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Residential
Dining

Blog

Check out the Oswego Nutrition Blog @ oswegonutrition.tumblr.com

Have a Health or Nutrition Question?

Ask our Registered Dietitian (RD)

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Nutrition Myths: True or False?

Do you ever wonder if what you hear about food and nutrition is actually true or not? With all of the information available to us it's no wonder people are confused. As a Registered Dietitian I get asked about a lot of nutrition myths. Here are a few common ones and the real truth behind them:

Avocados are bad: FALSE

Avocados are great! They are a fruit packed with potassium and fiber. They may get a bad rap because of their high fat content. Don't let this fool you though because avocados contain "good" monounsaturated fats that can decrease your risk of heart disease.



You shouldn't eat late at night: FALSE

It's always best to spread your calories out throughout the day. However, if you had a busy day and don't get a chance to eat dinner until 9:00 at night then go ahead and eat. Check out our Late Night and Extended Hours for some good options. If you are eating extra calories at anytime throughout the day then that could lead to weight

gain. With conditions like acid reflux or heartburn it's recommended to let your food settle a few hours before bed.

Breakfast is the most important meal: TRUE

The reason it's called breakfast is because you're *breaking* the *fast* your body's gone through the night before. Eating breakfast gets your metabolism going and provides you with energy. Grab an apple and a whole wheat bagel with peanut butter if you're in a rush. Get some healthy food into your body to start your day off right and always check the source of any information you hear or read about.

Fueling for Finals

Can you believe the end of the semester is almost here? Soon you will be worry free but first you have to pass your final exams and hand in those projects and papers. Want to get through this stressful time in good spirits?

Eat healthy and fuel your mind and body! Of course you need to study, but several studies have shown that people perform better when they eat. So no skipping meals! Want to get through those all night study sessions?

Try some high protein snacks like cottage cheese, peanut butter, or hummus. If you like to munch while your studying choose popcorn over potato chips to fill you up with less calories. Don't forget to eat every 2-3 hours. Good luck!