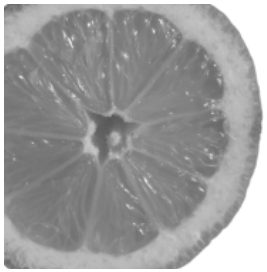
Campus Recreation
Fitness · Intramurals · Wellness

FITNESS & WELLNESS CENTER:
Phone: (616) 331-3659
Fax: (616) 331-3960
Email: rec@gvsu.edu
Website: www.gvsu.edu/rec
Location: lower level Rec Center adjacent to the basketball courts.




GVSU CAMPUS RECREATION

Helpful Starts to Eating Smart:

The College Student's Handbook to Better Nutrition

THE TRUTH ABOUT 'FRESHMAN 15' | THE FOOD GUIDE PYRAMID
HOW TO READ A NUTRITION LABEL | FOOD SUBSTITUTION TIPS
GROCERY SHOPPING TIPS | HEALTHY OPTIONS FOR EATING OUT
OVER 25 HEALTHY RECIPES | ... AND MORE!

ENDNOTES

1. Tracy Smith, "Avoiding the 'Freshman 15,'" The Early Show, 10 Sept. 2004, CBS News, 8 June 2005 <http://www.cbsnews.com / stories/2004/09/09/earlyshow/contributors/tracysmith/main642319.shtml

2."Study: 'Freshman 15' a Myth," TUFTS e-news, 11 Jan. 2002, Tufts University, 8 June 2005 <http://enews.tufts.edu/stories/ 011102Freshman15AMyth.htm>

3. "Beating the Freshman 15," KidsHealth, ed. Jessica R. Donze, Jan. 2004, Nemours Foundation, 8 June 2005 <http://kidshealth.org/teen/school_jobs/ college/freshman_15.html>

4. "Beating the Freshman 15."

5. Elizabeth Sommers, "College Freshman Can Avoid the 'Freshman 15,'" CNN.com, 19 Aug 1999, CNN, 8 June 2005 <http://www.cnn.com/ HEALTH/diet.fitness/9908/19/freshman.fifteen/>

6. Ann Selkowitz Litt, The College Student's Guide to Eating Well on Campus (Betheseda, MD: Tulip Hill Press, 2000) 36.

7. Litt 71.

8. "Beating the Freshman 15."

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10. Sommers.

11. Jennifer R. Scott., "Top Dieting Myths," About.com, 2005, 4 Aug 2005 <http://weightloss.about.com/od/getstarted/tp/bltpmyths.htm>

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15. "Weight-loss and Nutrition Myths: How Much Do You Really Know?," Weight-control Information Network, 2004, National Institutes of Health. 9 Aug 2005 <http://win.niddk.nih.gov/publications/myths.htm>

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Grand Valley State University's
FITNESS & WELLNESS CENTER

Helpful Starts to Eating Smart:

The College Student's Handbook to Better Nutrition

PRINT MATERIALS/BOOKS

The College Student's Guide to Eating Well on Campus by Ann Selkowitz Litt

In this book, Litt touches on nutrition, weight management, college cooking and every other challenge students face when it comes to maintaining a healthy diet. A must have for every college student!

The Healthy College Cookbook: Quick, Cheap, and Easy by Alexandra Nimetz

Offers advice on equipping your first kitchen, and includes recipes from breakfast to dessert accompanied by nutrition facts.

The Starving Student's Vegetarian Cookbook by Dede Hall

Takes into account time, money and cooking expertise limitations by offering quick, affordable and easy recipes.

Cooking Light Magazine

Published every month, this magazine offers several recipes, a few of which are seasonal. The other half of the magazine is devoted to healthy living and fitness articles. The website offers a database of a variety of recipes.

ON CAMPUS

If you or someone you know is battling an eating disorder, please call the Counseling Center at (616) 331-3266. If you are unsure, a free online screening test is offered at www.gvsu.edu/counsel. From the homepage, click on the link entitled "Screening for Mental Health: Online Screening Program."

The Fitness & Wellness Center offers free nutrition counseling from a RD (fall and winter semesters only). For more information, call our office at 331-3659 or check out our website at www.gvsu.edu/rec.

We found some resources that we thought would be helpful to you as you explore more options for maintaining a healthier diet. We even used some for the compilation of this healthy eating guide.

INTERNET

MyPyramid.gov: This FDA maintained website allows for further exploration of the new food guide pyramid. The most unique feature of this site is that it allows you to create your own customized pyramid based on your age, sex, body type, activity level and dietary needs.

StudentNosh.com: This website offers advice on nutrition, grocery shopping, stocking the kitchen, and more. Its coolest feature is that it enables you to search for recipes based on what's in your fridge!

CookingLight.com: This website is an interactive version of the magazine. In addition to offering recipes and meal planning advice, the site incorporates advice on exercise and overall lifestyle changes.

CalorieKing.com: Search a user friendly database of over 40,000 generic and name brand foods to obtain nutrition facts. Also features articles and programs geared toward healthier diet and exercise regimens.

DietFacts.com: Offers nutrition facts for several brand name foods. You can also search over 300 restaurants and obtain nutritional information on their menu options.

Hin.nhlbi.nih.gov/portion/: This National Institute of Health website offers an interactive and educational quiz that allows users to see how portion sizes have changed over the last 20 years from a cup of coffee to the popcorn you buy at the movies. For information on appropriate serving sizes, flip to page 10.

Onlineconversion.com/cooking.htm: This website offers basic measurement conversions for cooking. This is a great tool to use when wanting to make more or less of your favorite recipes.

By now you've most likely heard the statistics concerning obesity in America. Even more, you can probably name the current fad diets that commit to correcting this problem. But let's be honest: healthy eating still does not rank high on the list of priorities for the average college student. Yet it is probably the most important time for this age group to invest in healthy nutrition and exercise regimens. Establishing healthy habits now will make it easier to continue them later in life, as well as maintain good health well into the future.

After a little bit of research, we realized that when it comes to food, the average college student chooses options that are quick, affordable and convenient. The focus of this handbook is to provide nutrition information customized to the college student's lifestyle and accessibility. In it you will find:

- Food and Drug Administration (FDA)
- Food guide information,
- Several ideas for healthier eating,
- Tips on how to better equip your kitchen,
- An outline of our services and additional resources on and off campus.

Our goal is that you as a college student will learn how to make it easier to maintain good nutrition with a tight budget and a demanding schedule.

