

Nutrition SENSE

UNIVERSITY OF MASSACHUSETTS – DINING SERVICES

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We're on the web:
www.aux.umass.edu/diningservices

SUMMER quick tip

Whatever foods you eat, have a sensible portion size. Knowing the appropriate portion sizes for you is part of eating smart.

DIETITIAN on duty

Get free nutrition advice in the DCs at the following times!

5:00-6:00 pm

September 7th – Worcester DC
Meal of Fortune in Hillside Room
September 14th – Berkshire DC
September 21st – Franklin DC
September 28th – Hampshire DC

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Be Smart. Eat Smart.



Nutrition
UMASS AMHERST DINING SERVICES



Major causes of the freshman 15:

oversized portions
unlimited options in the DCs
poor food choices
for meals, beverages (alcohol)
and late-night eating
lack of sleep
...and stress

Fear the Freshman 15?

College life demands that you make choices about your future, your lifestyle and the future of your overall health and well-being. Mom and/or Dad are no longer looking over your food choices. UMass Dining Services provides the foundation for good, quality, nutritious foods with quite a variety, but it is ultimately your decision as to what you consume. Many incoming freshmen fear getting the extra fifteen or more pounds when they begin college. You can make your meals more appetizing and be assured of getting the essential nutrients by considering the following factors:

MODERATION IS THE KEY TO EATING A HEALTHY DIET

Eat foods in moderation (consuming foods within reasonable limits, not excessive or extreme). Follow the American Dietary Guidelines to assist in selecting a nutritious and balanced diet.

AMERICAN DIETARY GUIDELINES*

A healthy diet is one that:

1. Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products;
2. Includes lean meats, poultry, fish, beans, eggs, and nuts; and
3. Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

**These recommendations are not a therapeutic diet for any specific health condition. Consult a health care provider if chronic conditions exist.*

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. This is a form of behavior modification, making changes in your daily routine to fit your lifestyle and feel good about yourself, mentally and physically. If you are working and attending classes and don't seem to have time to exercise, 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 are not close to 10,000 steps, just add a few extra steps each day. A little every day adds up and eventually you will reach your goal.
- Work out with a friend at a gym on campus (Campus Recreation schedule found on <http://www.umass.edu/umim/recfac.html> or the Wellness Centers in the residence halls).
- Refer to the October 2004 Nutrition Newsletter on the website www.umass.edu/diningservices/nutrition for assistance in designing your own exercise program.



In order to stay healthy and eat right, it is recommended that you:

- Make breakfast a priority.
- Eat healthy meals, snacks and beverages every 3 to 5 hours to maintain your energy level throughout the day.
- Eat a variety of foods from ALL of the food groups in proper portion sizes.
- Eat foods and drink alcohol in moderation (consuming foods/beverages within reasonable limits, not excessive or extreme).
- Eat an assortment of colors: the more colors you eat, the more nutrients you consume.
- Eat more steamed, grilled and baked foods & less fried foods.
- Eat more fruits and vegetables, shoot for 9 a day.
- Eat a diet consisting of 50-65% calories from carbohydrates (preferably from whole grain products), 25-30% from fat, and 15-20% from protein. Carbohydrates, protein and fat do provide calories. Vitamins, minerals and water do not contain calories, but are necessary to live a healthy life.
- Exercise 20-60 minutes five times each week.
- Make one little change each day and before you know it, it will become a habit!
- Suggestions for improving your eating habits, why you should eat breakfast, and general nutrition information can be found on our website:

www.aux.umass.edu/diningservices

Fear the Freshman 15? [Continued]

BE CONSCIOUS OF THE AMOUNT OF FOOD YOU PUT ON YOUR PLATE

First, take only one plate and review all the food choices before you put food on your plate. If you take too much, you may be tempted to eat it all. Start with a smaller serving. If you eat it all and you are still hungry, you can always go back for more. Take what you can eat, but eat what you take. Only eat when you are hungry, not while watching television or just because you are bored. Try to stick to an actual serving size based on the Food Guide Pyramid.

SELECT FOODS WITH DIFFERENT COLORS AND TEXTURES

Consuming different colored foods means you are consuming more vitamins, minerals and phytochemicals. Salads, fresh fruits and vegetables provide appetite-stimulating eye appeal and "crunch" to your meal. A tangy dressing adds zest to salads and whole grains. Use condiments sparingly to let the true flavor of the food come through. Try to eat nine equivalents of fruits and vegetables each day using an assortment of colors to get more nutrients.

