



nutrInews

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GROUP MEETINGS

Eating Well on Campus

learn a tip and ask questions

when: Wednesday September 8 at Noon

where: Student Union (Copper Room)

cost: FREE

Changes for Life (begins September 7)

healthy weight education and support group

when: every Tuesday at Noon

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

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

Q:

It's only been a week and I eat at McDonald's most of the time because it is convenient, quick, and I know what they have. I don't want to eat this way all semester, though. What are some healthier choices at the Student Union?

A:

First, take a moment to get familiar with all the places that serve food on campus. Then you'll have a plan to experiment so you can develop your own list of choices.

Most helpful is UA Dining Services' new list of "Healthy Options" at www.union.arizona.edu/dining/healthy. Menu items are marked "lo-carb", "lo-fat", and "vegetarian" to help you with your choices.

You can also find a list of all the places to eat on campus at www.union.arizona.edu/dining, and a map of where

they are: www.union.arizona.edu/dining/wheretoeat.pdf.

IQ Fresh is a new restaurant (not even on the website yet) in the main Student Union (next to Dominos). Wraps, salads and smoothies are all made from fresh ingredients at reasonable prices. The overhead menu indicates lo-carb, lo-fat, and vegetarian choices.

Finally, here are some general guidelines to help you eat a variety of foods that are lower in saturated fat and sugar to help you feel great, stay healthy, and manage your weight:

- Avoid breaded and fried foods.
- Include a fruit or vegetable at every meal (available at salad bars and other locations), for lots of vitamins and filling fiber. Also, use them for low calorie snacks.
- Choose low fat or skim milk (great for protein and

calcium) or water. Limit intake of regular soda, juice and fruit drinks. Each cup of these adds 120 calories of useless sugar to your meal.

- Limit cheese, sauces and gravies.
- Choose olive oil-based salad dressings, and limit all dressings to 2 tablespoons (about the size of 2 matchbooks).
- Choose low calorie condiments like ketchup, mustard, vinegar, and jelly instead of mayo, butter, and cream cheese that add 100 calories per tablespoon.
- Frozen yogurt can be low fat and a good source of calcium, but limit the toppings, which can add hundreds of calories.

Questions? email: wildcatnutrition@yahoo.com

Visit our website for more info: 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