In health,

Fitness and Wellness Center staff

"I ate a lot of mac and cheese and Gatorade."
"So far it's been pizza for lunch and pizza for dinner…" [1]

Sound like you? Many health researchers study the notorious phenomenon of the "Freshman 15," a claim that the average college freshman gains 15 pounds by the end of their first year. A recent study conducted by Tufts University made different conclusions. Researchers of the study found that females gained an average of four and a half pounds, while males gained an average of six pounds.[2] In spite of this, it is still important for college students to control unhealthy weight gain, as well as unhealthy weight loss.

One important question to ask is why college students, particularly freshmen, tend to gain excess pounds. One nutritional counselor attributes it to the freedom of being away from home and thus, the temptation to eat whatever one desires. Lack of exercise due to busier schedules and stress-induced overeating are also contributing factors.[3]

The following might make you think twice about having that extra soda or candy bar. A study from Cornell University revealed that just adding 174 additional calories per day can result in a weight gain of four pounds in 12 weeks.[4] (To put it into perspective, one can of Pepsi is 166 calories and a Snickers candy bar is 282 calories). By then you haven't even hit final exam week! Now that we've identified why college students tend to fluctuate weight, we can now focus on how to improve these attributing factors:

1. THE POWER OF PLANNING. Plan your meals, paying close attention to the things that trigger overeating (i.e. buffets, vending machines, busy class schedules, etc.).[5] Knowing what to do ahead of time will help you avoid unhealthy eating habits and skipping meals.

2. BREAK THE FAST. Eating within one hour of waking up will give your brain the kick start it needs, increase your metabolism for the day, and will help to suppress binge eating throughout the day.[6] Wellness Coordinator Amy Campbell adds that making breakfast doesn't have to be time consuming. One should, however, avoid sugary cereals because they satisfy hunger for relatively short amounts of time. See page 20 for healthy and convenient breakfast ideas.

FITNESS & WELLNESS CENTER RESOURCES:

Group Exercise classes: Land, Water and SPINNING®

Personal Exercise Plan (Free!)

Personal Training

Body Composition Analysis (measures % body fat)

Fitness Appraisal

Health Risk Appraisal

Lipid Profile (cholesterol testing)

Massage Therapy

Nutritional counseling/consultation - Free

Event services (i.e. CPR/First Aid, special presentations, etc.)

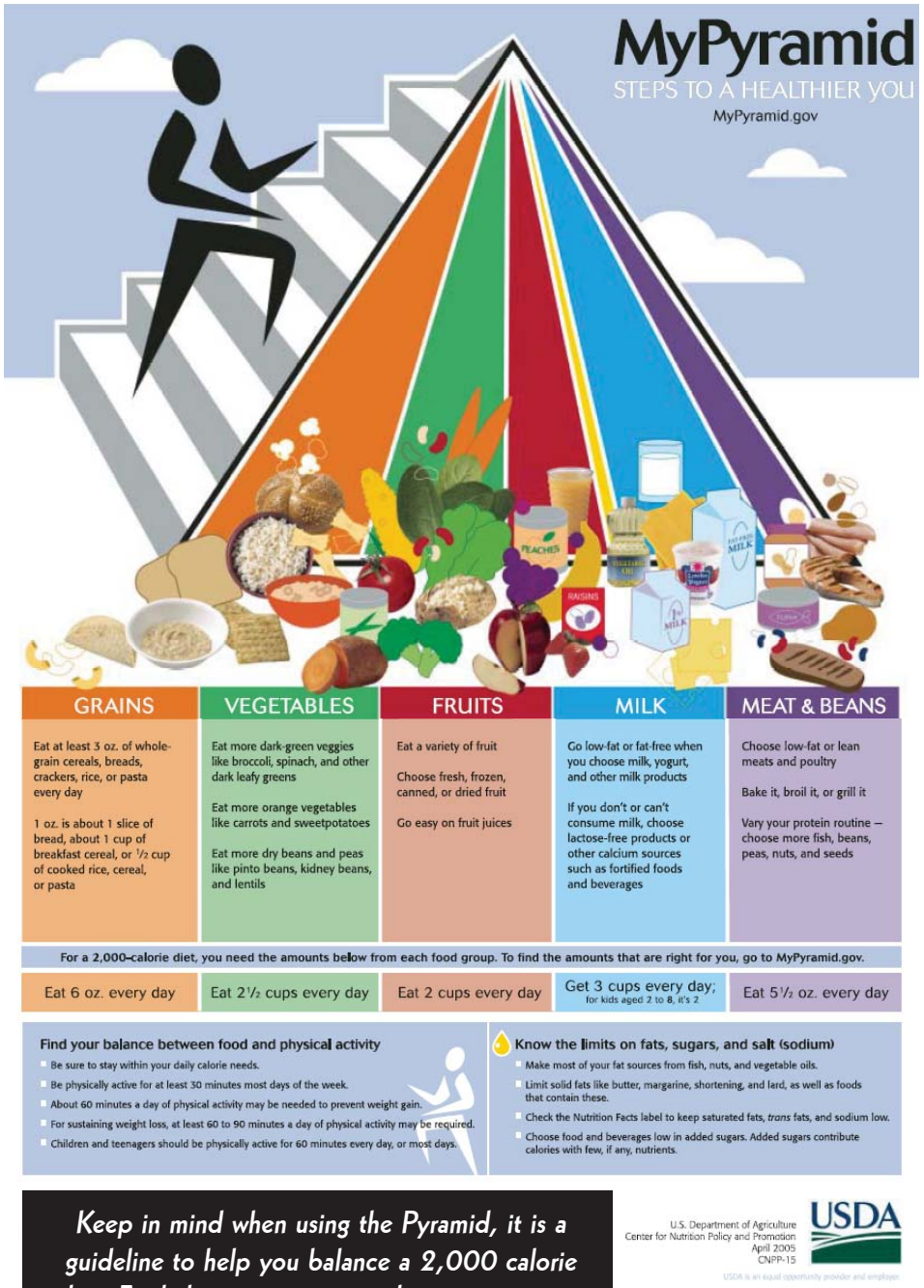
Tips to Reduce Non-hunger Eating:

- **Take a brisk walk**
- **Work on a hobby**
- **Clean**
- **Write a letter**
- **Read a book or study**
- **Brush and floss your teeth**
- **Drink a glass of water before you snack**
- **Have a peppermint, Tic Tac, Lifesaver or stick of gum**

COMMON NUTRITION MYTHS[15]

