



# nutrinews

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## Q: Where can I get nutrition information on campus?

**A:** First, read this column every Tuesday for answers to your nutrition questions.

Attend "Eating Well on Campus" at the Student Union in the Copper Room on the 4th floor, noon to 1:00. Every other Wednesday, beginning August 25, a different topic will be featured, including practical information and ideas, with time for questions. Feel free to bring your lunch.

Write to [wildcatnutrition@yahoo.com](mailto:wildcatnutrition@yahoo.com) for answers to your nutrition questions. Questions will appear anonymously in the FAQ section of the Campus Health website's "Nutrition" page. Some questions will be selected to appear in this column each week.

Visit the Campus Health website at [www.health.arizona.edu](http://www.health.arizona.edu). Click on "Health Education On-line Library" and then "Nutrition". Nutrition information is available in three topic areas: General Nutrition, Sports Nutrition, and Eating Issues and Body Image. Visit often as new information is constantly being added.

Other useful websites are:

[www.navigator.tufts.edu](http://www.navigator.tufts.edu) – provides unbiased, educated ratings and reviews for a large number of nutrition websites.

[www.usda.gov/cnpp](http://www.usda.gov/cnpp) – click on "healthy eating index and interactive physical activity" for an easy way to analyze your diet and exercise patterns.

Two helpful books can be found in the UA Bookstore:  
*The College Student's Guide to Eating Well*

*on Campus*, Ann Selkowitz Litt, MS, RD, LD. 2000, Tulip Hill Press, Bethesda, MA. On sale for \$10.35 through August (Regularly \$12.95).

*Nancy Clark's Sports Nutrition Guidebook, 3rd Ed.*, Nancy Clark, MS, RD. 2003, Human Kinetics, Champaign, IL. \$18.95.

Finally, one-on-one nutrition counseling is available to students at the Campus Health Service, located near Highland and 6th Street in Highland Commons. Initial consultations are \$25 for one hour, follow up appointments are \$15, and no shows are \$20. Fees are charged to your bursar's account. Call 621-9202 to make an appointment.

Send me your questions: [wildcatnutrition@yahoo.com](mailto:wildcatnutrition@yahoo.com)

## GROUP MEETINGS

**Eating Well on Campus** (begins Aug. 25)  
*learn a tip and ask questions*

**when:** every other Wednesday at Noon

**where:** Student Union (Copper Room)

**cost:** FREE

**Changes for Life** (begins Sept. 31)  
*healthy weight education and support group*

**when:** every Tuesday at Noon

**where:** Campus Health (3rd Floor East Conf. Rm)

**cost:** \$5 per meeting (or \$50 per semester)

Visit our website for more info: [www.health.arizona.edu](http://www.health.arizona.edu) (Go to "On-Line Library" and click on "Nutrition") • For individual nutrition appointments, call 621-9202. \$25 initial, \$15 follow-up