TOPICS OF DISCUSSION

✧ What does eating healthy mean?
✧ What constitutes a healthy meal?
✧ Why is eating healthy important in college?
✧ What happens if I don’t eat healthy?
✧ Where can I find healthy choices on-campus this summer?
✧ What are some tips to eating healthy on-campus?
“THERE IS NO DIET THAT WILL DO WHAT EATING HEALTHY DOES”

✧ A diet is often referred to as some dietary regimen for losing weight, however, diet simply means what food we eat in the course of a 24-hour, one week, or one month, etc.

✧ Eating a variety of foods that give you the nutrients to maintain your health, feel good, have energy, and sustain life

✧ These nutrients include
  ✧ Carbohydrates
  ✧ Protein
  ✧ Dietary Fat
  ✧ Vitamins
  ✧ Minerals
  ✧ Water

✧ What does healthy eating mean to you?
A balanced diet must include several food groups because one single group cannot provide everything a human needs for good nutrition.

There are five main food groups:

- **Grains**: 6 ounces everyday
- **Protein**: 5 ½ ounces everyday
- **Fruits**: 2 cups everyday
- **Vegetables**: 2 ½ cups everyday
- **Dairy**: 3 cups everyday

Your portions at each meal do not need to be any specific amount, but to stay within your energy needs, the total amount you eat each day should match the total amount recommended for each group.
YOU’RE IN COLLEGE: THINK SMART, EAT SMART, BE SMART

IT IS IMPORTANT TO...
✧ Listen to your body
✧ Fit healthy eating into your lifestyle
✧ Balance your meals
✧ Eat a variety of foods
✧ Eat mindfully

EATING HEALTHY CAN...
✧ Increase Academic Performance
✧ Reduce Depression
✧ Help with Weight control
✧ Aid in disease prevention

S. SZANTO MAY 2015
WHY CAN’T I LIVE OFF OF COFFEE, DORITOS, PIZZA, AND RANCH?

- Obesity
- Heart Disease
- Hypertension
- Diabetes Mellitus
- Osteoporosis
- Iron Deficiency
- Dental caries
- Hair loss
- Fatigue/Lack of Energy
- Gout
- Cancer
- Stroke
- Diarrhea/Constipation
- Nausea
BREAKFAST

THE EXCHANGE
✧ Six Grain Toast Egg Sandwich
✧ 1 sandwich
✧ Side Fruit Salad
✧ ⅔ cup
✧ 330 calories
✧ 17g total fat
✧ 390mg sodium
✧ 32g carbohydrates
✧ 18g sugars
✧ 18g protein

LA PRIMA
✧ Latté with Almond Milk
✧ 12oz
✧ Orange Cranberry Muffin
✧ 2oz
✧ 190 calories
✧ 7g total fat
✧ 245mg sodium
✧ 30g carbohydrates
✧ 19g sugars
✧ 4g protein
LUNCH

**EVGEFSTOS**
- Black Bean, Salsa, and Cheese Quesadilla
  - 6oz
- Jasmine Rice Blend
  - 1 cup
    - 280 calories
    - 6g total fat
    - 210mg sodium
    - 49g carbohydrates
    - 2g sugars
    - 11g protein

**EL GALLO DE ORO**
- Pork Burrito Bowl
  - 1 bowl
- Chickpea Salad
  - ½ cup
    - 460 calories
    - 10g total fat
    - 550mg sodium
    - 62g carbohydrates
    - 7g sugars
    - 29g protein
DINNER

TARTAN EXPRESS

✧ Sweet and Sour Noodles with Meatball
 ✧ 16oz

✧ 5 Spice Edamame
 ✧ 8.2oz
  ✧ 480 calories
  ✧ 26g total fat
  ✧ 500mg sodium
  ✧ 33g carbohydrates
  ✧ 13g sugars
  ✧ 30g protein

ASIANA

✧ Chicken Stir-fry with Green Beans
 ✧ 1 cup

✧ Steamed Rice
 ✧ ½ cup
  ✧ 525 calories
  ✧ 9g total fat
  ✧ 420mg sodium
  ✧ 58g carbohydrates
  ✧ 4g sugars
  ✧ 49g protein
Monday, September 1, 2014

**CMU Nutrition App Calculator**

Carnegie Mellon Dining Services is committed to providing students with a variety of meal options and to ensuring that students have the information they need to make healthy eating choices. Earlier this fall, Dining Services launched its Nutrition App!