1. **Low/Nonfat foods are low in calories.** A low fat content does not always mean less calories. Oftentimes high-calorie preservatives are added to foods to maintain flavor or texture after fat is removed. While it should be consumed in moderation, fat is an important nutrient and there are many healthy fats (i.e. mono– and polyunsaturated fats).
2. **Organic foods are better than Non-Organic foods.** This is not necessarily true. Organic foods are simply foods that have been naturally grown without the add of pesticides, or additives among other scientific products. Organic foods are not healthier than Non-Organic, they are simply more expensive.
3. **Fad diets lead to permanent weight loss.** Most of these plans claim that by eliminating foods from your diet, the result will be rapid weight loss. However, gradual weight loss (1/2-2 lbs per week) is more successful than rapid weight loss. A combination of a healthy diet and exercise is the healthiest way to achieve weight loss.
4. **A high carb/low protein diet is the most successful way to lose weight.** Strictly limiting or eliminating certain food groups is never good due to the imbalance it creates in a diet. In addition, many sources of protein are high in cholesterol and fat which can lead to increased risks of heart disease. A healthy alternative is to incorporate all food groups into your diet, while eating mindfully and respecting your internal cues of hunger and satiety.
5. **You can lose weight by skipping meals.** On the contrary, it does more harm than good. The body will go into starvation mode and in attempts to conserve energy, metabolism will decrease.[11]
6. **Eating after 8pm will cause weight gain.** What matters is not what time you eat, but what and how much you consume. How many calories you burn throughout the day is also a contributing factor.

3. **FRUITS & VEGGIES.** Try to eat one serving of fruits and one serving of vegetables at both lunch and dinner.[7] Doing this will make it easier to develop a pattern of eating the suggested daily servings.
4. **BALANCE.** Make wise, quality food choices, monitoring portion sizes (see page 9), and selecting from various food groups.[8] Soper recommends a serving of lean protein, fiber and some source of complex carbohydrates as part of a well-balanced meal. Whole grains, fruits and/or vegetables are great sources of fiber and complex carbohydrates.
5. **GO BACK FOR MORE.** Nutritionist Ann Litt recommends, "Go back for dessert after you finish the meal—you'll be full by then, so what looks like a good dessert or how much you want to eat may be different than when you went through the line hungry."[9] This will help to prevent overindulging and other non-hunger eating patterns.
6. **BE REASONABLE.** Prevent banning foods from your diet, and allow yourself a few treats every so often. Also, don't be too hard on yourself if you skip out on exercising for a day or have a bowl of ice cream.[10]
7. **DECREASE ALCOHOL INTAKE AND SMOKING.** Alcohol adds empty calories to a diet and should be consumed in moderation. Refraining from smoking can result in greater aerobic capacity and an increase in energy.[12]
8. **MIDNIGHT SNACKING.** If it's in your routine to stay up until 2am, chances are you'll need to refuel by having a light snack. Be sure to monitor, however, what and how much you consume.[13]
9. **AVOID EMOTIONAL AND NON-HUNGER EATING.** Many people turn to food for comfort rather than a means to satisfy hunger. Eating should not be motivated by boredom, loneliness, stress, and/or other emotional triggers. If you find yourself eating at inappropriate times, one way to combat this is to work on a "To Do" list of tasks that can be accomplished anywhere at anytime. Examples of activities include reading, emailing a friend, exercising, or doing a crossword puzzle. If you still have a craving to munch on something, low-calorie snacks.[14] For some suggested snacks and more tips on avoiding non-hunger eating, see page 39. If you frequently experience emotional eating and haven't been successful in interrupting this habit on your own, consider seeing a registered dietician.
10. **EDUCATE YOURSELF ABOUT GOOD NUTRITION.** GVSU offers a variety of resources that allow students to take control of their dieting regimens (see page 42). In addition, knowing about healthier eating options can enable students to make small modifications that will have significant impacts. See page 11 for food substitution ideas.



Keep in mind when using the Pyramid, it is a guideline to help you balance a 2,000 calorie diet. For help go to mypyramid.gov or stop into the Fitness & Wellness Center.

COOKING WITH A MICROWAVE:

(Please Note: Cooking times may differ depending on microwave.)

Rice: Put one serving of rice in a bowl, fill bowl with water, cook for 20 minutes.

Noodles: Put one serving of noodles in a bowl, water just up to height of the pile, cook for 10 minutes, no straining necessary.

Eggs: Mix 2-3 in bowl, cook for 2 minutes, stir and cook for 2 more minutes.

Sweet Potato/Baked Potato: Poke holes on both sides of potato using a fork. Cook 8-10 minutes.

Tuna Fish (for fresh taste): Drain can and empty it upside-down on a paper plate, cover with paper towel, cook for 2 minutes.

Onion: Slice in half put on paper plate, cook for 15 minutes.

Baked apple: Put apple in bowl, cover with paper towel, cook for 10 minutes.

Squash (Acorn/ Butternut): Cook for 20 minutes.

Corn on the Cob: Cook for 8 minutes, peel husks.

Grilled Cheese Sandwich: Put cheese in bread, cook for 15 seconds.

Soup: Prepare soup according to instructions and Cook for 2 minutes.

Oatmeal: Mix ingredients in bowl, cook for 2 minutes.

Canned/Fresh Vegetables: 1 cup (follow directions on package)

Asparagus/Broccoli: 2-3 minutes
Carrots: 3-4 minutes
Frozen Corn or Peas: 2-3 minutes
Green beans: 3 minutes

Source: http://web.njit.edu/~jcl7/microwave_cookbook.html
http://cancercontrol.cancer.gov/5aday/microwave.html

OTHER HEALTHY IDEAS FOR SNACKING:

Beverages:

Water with lemon
100% fruit juice w/out added sugars
1% or skim milk
Hot tea
Caffeine– or sugar-free sodas and iced teas (i.e. Lipton or Crystal Light)

Finger Foods:

Fresh/Dried fruit
Cut-up raw veggies (i.e. broccoli, cauliflower, carrots, peppers)
Low-sodium pretzels
Unbuttered popcorn either air popped or popped in canola oil
Rice cake
Snack bag of low sugar, high fiber cereal
Lightly salted nuts or sunflower seeds
Serving of whole wheat crackers and 1 oz. of low fat cheese

Sweet Tooth:

Gingersnaps
Whole grain graham crackers
Angel food cake
Low fat, low sugar frozen yogurt or Soy Dream
Sherbet
1 cup low fat plain or vanilla yogurt with ¼ cup cut up fresh fruit
Tootsie Roll pops
Fruit popsicles
Banana with chocolate syrup & peanuts

Better Vending Machine Picks:

Pretzels
Animal crackers
Twizzlers
Lifesavers or other hard candy
Health Smart options (denoted by a red check inside a yellow box)

Helpful Strategy:

Place snacks in a bowl or on a plate rather than eating from a box or container. This practice will enhance your awareness of how much you are consuming.

Breads, Cereals, Rice & Pasta Group: 6-8 ounces a day.