SELECT FOOD BASED ON THEIR PREPARATION

Fried foods add extra fat and calories to your diet. Select items that have been prepared differently, such as baked, grilled or steamed foods and save yourself a few calories!

SNACKING

- If you have snacks in your room, be careful what you choose. Fresh fruit, fresh vegetables, whole wheat crackers, and pretzels are low in fat and calories and can give you more nutrients than cookies, candy and soda.
- Snack only when you are hungry, not when you are studying, watching television or when you are bored.

SLEEP

- Make sure you get enough sleep (6-8 hours) every night to maximize brain function and energy levels.
- Exercising daily also helps you relieve stress and sleep better. Exercising three hours before bedtime can prevent some from falling asleep quickly.

BEVERAGES

- Drink 8-10 glasses of water daily to keep your body hydrated.
- Limit the amount of soda and juices consumed daily as drinking too much can lead to excess calories.
- Drink a minimum of 3 servings of dairy products daily - remember, skim milk has no fat and the low-fat milk has 42 calories more per cup (8 oz) than skim milk.
- Alcohol can also contribute excess calories. Beer has 130 to 356 calories per 12 oz, wine has 70 to 158 calories per 3.5 oz glass and mixed drinks usually have alcohol and other ingredients so the calorie content can be higher. Avoid mixing energy drinks and alcohol together. Note: Twelve beers (300 calories each) in one weekend can increase your weight by one pound. Refer to the website www.umass.edu/diningservices/nutrition for more information.



Food Guide Pyramid: A Guide To Food Choices



MyPyramid.gov
STEPS TO A HEALTHIER YOU

These recommendations are based on the 2,000 calorie diet and for individuals who get less than 30 minutes of moderate physical activity per day, beyond normal daily activities. Go to www.mypyramid.gov to get an estimate of the total number of equivalents in each food group that you should consume each day based on your age and activity level.

Log onto www.MyPryamid.gov to find the pyramid that is best for you based on your age and activity level.

DAIRY/MILK PRODUCTS/BEVERAGES

Ultimate Goals:

- Consume a minimum of 3 cups of low-fat or fat-free dairy products each day.
- Drink 8-10 glasses of water, decaf herbal tea or seltzer water with lemon daily.
- Drink no more than 2-3 cups of caffeinated beverages (200-300 mg caffeine) each day.

Equivalents for one cup: 1 cup (8 oz.) of milk/milk alternative or yogurt, 1 1/2 - 2 oz. hard cheese (Swiss, cheddar, mozzarella and parmesan), 4 slices (2 oz.) of American Cheese, and 2 cups of cottage cheese.

Note: Studies have consistently shown that individuals consuming 1000 mg of calcium from milk (about 3 1/3 cups) daily had a lower body weight or gained less weight.

The dining commons offer many assorted dairy products: milk/milk alternatives (dairy and non-dairy sources include skim milk, 1% and 2% milks, Silk soy milk, Rice Dream and Lactaid 100%), low-fat yogurt, and fat-free cottage cheese.

PROTEIN/MEAT/LEGUMES

Ultimate Goal:

- Eat a minimum of 5 1/2 ounce equivalents of protein every day. Choose lean meat and poultry. Vary your choices: Eat more fish, beans, peas, nuts and seeds.

One Ounce Equivalents: 1 oz. of meat, poultry or fish; 1/4 cup of cooked dried beans (black,

pinto, kidney, white) or peas (chick peas or lentils); 1/4 cup of refried or baked beans; 1 egg; 1 tablespoon of peanut butter; 2 tablespoons of hummus; 1/2 oz. of nuts (12 almonds, 7 walnut halves); and 1/2 oz. of sunflower or other seeds.

VEGETABLES

Ultimate Goal:

- Eat five equivalents (2 1/2 cups) of vegetables daily. The more colors you eat, the more nutrients you consume.

Equivalents: 1/2 cup raw or cooked vegetables or 1 cup of raw leafy vegetables.

FRUITS

Ultimate Goal:

- Eat four equivalents (2 cups) daily. Choose whole fruits over fruit juices. The more colors you eat, the more nutrients you consume.

Equivalents: 1/2 cup raw, canned or cooked fruit; 1 medium apple, orange or pear; 1 small banana; 1/2 grapefruit; 1/4 cup of dried fruit; or 4 oz. of 100% fruit juice (not juice drink or beverage - limit to one equivalent per day).

