Simple Steps can make Great Strides when
Shooting for Nutrition on Campus

Eating well does not have to be hard to do. It just takes a little know how and some will power to get you through. Learn a little menu lingo and build a well portioned plate, and before you know it, eating healthy in the dining centers will be a piece of cake.

Be a Menu Master

Did you know that the name of a menu item and a few words from the description can tell us a lot about a food's nutritional value?

Scan the menu for these key ideas:
- The Cooking Method—Deep Fried in oil or cooked with butter can be key hints to depicting a high fat menu item, grilling, steaming or baking are better bets for heart health
- What's on it—special sauces, cheese, bacon, mayo and butter, can harbor saturated fat and calories that raise high blood pressure and cholesterol, but lettuce, tomato, and catsup can add vital antioxidants and vitamins that help ward off cancer and disease
- What's it on—buttery croissants and biscuits contain additional calories and fat, choose whole grain breads, rice and pasta to protect the heart with cholesterol fighting fiber

The table at right can be used as a tool for choosing menu items with optimal nutrition and avoiding those that may not be as healthy.

Play the Name Game

The following words are cues to use to help you choose the healthier foods.

<table>
<thead>
<tr>
<th>Be Aware</th>
<th>More Healthy Affair</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creamy</td>
<td>Char Broiled</td>
</tr>
<tr>
<td>With/In Butter/Buttery</td>
<td>Grilled</td>
</tr>
<tr>
<td>Breaded/Battered</td>
<td>Steamed</td>
</tr>
<tr>
<td>Deep Fried/Fried</td>
<td>Boiled</td>
</tr>
<tr>
<td>Smothered</td>
<td>Baked</td>
</tr>
<tr>
<td>Slathered</td>
<td>Whole Wheat/Whole Grain</td>
</tr>
<tr>
<td>Croissants</td>
<td>Biscuits</td>
</tr>
</tbody>
</table>

Inside this issue:

- Learn the Lingo to make healthy eating choices. [1]
- Balance your plate for a meal that's top rate. [2]
- For your Information. A look at what's new in the dining centers. [2]
- Ask the RD. Your nutrition questions answered by an expert. [2]
Perfect the plate

How can you build a better plate?
Easy! Divide the plate into thirds.
- Half the plate for non-starchy vegetables (broccoli, leafy greens)
- A quarter for protein
- A quarter for starchy foods (grains, potatoes, corn & peas)
- And forget about that milk and fruit!

What does this do?
- Ensures you acquire the 9 recommended servings of fruits and vegetables for the day
- Allows you to take the perfect portion of protein and starches for your meal.
- And reminds you to get at least three servings of dairy a day.

News You Could Use

Starting this October, all printed menus will depict heart healthy entrée options with a heart symbol.

What does this mean? Less thinking for you! Choose the heart healthy option along with some sensible sides and you'll be well on your way to meeting the National Heart Lung and Blood Institute's Recommendations for optimum heart health each day.

<table>
<thead>
<tr>
<th>A Heart Healthy Option, is an entrée item that, per serving, has:</th>
<th>National Heart Lung and Blood Institute's Recommendation for a Heart Healthy Diet:</th>
</tr>
</thead>
<tbody>
<tr>
<td>≤500 calories</td>
<td>30 percent or less total calories a day from fat</td>
</tr>
<tr>
<td>≤30% of the recommended daily value for total fat*</td>
<td>8-10% of total calories from saturated fats a day</td>
</tr>
<tr>
<td>≤7 grams of Saturated Fat</td>
<td>Less than 300 mg per day of dietary cholesterol</td>
</tr>
<tr>
<td>&gt;5 grams of Protein.</td>
<td>Sodium intake should be limited to 2400 mg a day</td>
</tr>
<tr>
<td>* based on a 2000 calorie diet</td>
<td>Consume the right amount of calories to maintain a healthy weight</td>
</tr>
</tbody>
</table>

Ask the RD

Have a question about Nutrition or Diet?
Email your questions to strassma@oswego.edu, and look for my responses in the next coming issue.

To schedule an appointment, please email strassma@oswego.edu or call x3284.

Stay slim and trim, have fun, meet people and get involved!

Check out SUNY Oswego's Student Life Website for information on:
- Recreation and Intramurals
- Clubs and Organizations
- Fitness Center

www.oswego.edu/student/

All provide an array of unique and entertaining ways to stay active on campus.