1 ounce = 1 slice of bread
1 cup dry cereal [1 Cup = Tennis Ball]
½ cup cooked rice or pasta [1/2 = Hockey Puck]
½ of an English muffin

Fruit Group: 2 cups a day

1 Serving= 1 medium piece of fruit [Medium Piece = Tennis Ball]
1 cup of fruit [1 Cup = Tennis Ball]

Vegetable Group = 2 ½ cups a day

1 serving = 1 cup leafy vegetables
½ cup of other vegetables [Regular Light Bulb]
¾ cup of vegetable juice

Milk, Yogurt, & Cheese Group: 3 cups a day

1 serving = 1 ½ ounce of natural cheese [1½ ounces = 2 Dominoes]
1 cup of milk or yogurt [1 cup = Tennis Ball]

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group: 5½ ounces a day

1 serving = 2-3 ounces of cooked lean meat, poultry or fish
2 tablespoons of Peanut butter or 1/3 cup of nuts
2 ½ ounce soy or veggie burger, or 1 egg
½ cup cooked dry beans or ½ cup tofu
[3 ounces of meat = Deck of Cards]

Fats, Oils & Sweets: sparingly a day (5-7 teaspoons)

1 serving = ½ cup ice cream (Sweets) [½ cup = Hockey Puck]
1 ounce of small snack foods [1 ounce (wt.) = Tennis Ball]
2 tbsp. butter, oil

[Portions based on a 2,000-calorie per day diet]

Sources: http://pbskids.org/itsmylife/body/foodsmarts/article3.html, http://www.mypyramid.gov

NUTRITION FACTS: How to read a food label

Take advantage of Nutrition Facts labels. Learning about the foods you eat will help you make decisions about what is best for your diet.

Calories/calories from fat are measured per serving and tell how much energy you receive from each serving. According to the FDA, the average person's caloric intake should not exceed 2,000. 40 calories per serving is low, 100 calories is moderate and 400+ calories is considered high.

The serving size helps determine the amount of nutrients being consumed. Servings per container tells the consumer how much of a food or beverage is in the entire package.

These values tell how much of a particular nutrient is in one serving. Fats, cholesterol, and sodium should be limited while fiber, vitamin and mineral recommendations should be met.

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 260	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 5g	**25%**
Trans Fat 2g	
Cholesterol 30mg	**10%**
Sodium 660mg	**28%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	

Vitamin A 4%	•	Vitamin C 2%	
Calcium 15%	•	Iron 4%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

These values are based on 100% determined by a 2,000 calorie per day diet. In one serving of this food product, there is 25% of the suggested saturated fat intake, 10% of the suggested cholesterol intake, etc.

The bottom portion of the label which indicates how much of each nutrient should be consumed based on 2,000 and 2,500 daily calorie diets.

If found to have a significant presence in a food/beverage, the vitamin or mineral is listed here along with its percent daily value.

Source: All graphics and information taken from http://www.usda.gov

Banana Graham Treats

Prep Time: 10 minutes
Servings: 2

You will need:

- 1 medium banana
- 1 container (8 oz) Strawberry Yogurt
- 1/2 cup sliced strawberries
- 2 Chocolate Graham Crackers, broken into quarters

Directions:

1. Cut banana crosswise in half, then cut each piece lengthwise in half. (you will have 4 banana pieces.)
2. Place 2 of the banana pieces in each of 2 small bowls; top evenly with the yogurt and strawberries.
3. Insert 4 of the graham quarters into yogurt in each serving

Nutrition Facts (per serving): Calories: 240; Total Fat: 3g; Saturated Fat: 1g; Cholesterol: 10mg; Sodium: 150mg; Carbohydrate: 51g; Dietary Fiber: 3g; Sugars: 34g; Protein: 5g

Source: www.kraftfoods.com

Berry Crunch Parfait

Prep Time: 5 minutes
Servings: 1

You will need:

- 1/2 cup sliced strawberries
- 2 tablespoons thawed COOL WHIP
- 2 tablespoons Post Honey Bunches of Oats cereal

Directions:

1. Place half of the strawberries in 8 oz glass; top with layers of 1 tablespoon each of the whipped topping and cereal
2. Cover with layers of the remaining strawberries and cereal
3. Top with the remaining whipped topping

Nutrition Facts (per serving): Calories: 80; Total Fat: 2g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 30mg; Carbohydrate: 17g; Dietary Fiber: 2g; Sugars: 8g; Protein: 1g

Source: www.kraftfoods.com

3-Minute Apple Cobbler

Prep Time: 3 minutes
Servings: 1

You will need:

6 Nilla Wafers
1/4 Cup Applesauce
1 Tablespoon thawed Cool Whip
Ground Cinnamon

Directions:

1. Place wafers in microwaveable bowl. Top with applesauce.
2. Microwave on HIGH 15 sec. or until hot. Let stand 1 min. to cool slightly.
3. Top with whipped topping. Sprinkle with cinnamon, if desired.

Nutrition Facts (per serving): Calories: 140; Total Fat: 5g; Saturated Fat: 2g; Cholesterol 5mg; Sodium: 90mg; Carbohydrate: 24g; Dietary Fiber: 1g; Sugars: 14g; Protein: 1g

Source: www.kraftfoods.com

Yogurt Popsicles

Prep Time: 10 minutes (Not including freezer time)
Servings: 8

You will need:

3/4 Cup of Milk
6 ounces frozen juice concentrate
1 Cup plain yogurt

Directions:

1. Mix all the ingredients using a blender.
2. Pour into popsicle molds (or ice tray).
3. Freeze and enjoy!

Nutrition Facts (per serving)*: Calories: 33; Total Fat: 1.8g Saturated Fat: 1.2g; Cholesterol: 7mg; Sodium: 25mg; Carbohydrate: 2.5g; Dietary Fiber: 0g; Protein 1.8g; *frozen juice concentrate not included

Source: www.kraftfoods.com

The major kinds of fats in the foods we eat are saturated, polyunsaturated, monounsaturated and trans fatty acids. Saturated fats and trans fats raise blood cholesterol. Dietary cholesterol also raises blood cholesterol. A high level of cholesterol in the blood is a major risk for coronary heart disease, which can lead to heart attack and also increases the risk of stroke. Foods high in saturated fat, trans fat and/or cholesterol, such as whole-milk, dairy products, fatty meats, tropical oils, hydrogenated vegetable oil & egg yolks, can raise blood cholesterol. Instead try choosing foods low in saturated fat, trans fat and cholesterol such as:

- Fruits & Vegetables
- Low-fat dairy
- Whole grain foods
- Lean meats

Choose fats and oils with 2 grams or less saturated fat per tablespoon, such as liquid and tub margarines, canola, corn, safflower , soy bean and olive oils.

