



nutrinews

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Eating Well on Campus

It is possible to eat well on campus and *NutriNews* will give you practical information and tips throughout the year to help you make choices to keep you energized, stay healthy, and maintain your weight. Three key steps are 1) knowing your options, 2) having a plan for when you will be eating, and 3) deciding what you do and don't want to eat, and why.

There are lots of places to eat on campus. While the main floor options are highly visible, the dining options on the second floor of the Student Union (like the Cactus Grill), as well as other restaurants and cafes around campus, are less obvious. For a map of dining locations and hours, go to

www.union.arizona.edu/dining/wheretoeat, and then try them out to become familiar with all they offer.

An eating schedule is important to maintaining energy and preventing weight gain. Although many students figure they will just go with the flow, lack of a schedule often creates "feast/famine" cycles or day-long grazing. "Saving" calories early in the day often leads to "catch up" eating later when food seems the logical choice to deal with fatigue or boredom. Take charge of yourself – set up an eating schedule.

When deciding what to eat, here are a few basic guidelines to help you choose a variety of foods that are lower in saturated fat and sugar, higher in vitamins, minerals, fiber, lean protein and lowfat dairy:

- Avoid breaded and/or fried foods.
- Look for low fat protein: deli meats, skinless chicken in many forms, many of the meats served at "Betty's Buffet" (Cactus Grill), cottage cheese, eggs, beans, etc.
- Include a fruit or vegetable at every meal (available at salad bars and other locations), and use them for low calorie snacks, too.
- Choose low fat or skim milk (great for protein and calcium) or water. Limit regular soda, juice and fruit drinks. Each cup (8 oz) of these adds 120 calories of sugar.
- 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.

UA Dining Services will premier their new nutrition information website in the next few weeks. Watch for it at www.union.arizona.edu.

Check out "What to Eat On and Off Campus" for more ideas. You'll find this pdf file at www.health.arizona.edu. Look under Health Promotion, click on Nutrition, then Eating Well on Campus.

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