The Nutrition App is a comprehensive look at most of the food served on campus. The campus community can review menu options and see the nutrition facts panel with ease. Details about ingredients, food allergies, and the health icons are literally in the palm of your hand. The app is constantly updated and refreshed to keep up with new menu items and options.

### Nutrition Calculator

#### Black Bean, Salsa and Cheese Quesadilla

**Ingredients:**
- Black Beans
- Salsa, mild
- Tortilla, corn, rb, med, 6
- unsalted, cheddar cheese
- Cilantro

**Served at:** eVgefstos

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Calcium</th>
<th>Iron</th>
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<tr>
<td>1</td>
<td>160</td>
<td>6</td>
<td>15</td>
<td>210</td>
<td>22</td>
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<td>4</td>
<td>8</td>
<td>16</td>
<td>6</td>
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*Note: Variations may occur as the manufacturers may change their formulations or substitute ingredients depending on your calorie needs. Use MyPlate.gov to determine your daily needs.*

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**Configure a Meal**

- Nutrient Ranges
- Comprehensive Details
- My Meal

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<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Total Fat (g)</th>
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<th>Carbohydrates (g)</th>
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<th>Vitamin C</th>
<th>Calcium</th>
<th>Iron</th>
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<tr>
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<td>310</td>
<td>9</td>
<td>115</td>
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<td>Cucumber Tomato Salad (1 cup)</td>
<td>220</td>
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<tr>
<td>Eggplant Tofu (1 cup)</td>
<td>180</td>
<td>5</td>
<td>0</td>
<td>220</td>
<td>20</td>
<td>9</td>
<td>14</td>
<td>170</td>
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<td>Fruit Cup (1 cup)</td>
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<td>15</td>
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</table>

**Ingredients**

Tomatoes, red, fresh, year round avg, mod, 2 3/5, Cucumber, Chicken, Mung Bean Sprouts, Juice, pineapple, Chow Mein Noodles, dry, Lemon Juice, Sugar, Broth, chicken, plus, pwd, pkt, SD, Sauce, oyster, rice, Vinegar, rice, original, 40 grain.
## Food Icons

Dining Services and University Health Services work with the university’s dining vendors to implement a food icon program to help our diners make healthful eating choices. The following icons are used in the Nutrition Calculator App for food and meal items across campus.

<table>
<thead>
<tr>
<th>Icon</th>
<th>Description</th>
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<tbody>
<tr>
<td>Whole Grain</td>
<td>Contains at least 3 grams of dietary fiber per serving and is made with complete or partial whole grain (i.e. 100% whole wheat, rye, oat, corn meal, quinoa, brown rice)</td>
</tr>
<tr>
<td>Healthful Choice</td>
<td>500 calories or less per serving and is a good source of one or more important nutrients like Vitamin A, Vitamin C, Iron, Calcium, Vitamin D or Potassium</td>
</tr>
<tr>
<td>Heart Smart</td>
<td>Contains 600 mg or less of salt and 2 grams or less of saturated fat per serving and is trans-fat free</td>
</tr>
<tr>
<td>Vegetarian</td>
<td>Free of all meat, poultry, fish or shellfish; may contain dairy or egg product</td>
</tr>
<tr>
<td>Vegan</td>
<td>Free of all animal proteins and animal by-products</td>
</tr>
</tbody>
</table>

References based on the 2010 Dietary Guidelines for Americans and The American Heart Association.
10 TIPS TO KEEP IN MIND!

① Start each day with a healthy breakfast
② Choose a variety of foods to eat
③ Plan 3 meals a day and keep healthy snacks on hand
④ When eating on-campus, walk through the serving line first to see what is being offered
⑤ Don’t be afraid to ask questions about food

⑥ Use the USDA’s MyPlate as a guide for portion sizes
⑦ Be mindful of late night snacking
⑧ Drink plenty of water
⑨ Make time for exercise
⑩ Enjoy your food
QUESTIONS?

THANK YOU FOR YOUR TIME!

The End!

S. SZANTO MAY 2015