How much? Saturated fat intake should not exceed 7% of total calories each day. AND, Total fat intake (saturated, trans, monosaturated, polyunsaturated) should be adjusted to fit total caloric needs.

Fats that Raise Cholesterol	Sources	Examples
Dietary cholesterol	foods from animals	meats, egg yolks, dairy products, organ meats (heart, etc.), fish and poultry
Saturated Fats - Saturated fats and trans fats are the main dietary factora in raising blood cholesterol	foods from animals certain plant oils	whole milk, cream, ice palm, palm kernel
Trans Fats - unstatured, but could raise Total & LDL ("bad") cholesterol & lower HDL ("good") cholesterol	partially hydrogenated vegetable oils	cookies, crackers, cakes, french fries, fried onion rings, donuts
Fats that lower Cholesterol	**Sources**	**Examples**
Polyunsaturated fats - may help your body get rid of newly formed cholesterol.	certain plant oils	Safflower, sesame, soy, corn and sunflower-see oils, nuts and seeds
Monounsaturated fats - may help reduce blood cholesterol as long as the diet is low in saturated fat.	certain plant oils	olive, canola and peanut oils, avocados

SMART SUBSTITUTIONS

INSTEAD OF...	*TRY THIS....*
Condiments	
Mayonnaise	Mustard, Reduced-fat Mayonnaise, or Salad Dressing
Sauces, oils, salt	Lemon juice, herbs (i.e. Mrs. Dash)
Syrup (on Pancakes/Waffles)	Fruit (i.e. blueberries, bananas)
Beverages	
Whole milk, 2% Milk	1% Milk, Skim Milk
Sugary pop, Low-Fruit Juice	2 glasses of water at each meal
10% juice & added preservatives	100% juice (i.e. Juicy Juice)
Snacks	
Chips & Crackers (w/ Bleached Flour)	Soy Crisps, Low-Sodium Wheat Thins, Kashi
Candybars	Granola bars, Trail mix, Fat-free pudding
Fruit packed in syrup	Fresh Fruit, Fruit packed in water, frozen fruit (i.e. Weight Watcher's Fit & Active)
Ingredients	
Enriched (white) pastas and breads	Whole-wheat, whole-grain pastas and breads
Brown sugar in oateal	Raisins/dried fruit, fresh fruit, all-natural granola
Oil (for baking)	Unsweetened applesauce
Vegetable oil, butter, margarine	Non-stick cooking spray (i.e. Pam)
Oil when sauteing/stir-frying	Water, low-sodium broth, lemon juice
Meals	
White rice	Brown rice
High sugar cereals	Low-sugar, high fiber cereals (i.e. Raisin Bran, Cheerios, oatmeal)
Tuna packed in oil	Tuna packed in oil
Processed lunchmeats (bologna)	Deli lunchmeats (turkey, chicken)
Breaded chicken breasts, fish filets	Plain chicken breasts, fish filets: cut skin & visible fats off meats before cooking
Frying	Bake, steam, broil
Pepperoni or sausage on pizza	Vegetables, 1/2 cheese

Easy Ham-Wrapped Breadsticks

Prep Time: 15 minutes
Servings: 1 breadstick

You will need:

1 slice Shaved Honey Ham
Chive & Onion Cream Cheese Spread
1 long sesame breadstick

Directions:

1. Spread ham slice evenly with cream cheese spread.
2. Wrap ham slice around to half of breadstick.

Nutrition Facts (per serving): Calories: 70; Total Fat: 4g; Saturated Fat: 1.5g; Cholesterol: 10mg; Sodium: 180mg; Carbohydrate: 6g; Dietary Fiber: 0g; Sugars: 1g; Protein: 3g

Source: www.kraftfoods.com

Apples and Chocolate Pudding Dip

Prep Time: 5 minutes
Servings: 1

You will need:

1 container (3.75 oz) JELL-O ready to eat choclate sugar-free reduced calorie pudding snack
1 medium apple, cut into slices

Directions:

Serve pudding as a dip with the apple slices.

Nutrition Facts (per serving): Calories: 130; Total Fat: 1.5g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 180mg; Carbohydrate: 33g; Dietary Fiber: 4g; Sugars 18g; Protein 2g

Source: www.kraftfoods.com

Pita Crisps (Low-Cal, Low-Fat)

Prep Time: 2 minutes
Servings: 1

You will need:

1 thing whole-wheat pita (8-inch)
1 tablespoon grated Parmesan Cheese
1/2 teaspoon dried oregano
1/8 teaspoon garlic powder
Non-stick cooking spray

Directions:

1. Split 1 pita horizontally into 2 half-rounds
2. Place each round smooth side down on a paper towel and coat sides with non-stick cooking spray.
3. Combine parmesan, oregano and garlic powder; sprinkle over pita.
4. Microwave one pita at a time on high for 1-1 1/2 minutes or until pieces start to borwn slightly and are crisp.
5. Cut each into wedges; allow to cool.

Nutrition Facts (per serving): Calories: 16; Total fat: 2g; Cholesterol: .3mg; Sodium: 36mg *Source: www.kraftfoods.com*

Blueberry Cracker Bites

Prep Time: 5 minutes
Servings: 1

You will need:

2 teaspoons light cream cheese spread
2 Ritz reduced-fat crackers
10 frozen blueberries

Directions:

1. Spread cream cheese spread evenly onto crackers.
2. Top each with 5 blueberries and enjoy!

Nutrition Facts (per serving): Calories: 50; Total Fat: 2.5g; Saturated Fat: 1g; Cholesterol: 5mg; Sodium: 110mg; Carbohydrate: 7g; Dietary Fiber: 1g; Sugars: 2g; Protein: 1g *Source: www.kraftfoods.com*

Know what you're eating: Ask for nutritional information.
Avoid overeating: Eat a small healthy snack before leaving home.
Don't spoil your appetite: Avoid filling up on appetizers.
Broth vs. Cream: Choose broth-based soups rather than cream soups.
Don't get too saucy: Ask for dressings/sauces on the side (use sparingly); this will help to cut down on fat and sodium intake. **Salad tip:** *Dip fork into dressing (low- or non-fat) and then take a bite of salad.*
Guard your heart: Look for heart-healthy symbols on menus.
BGB style: Order broiled, grilled, or baked meats.
Think, Mr. Potato-head: Add veggies, salsa, or nonfat dressing to dress up a plain baked potato.
Hold the cheese, please!: Limit cheese intake by asking for half the regular amount
Think in halves: Order a lunch portion, share a full entrée, or put ½ in a take-home container immediately after food is served. This will avoid overeating.
Slow and steady: Eat slowly to give your body time to recognize that it's full.
Be frugal: Save money and empty calories by ordering ice water with lemon instead of carbonated beverages.
Get your wheaties: ask for whole wheat bread for sandwiches.
Salad first: Eat your salad, packed with veggies first in order to fill you up faster.
Vote for Veggies: Select dishes that include vegetables such as stir fries, kebobs, or pasta with tomato sauce.
Menu Muncher: Order from the menu instead of getting the buffet.
Leaving the "Clean Plate Club": Don't be afraid to take the remains of your meal home, you do not have to finish it all.
Boycott Butter: Add little or no butter to your food.