GRAINS/COMPLEX CARBOHYDRATES

Ultimate Goal:

- Eat a minimum of six ounce equivalents each day, half to be from whole grains (buckwheat, brown rice, whole grain breads) and the remaining to be enriched breads and cereals.

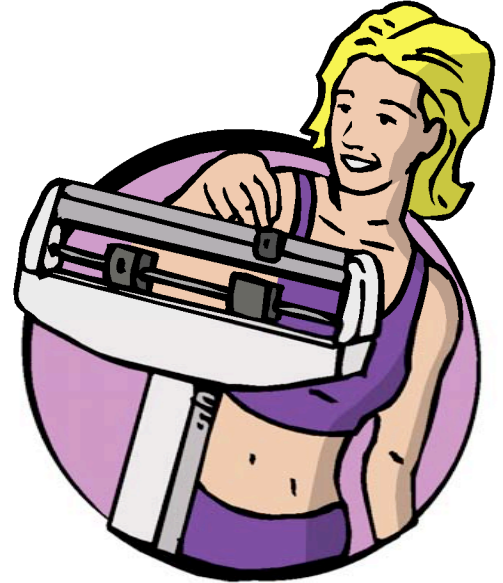
One Ounce Equivalents: 1 slice of bread, 1/2 English muffin or hamburger roll, 1 oz. ready to

eat cereal, one small dinner roll, one tortilla or 1/2 cup pasta, rice or cooked cereal.

OTHER (DESSERTS/FATS)

Ultimate Goal:

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



Copy & save!

Use this chart to assist you in keeping track of what you eat for meals and snacks for three to seven days and determine how many equivalents, based on the Food Guide Pyramid, you have consumed each day. Refer to our website for tips on improving your eating habits for each food group. www.umass.edu/diningservices/nutrition

Today is _____

Daily Food Diary Chart



Foods Eaten	Dairy	Protein	Fruits	Vegetables	Grains	Other
Breakfast						
Snack						
Lunch						
Snack						
Dinner						
Total number of servings based on Food Guide Pyramid						



Game show madness — back on campus!

Phantom Sheep Productions (PSP) is the Western Mass. Premier comedy troupe of professional writers, performers, and technicians creating original quality entertainment for schools, theme parks and corporate events. PSP specializes in improv, sketch comedy, workshops, voice-overs, puppetry, creative direction and more.

They are widely known for creating over eighteen original shows and entertainment for Six Flags in Agawam, MA and recognized for their successful series of "LaughCrafters: Comedy Improv" workshops and performances. Troupe members are Eric Boucher, Justin Alaimo, Tommy Lynch and Matt Swett. They are proud to be back working with UMass Dining Services for a fourth season to help bring another great idea to life in honor of National Nutrition Month®. For more information on PSP, please visit us online at www.phantomsheep.com.



Thank You to our major sponsors:
First Week Planning Committee and Gardenburger.



Enter with a friend to be a contestant for Meal of Fortune!

Wednesday September 7th
from 5:30- 6:30pm at Worcester DC in the Hillside Room

MEAL OF FORTUNE

Rules and Regulations:

Two half hour games: 5:30 and 6:00 pm

Three teams per game: 2 UMass students per team

Entry Forms: Fill out entry forms available at the cashier's station before 5:30 pm on the day of the game. Place in box by cashier's station.

Team Selection: Both students on the team must be present in order to play Meal of Fortune.

Nutrition Sense Newsletters from October 2004 to June 2005 on the website www.umass.edu/diningservices/nutrition give the answers to the questions in this promotion.

Meal of Fortune Wheel: There are two BANKRUPT, two LOSE A TURN and two PRIZE slots on the wheel. There will also be two FREE SPIN spots on the wheel.

Playing the game: Team spins the wheel. Team answers a color coded question (color indicates topic from the Nutrition Sense Newsletters). If the team answers the question correctly, the team chooses a letter to the puzzle, buys a vowel or solves the puzzle. The game continues until a team solves a puzzle. The team with the highest score at the end of the first half hour must stay and play the final round after the second game show.

Audience Participation: Fill out the nutrition fun sheet (available online at <http://www.umass.edu/diningservices/nutrition>, in the March 2005 Newsletter or at Worcester DC the evening of the event). Drop the fun sheet in the bucket for a drawing after the games at approximately 6:30 pm. Student must be present to win. ID may be required.

Grand Prize: \$100 Gift Certificate to the UMass Textbook Annex/University Store, compliments of *Gardenburger*.



Winner of seven 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"