

Nutrition SENSE

UNIVERSITY OF MASSACHUSETTS – DINING SERVICES

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We are on the web:
www.umass.edu/diningservices

SEPTEMBER *quick tip*

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

DIETITIAN *on duty*

5:00 – 6:00 PM

September 6 – Hampshire DC

September 13 – Franklin DC

September 20 – Worcester DC

September 27 – Berkshire DC

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Be Smart. Eat Smart.



Nutrition
UMASS AMHERST DINING SERVICES



hiding food?
skipping meals?
is food a
focal point
of your life?

Is eating a problem?

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 a central, if not *the* central focus of their lives, and eating, or not eating, becomes another college stress to deal with.

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.

RESOURCES

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: 413-577-5314

UHS Mental Health Services: 413-545-2337

Everywoman's Center, Wilder Hall:
413-545-0883

Counseling and Assessment Services:
123 Berkshire House: 413-545-0333

Psychological Services Center, Tobin Hall,
Room 123, 413-545-0041 (sliding fee)

Women's Health Project, UHS, Health
Education Division: 413-577-5181

Stay Healthy And Eat Right VARIETY IS KEY!



IN ORDER TO STAY HEALTHY AND EAT RIGHT,
IT IS RECOMMENDED THAT YOU:

1. Eat breakfast.
2. Eat a variety of foods from ALL of the food groups in proper portion sizes.
3. Eat foods and drink alcohol in moderation (consuming foods/beverages within reasonable limits, not excessive or extreme).
4. Eat an assortment of colors; the more colors you eat, the more nutrients you consume.
5. Eat more steamed, grilled and baked foods and less fried foods.
6. Eat more fruits and vegetables – shoot for 5-9 servings a day.
7. 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.
8. Exercise 20-60 minutes five times each week.
9. Make one little change each day and before you know it, it will become a habit!
10. Suggestions for improving eating habits, why you should eat breakfast and general information on the basic nutrients are on our web site:
www.umass.edu/diningservices/nutrition

UMASS PROVIDES HEALTHY ALTERNATIVES FOR YOU!

DAIRY

The dining commons offer many dairy products: fresh milk (skim, 2%, Silk soy milk, Rice Dream and Lactaid 100%), low-fat yogurt, and fat-free cottage cheese. These are wonderful selections that will not only provide essential nutrients, like calcium, Vitamins D and B₆ but also save calories and allow for more choices from other food groups.

PROTEIN

Make sure to include 5-6 equivalents from the meat/legumes group per day. Three of the B vitamins found in the meat group help in metabolizing carbohydrates, fats and proteins to release energy. Try vegetarian entrees with legumes (dried peas and beans) to obtain quality protein and fiber without the cholesterol and saturated fat found in meats.

FRUITS & VEGETABLES

The salad bar provides unlimited fresh vegetables and fruits on a daily basis. Including a dark green and orange vegetable each day will boost your intake of iron, calcium, folate and vitamins. Try to eat at least 5-9 servings of fruits and vegetables every day!

GRAINS/STARCHES

An abundance of whole grain breads, cereals, bagels, and mixed grains are available daily at the dining commons. Selecting these items will help to increase your fiber intake and add substantial vitamins and minerals to your diet.

OTHER

The DCs offer an array of delicious desserts such as cakes, ice cream and cookies. Remember to enjoy these foods in moderation because they are rich in fats and sugars. Take a smaller portion or share a dessert with a friend. Two of the essential foundations of a balanced diet are variety and moderation.

Remember to exercise on a regular basis too!

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.



**Winner of ten 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, 2006

“Most Creative Nutrition Promotion”
2003 “Do You Want to be
a Meal-lionaire?”
2004 “Nutrition Jeopardy”
2006 “Step Up to Nutrition
and Health”



GRAND PRIZE WINNER '05