SUBSTITIONS:

Think Green: substitute a salad or steamed veggies for fries, chips, and other high calorie, low nutrient sides.
Add a little color:
- Substitute marinara sauce for cream sauces in main dishes
- Substitute salsa for sour cream in Mexican dishes
- Substitute mustard for mayonnaise on sandwiches

Dress to be slim: Substitute non fat or low fat dressing for traditional high ones.
Eggsist your heart: One egg alone has 213mg of cholesterol and the recommended cholesterol intake is 300mg or less.16 Substitute egg beaters or just egg whites in omelets and scrambled eggs. This will cut down on your cholesterol intake.

APPLEBEES - Weight Watchers Menu

- Onion Soup Au Gratin
- Steak & Portobellos
- Italian Chicken & Portobello Sandwich
- Cajun Lime Tilapia
- Teriyaki Steak n' Shrimp Skewers
- Grilled Shrimp Skewer Salad
- Confetti Chicken

BURGER KING®

- Breakfast Burrito: Bacon, egg, cheese, and salsa
- Pancake Platter w/ sausauge & 1 oz. syrup
- Rodeo Cheeseburger
- Mozzarella Sticks
- Medium NESTEA Unsweetened (Plain) Ice Tea
- 2% Milk (8 oz.)

JIMMY JOHNS

- Hunter's Club Unwich
- Gargantuan Unwich
- Turkey Tom
- Slim Tom

PAPA JOHNS

- 12" Original Crust Pizza, Cheese (1 slice)
- 12" Original Crust Pizza, The Works (1 slice)
- 12" Original Crust Pizza, Garden Fresh (1 slice)

JAVA CITY (www.javacity.com)

- Flavored/Non-Flavored Brewed Coffee (8 oz.)
- Cafe Mocha (12 oz.)
- Chai Tea Latte (12 oz.)
- Ice Caramel Macchiato (16 oz.)

BEANERS COFFEE (www.beaners.com)

- Cappuccino (w/ skim)
- Latte (w/ skim)
- Yoda Soda (w/ skim)
- Fruizen-T (All Flavors - 16 oz.)

Cheese and Bean Quesadillas

Prep Time: 20 minutes
Servings: 1

You will need:

- 1-2 tablespoons canned fat-free regried beans
- 1 6-8 inch flour tortilla
- 1-2 tablespoons shredded reduced-fat sharp cheddar cheese
- Bottled salsa (optional)

Directions:

1. Spread refried beans on one half of tortilla.
2. Place bean-topped tortilla, bean side up, in a medium skillet or on a griddle. Sprinkle cheese over the bean-topped tortilla.
3. Cook over medium heat about 3 minutes or until cheese begins to melt. Fold tortilla in half. Turn and cook 1-2 minutes more or until golden brown.
4. To serve, cut each quesadillas into thirds. If desired, serve with salsa.

Nutrition Facts (per serving): Calories: 148; Total Fat: 5g; Saturated Fat 3g; Cholesterol: 15mg; Sodium: 300mg; Carbohydrate: 14g; Dietary Fiber: 1g; Protein: 8g

Source: www.kraftfoods.com

Taco Rice Skillet

Prep Time: 20 minutes
Servings: 4

You will need:

- 2 pouches (1 cup each) Frozen Boca meatless ground burger
- 2 cups Minute Premium white rice, uncooked
- 2 cup water
- 1 medium tomato, chopped
- 1 package (1-1/4) Tach seasoning mix
- 1/2 cup shredded Taco Cheese
- 1/2 cup shredded lettuce

Directions:

1. Cook ground burger in large nonstick skillet as directed on package.
2. Add rice, water, tomato and taco seasoning mix; stir until wll blended. Bring to boil. Sprinkle with cheese; cover. Remove from heat. Let stand 5 minutes.
3. Sprinkle with lettuce around edge of skillet just before serving.

Nutrition Facts (per serving): Calories 320; Total Fat: 6g; Saturated Fat: 3g; Cholesterol: 15mg; Sodium: 950mg; Carbohydrate: 50g; Dietary Fiber: 5g; Sugars: 2g; Protein: 19g

Source: www.kraftfoods.com

No-Cook Fresh Tomato Sauce with Pasta

Prep Time: 10 minutes
Servings: 4
You will need:

- 1 lb plum tomatoes (about 4 medium), chopped
- 1/8 cup chopped fresh basil leaves
- 1 tablespoon chopped red onions
- 1/4 cup Italian dressing
- 1/8 cup grated Parmesan or Romano cheese
- 1/2 lb pasta, cooked, drained

Directions:

1. Combine tomatoes, basil and onions in large bowl.
2. Stir in dressing and cheese.
3. Add pasta; toss lightly

Nutrition Facts (per serving): Calories: 280; Total Fat: 4.5g; Saturated Fat: 1g; Cholesterol: 5mg; Sodium: 190mg; Carbohydrate: 49g; Dietary Fiber: 3g; Sugars: 6g; Protein: 10g *Source: www.kraftfoods.com*

Italian Chicken Primavera

Prep Time: 20 minutes
Servings: 3
You will need:

- 3 plum tomatoes, chopped
- 1 medium zucchini, chopped
- 1 cup chopped, drained marinated artichoke hearts
- 1 clove garlic, finely chopped
- 1 package (6 oz) Oscar Mayer Italian Style Chicken Breast Strips
- 1/4 cup chopped fresh basil
- 2-1/2 cups hot cooked whole grain spaghetti (about 4 oz. uncooked)
- 1 tablespoon grated parmesan cheese

Directions:

1. Cook and stir tomatoes, zucchini, artichokes and garlic in large nonstick skillet on medium-high heat 5 minuets or until zucchini is crisptender.
2. Add chicken and basil; stir. Cook 5 minutes or until heated through, stirring occasionally.
3. Serve over the hot spaghetti; sprinkle with cheese.

