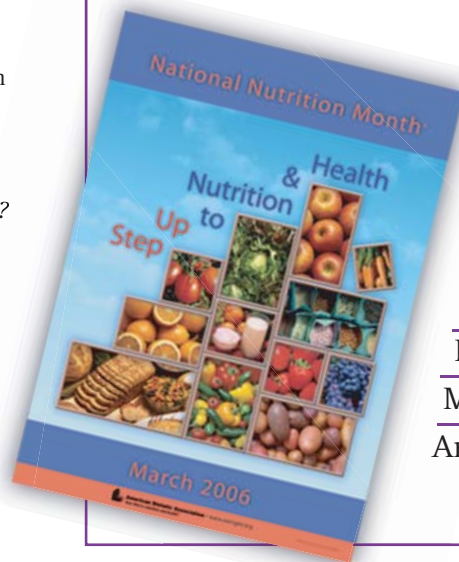
Step Up to Nutrition and Health!

Join the activities from 5:30 - 7:30 pm

March 7 at Worcester DC - Hillside Room

March 8 at Franklin DC

March 9 at Hampshire DC



Participate and become eligible to win the following prizes:

Pair of Red Sox Tickets



Yoga classes on campus

Health club memberships

Massages

And more!

DID YOU KNOW?

The most commonly craved food in western societies is chocolate. Phytochemicals called polyphenols and antioxidants called flavonoids are plentiful in dark chocolate. Choose dark chocolate to reap the health benefits of polyphenols and flavonoids. See more details about the health benefits of dark chocolate in March's 2006 Nutrition Sense Newsletter.



Winner of eight national awards from National Association of College and University Food Services:

"Outstanding College and University Menu for Residential Dining" in 2000, 2001, 2002, 2004, 2005

"Most Creative Nutrition Promotion" 2003 "Do You Want to be a Meal-lionaire?" 2004 "Nutrition Jeopardy"

The nutrition information in this newsletter is for educational purposes only. Information in this newsletter shall not be construed as medical, nutritional, fitness or other professional advice nor is it intended to provide medical treatment or legal advice. We recommend you meet with the appropriate professional advisors regarding any individual conditions.