Healthy Eating

5 Quick Tips

• **Prepare more of your own meals.** Cooking more meals at home can help you take charge of what you’re eating and better monitor exactly what goes into your food.

• **Read the labels.** It’s important to be aware of what’s in your food as manufacturers often hide large amounts of sugar or unhealthy fats in packaged food, even food claiming to be healthy.
  
  o Make sure you’re really getting **whole grains.** Check for the Whole Grain Stamps that distinguish between partial whole grain and 100% whole grain.
  
  o **Avoid processed or packaged foods** like canned soups, frozen dinners, or low-fat meals that often contain hidden sugar and salt that quickly surpasses the recommended limit.

• **Drink plenty of water.** Water helps flush our systems of waste products and toxins, yet many people go through life dehydrated—causing tiredness, low energy, and headaches. It’s common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.
  
  o **Avoid sugary drinks.** Try drinking sparkling water with a splash of fruit juice instead.

• **Take your time.** Stop eating before you feel full. It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly.

• **Spice it up.** When cooking for yourself, have on hand your favorite spices to add flavor without caloroes.
SUSTAINABLE EATING

Protein Power House

The average person needs 0.37 grams of protein per lbs of weight

DAIRY

- Swiss cheese: 8g
- Fat-Free Yogurt: 14g
- Cheddar cheese: 7g

*Per ounce

NUTS

- Peanuts: 9g
- Walnuts: 4g
- Pecan: 6g

*Per 1/4 cup

LEGUMES

- Black beans: 15g
- Chickpeas: 15g
- Lentils: 18g

*Per 1 cup, cooked

GRAINS

- Whole Wheat Bread: 4g
- Oats: 5g
- Buckwheat: 6g

*Per 1 cup, cooked

SOY

- Edamame: 21g
- Tempeh: 21g
- Tofu: 9g

*Per 4 ounces

What it Takes to make a Quarter-Pound Hamburger

Not all produce is created equal

Dirty Dozen

- APPLES
- PEACHES
- NECTARINES
- STRAWBERRIES
- GRAPES
- CELERY
- HOT PEPPERS
- KALE / COLLARD GREENS

Clean Fifteen

- AVOCADOS
- MANGOS
- SWEET CORN
- PAPAYAS
- PINEAPPLES
- KIWI
- CABBAGE
- EGGPLANT
- SWEET PEAS
- GRAPEFRUIT
- ONIONS
- ASPARAGUS
- CANTALOUPE
- CAULIFLOWER
- SWEET POTATO

BUY THESE ORGANIC

OK TO BUY CONVENTIONAL

Credit: Producers: Elsa Barrclay, Jessica Stoller-Conrad; Designer: Kevin Ulrmachen/NPR
For more Organics visit www.organic.org
How to Avoid the Freshman 15

**Thank before you snack.** Before you snack, ask yourself if you're eating out of boredom or soothing yourself with food. If you're stressed, anxious or feeling blue, take a study break to chat with a friend, or go on a brisk walk. If stress and anxiety feel unmanageable, look into on-campus student counseling services for assistance.

**Snack smart.** Snacks should combine protein and carbohydrates to fuel you. Good snack options include apples with peanut butter, carrots and hummus, and Greek yogurt or fruit and whole-grain cereal. Don’t skip breakfast! Breakfast wakes up your metabolism and provides energy to your brain and muscles for the day. People who eat breakfast tend to eat less throughout the day than those who do skip breakfast.

**Cafeteria 101.** Look for foods that are baked, broiled, steamed, grilled or roasted. Start with soup and salad before your main entrée to help you feel full sooner. Don’t drink calories, aka soda, juice, smoothies, and alcohol.

**Get moving.** Choose active modes of transportation, walking or biking, than taking the shuttle or driving your car. The fitness center is also an excellent resource for students.
Cooking Healthy in the Residential Hall

**Overnight Blueberry Maple Oatmeal**

Not only are blueberries delicious, they are also extremely healthy. These little berries pack a punch with high levels of iron, calcium, zinc and vitamin K. Paired with rolled oats, which is high in fiber and protein, this breakfast is a power house for the busy student. Recipe and picture from Brooklyn Farm Girl.

½ cup old fashioned oats  
½ cup milk  
¼ tsp cinnamon  
1 tsp maple syrup  
½ cup fresh or frozen blueberries

1. Put all ingredients in a jar  
2. Stir to combine.  
3. Secure the lid and refrigerate over night  
4. In the morning, add a splash of milk and stir to combine.

**Microwave Kale Chips**

Kale is a super food. It’s high in fiber, one cup contains 5 grams of fiber and 0 fat. Kale is filled with antioxidants and higher in vitamin K, A, C and calcium. Great for mid-day snacking. Recipe from Food.com

½ bunch of kale, cleaned and dried  
4 teaspoons of oil  
1 dash of salt

1. Remove stems and tear leaves into 2-inch pieces.  
2. Toss with oil evenly.  
3. Spread about a third of the leaves in a single layer on a large microwave safe plate.  
4. Sprinkle with salt.  
5. Microwave for 3 minutes. If leaves are not crispy continue cooking for another 30-seconds until leaves are crispy.  
6. Chips can be stored for 1 week in an airtight container.

Easy **Air-Popped Popcorn** Place ¼ cup unpopped popcorn kernels in a brown paper lunch bag. Tightly fold over the top of the bag several times. Microwave on high for about 2 minutes, or until the popping slows. Enjoy the popcorn plain, or add a sprinkle of salt. Recipe from American Dietetic Association.
How to Dress a Spud

**Microwave Potato “Spud”**

This recipe can be used for white or sweet potatoes, and can be dressed up to be savory or sweet. Potatoes store well in a cool, dark, dry space. Perfect for study break or quick dinner. Potatoes are loaded with vitamin B6, which help make antibodies, hemoglobin and break down proteins. Additionally, sweet potatoes are a packed with vitamin A, C and manganese, making them a potato you don’t have to feel guilty about. Recipe from The Kitchn.

1 Potato
Olive oil
Salt and pepper

1. Scrub the potato under running water and pat dry.
2. Pierce with a fork several times around the potato (this is very important).
3. Rub with oil, salt and pepper.
4. Microwave on high for 5 minutes on a microwave-safe dish.
5. Flip the potato. BE CAREFUL! The plate and potato will be hot.
6. Microwave for another 3 minutes on high until the potato is easily pierced with a fork. Use oven mitts to remove the potato from the microwave.
7. Slice the potato down the middle and dress with your favorite toppings.

**Topping Ideas:**

- The Classic: Reheated frozen broccoli with cheddar cheese.
  - Frozen vegetables are healthier than canned as they are not packaged with extra salt and preservatives.
- South of the Border: Guacamole and sour cream
- Mexican: Black beans, salsa, shredded Mexican cheese and cilantro
- Everything Bagel: Everything bagel seasoning- poppy seeds, sesame seeds, dried minced onion, garlic powered and salt- with sour cream
- Pizza: Tomato sauce, shredded mozzarella and pepperoni slices
  - Try LightLife veggie pepperoni slices, they have almost half of the sodium and they last longer than regular pepperoni.
- Chilly Night: Canned chili, sour cream, and cheddar cheese
  - Look for low sodium canned chili varieties like Amy’s organic chili
- Sweet Tooth: for sweet potatoes, top with butter, brown sugar, cinnamon, chopped pecans and mini marshmallows (or fluffernutter)