Nutrition Facts (per serving): Calories 310; Total Fat: 7g; Saturated Fat: 1.5g; Cholesterol: 40mg; Sodium: 790mg; Carbohydrate: 43g; Dietary Fiber: 8g; Sugars: 4g; Protein: 23g *Source: www.kraftfoods.com*

Calories	Fat (g)	Sat. Fat(g)	Carbs(g)	Fiber(g)	Sodium(mg)
150	8	--	--	1	--
330	10	--	--	8	--
360	6	--	--	11	--
310	6	--	--	6	--
370	7	--	--	7	--
210	2	--	--	7	--
370	7	--	--	9	--
290	16	6	23	1	890
480	19	6	69	2	800
380	19	8	40	2	630
290	16	6	25	<1	670
0	0	0	0	0	25
380	10	6	11	1	340
520	39	11	8	2	1655
776	55	15	13	2	3255
326	.86	.82	54	1	1159
407	.62	0	70	0	1355
210	8	2.5	27	1	510
230	8	3.5	28	2	610
200	7	2	28	2	490
3	0	0	1	0	0
280	10	6	36	1	163
289	11	7	35	0	194
225	5	3	39	0	104
77	0	0	11	0	106
116	0	0	16	0	160
100	0	0	25	0	0
165	0	0	38	0	0

ON-CAMPUS: Healthier Eating Options

[The Commons] **The Fresh Food Company:** Located in the upper Commons, this market style restaurant offers an all-you-care-to-eat setting and an assortment of choices including freshly prepared fruit and salad, vegetarian soup and steamed vegetables. **Einstein Bros. Bagels:** a sophisticated blend of trendy tastes specializing in fresh made items including soups and specialty salads. **Food Court:** Cruise to Subway and enjoy a freshly prepared Grilled Chicken Spinach Salad. Enjoy all of this for only three grams of fat. Also enjoy vegetarian soups, yogurt and fruit.

[Kirkhof Center] **River Landing:** Enjoy creating the perfect salad at Croutons, vegetarian sandwiches and salads at Subway, Sushi, light and creamy granola yogurt, fresh ripened fruit and homemade soups. **Lobby Shop:** Cool off with a pineapple peach smoothie at the Freshens Smoothie Co., or choose from a variety of on-the-go snacks including granola mix, breakfast bars, and even Slimfast at the convenience store. Concerned about calories? No problem with the low-fat, no fat and soy options available at Java City Coffee!

[Kleiner] **Marketplace:** Enjoy your choice of veggies at JUMP Asian Cuisine or try a freshly sliced turkey sandwich at Montague's Deli. Still want more?…grab a yogurt or piece of fruit to-go. **C-Store:** Shop from a selection of healthy snacks, produce, frozen foods, breads and health and beauty items.

[South Campus] **The Meadows Clubhouse:** Enjoy tasty menu items including entrees, variety of sandwiches, a warm cup of soup or a hearty salad.

[DeVos Center] **Plaza Café:** A variety of choices including home cooked meals at Homezone, veggie burgers and chicken sandwiches at Grille Works, sushi, crispy salad and other grab and go items including yogurt, celery sticks and soup!

Just 4 U is a program geared toward, "Food that fits your life." Using six symbols, they are placed next to food items that denote the following:

- Heart Healthy: low fat, saturated fat, cholesterol, and less than 480mg sodium per serving.
- Low Fat: less than 30% of calories come from fat.
- Low Carb: 15g or fewer carbs per serving.
- Low Calorie: 300 calories or fewer.
- Vegetarian: no meat, fish, or poultry with the exception of dairy, eggs, or honey.
- Vegan: no animal products (i.e. meat, fish, poultry, dairy, etc.)

For more information, please visit the Campus Dining website at www.gvsufood.com and click on the link entitled "Campus Nutrition."

Easy Greek Salad

Prep Time: 10 minutes, Servings: 4

You will need:

- 1/2 cup prepared Good Season Italian Salad Dressing & Recipe Mix
- 2 tablespoons chopped pitted ripe olives
- 10 cups torn romain lettuce
- 3 plum tomatoes, cut into wedges
- 1/2 of a medium cucumber, cut in half lengthwise, sliced
- 1 package (4 oz) Athenos Traditional Crumbled Deta Cheese

Directions:

1. Mix dressing and olives; set aside.
2. Toss lettuce with tomatoes and cucumber in salad bowl.
3. Drizzle with dressing mixture; sprinkle with cheese.

Nutrition Facts (per serving): Calories: 170; Total Fat: 12g; Saturated Fat: 5g; Cholesterol: 20mg; Sodium: 700mg; Carbohydrate: 10g; Dietary Fiber: 4g; Sugars: 6g; Protein: 7g *Source: www.kraftfoods.com*

Greek Burger

Prep Time: 20 minutes, Servings: 1

You will need:

- 1/8 cup crumbled feta cheese
- 1/8 cup chopped kalamata olives
- 1/4 ground beef or turkey
- 1/8 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 pita bread round
- 1 tablespoon tzatziki (optional)

Directions:

1. Combine cheese, olives, meat and seasonings in a large bowl and blend.
2. Shape mixture into a large burger about the same size as the pita bread round.
3. Cook burger to desired doneness.
4. Spread 1 tablespoon of the tzatziki in each pita half.
5. Cut burgerin half and place inside a pita half.

Nutrition Facts (per serving): Calories: 130; Total Fat: 1.5g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 180mg; Carbohydrate: 33g; Dietary Fiber: 4g; Sugars 18g; Protein 2g *Source: www.kraftfoods.com*

Asian Chicken 'n Noodles

Prep Time: 15 minutes
Servings: 2
You will need:

- 1 1/2 Cups water
- 1 package (3 oz) ramen noodle soup mix
- 1 medium carrot, thinly sliced
- 1 package (6 oz) Oscar Mayer grilled chicken breast strips
- 2 Tablespoons green onion slices

Directions:

1. Bring water to boil in medium sacuepan. Add noodles and carrots; cook 3 minutes.
2. Add chicken breast strips and 1 teaspoon of the seasoning (from ramen soup package); mix well. Discard remaining seasoning. Cook until heated through, stirring occasionally.
3. Sprinkle with onions.

Nutrition Facts (per serving): Calories: 320; Total Fat: 11g; Saturated Fat: 4g; Cholesterol: 60mg; Sodium: 1010mg; Carbohydrate: 32g; Dietary Fiber: 2g; Sugars: 2g; Protein: 24g *Source: www.kraftfoods.com*

Asian Chicken Salad

Prep Time: 30 minutes
Servings: 4
You will need:

- 8 ounces spagetti, broken
- 2 Cups chopped cooked chicken breast
- 1 Cup halved pea pods
- 1 Cup red pepper strips
- 1/4 Cup chopped green onions
- 1/2 Cup catalina reduced fat dressing
- 1 Tablespoon creamy penut butter
- 1 Teaspoon reduced-sodium soy sauce
- 1/8 Teaspoon sesame oil

Directions:

1. Cook spaghetti as directed on package; drain
2. Toss spaghetti with chicken, pea pods, red pepper and onions
3. Mix remaining ingredients with wire whisk until well blended. Pour over salad; toss to coat.

Nutrition Facts (per serving): Calories: 460; Total Fat: 11g; Saturated Fat:1.5g; Cholesterol: 60mg; Sodium: 520mg; Carbohydrate: 58g; Dietary Fiber: 4g; Sugars: 12g; Protein: 32g *Source: www.kraftfoods.com*

(Don't Forget to drink 6-8 glasses of water!)

	Actual	Daily* Recommendation
BREAKFAST:		
Grains		6 oz.
Vegetables		2 1/2 cups
Fruits		2 cups
Dairy		3 cups
Meat & Beans		5 1/2 cups
Fats/Oils/Sweets		Sparingly
LUNCH:		
Grains		6 oz.
Vegetables		2 1/2 cups
Fruits		2 cups
Dairy		3 cups
Meat & Beans		5 1/2 cups
Fats/Oils/Sweets		Sparingly
DINNER:		
Grains		6 oz.
Vegetables		2 1/2 cups
Fruits		2 cups
Dairy		3 cups
Meat & Beans		5 1/2 cups
Fats/Oils/Sweets		Sparingly
DESSERT:		
		*based on 2,000 calorie/day diet

LET'S GO SHOPPING!

On this page you will find helpful tips to use when Grocery Shopping so as to maintain a healthy eating lifestyle.

- **Eat:** Never go grocery shopping when hungry. This tends to cause purchasing of unnecessary items.
- **Make a plan:** Create a list of items that you need for the week.
- **Stick to it:** Stick to your list when shopping. This not only prevents you from purchasing items that are unnecessary but also helps you stick to a budget.
- **Compare:** Do not always go for the brand name items. Sometimes the cheapest and healthiest choices may be the off-brand.
- **Read:** Start looking at the labels of the items you purchase. This will show you which items are more beneficial to a healthy diet. Compare Labels.
- **Look:** Shop for items that are located on the top and middle shelves. Stores place the sugary sweets towards the bottom of their shelves.
- **Budget:** Healthy eating is not always cheep. So when items are on sale buy more than one. Most items are easily freezable.
- **Variety:** Do not stick to the same products every week. Change it up. Shop for fruits and vegetables based on the season. This will keep you from getting bored with your meals.
- **Color:** Shop for fruits and vegetables based on their color. The more variety more nutrients you will benefit from.
- **Fresh is always best:** If it can be avoided shop for fresh fruits and vegetables rather than canned. Often fresh fruits and vegetables contain more nutrients and minerals than preserved. So shop the perimeter of the store first starting with fruits and vegetables
- **Shop:** The perimeter of the store is the section you should start with making your first stop the fruits and vegetables.

Cheesy Smashed Potatoes

Prep Time: 35 minutes, Servings: 6

You will need:

1 lb. (about 3 small potatoes) red potatoes, cut into chunks
1 cup bite-sized cauliflower florets
1/4 cup reduced fat or light sour cream
1 cup shredded reduced fat sharp cheddar cheese

Directions:

1. Place potatoes and cauliflower in large microwaveable bowl; add water to cover. Cover bowl with wax paper. Microwave on high 20 minutes or until vegetables are very tender.
2. Drain vegetables
3. Add sour cream; mash until vegetable mixture is light and fluffy, stir in cheese.

Nutrition Facts (per serving): Calories: 130; Total fat: 5g; Saturated fat: 3g; Cholesterol: 15mg; Sodium: 170mg; Carbohydrate: 14g; Dietary fiber: 2g; Sugars: 1g; Protein: 7g

Source: www.kraftfoods.com

Cheesy Rice n' Tomatoes

Prep Time: 25 minutes, Servings: 2

You will need:

1 tablespoon Italian dressing
2 tablespoons chopped onions
1 cup minute white rice, uncooked
1-1/4 cups fat-free reduced-sodium chicken broth
1 plum tomato, chopped
1 oz. (1/8 of 8-oz. package) cream cheese
2 tablespoons shredded parmesan cheese
1 tablespoon chopped fresh parsley

Directions:

1. Heat dressing in small saucepan on medium heat. Add onions; cook and stir 3 minutes or until tender.
2. Stir in rice, broth and tomatoes. Bring to boil. Reduce heat to low; simmer 3 minutes.
3. Add cheeses and parsley; stir until blended. Remove from heat, let stand, covered, 5 minuets before serving.

Nutrition Facts (per serving): Calories: 290; Total fat: 9g; Saturated fat: 4.5g; Cholesterol: 20mg; Sodium: 650mg; Carbohydrate: 39g; Dietary fiber: 1g; Sugars: 2g; Protein: 12g

Source: www.kraftfoods.com

Quick Cheesy Broccoli

Prep Time: 10 minutes, Servings: 6

You will need:

4 cups broccoli florets (about 1 medium bunch)
3 tablespoons of water
1/4 cup Italian Dressing
1/2 cup shredded mozzarella cheese

Directions:

1. Microwave broccoli and water in microwaveable bowl on high 5 minutes or until broccoli is crisp-tender; drain.
2. Toss broccoli with dressing and cheese. Serve immediately.

Nutrition Facts (per serving): Calories: 70; Total Fat: 4.5g; Saturated Fat: 1.5g; Cholesterol: 5mg; Sodium: 260mg; Carbohydrate: 4g; Dietary Fiber: 2g; Sugars: 1g; Protein: 4g

Source: www.kraftfoods.com

Steamed or Stir-Fried Veggies:

Prep Time: 15 minutes, Servings: 4

You will need:

2 large onions, sliced
10 mushrooms, sliced
Nonstick spray or 1-2 tablespoons olive oil
¼ cup lite soy sauce mixed with ¼ cup water or small can vegetable or chicken broth*
Crumbled tofu (if desired)
1 10-ounce box of frozen broccoli, carrots, or combination

Directions:

1. Sauté in large frying pan onions and mushrooms.
2. Add frozen vegetables, and sauté until they are soft.
3. Add liquid and heat through.

Nutrition Facts (per serving)*:Calories: 85; Total Fat: .5g; Saturated Fat: 0g; Cholesterol: 0g; Sodium: 696mg; Carbohydrate: 17g; Dietary Fiber: 1g; Protein: 5g *For a lower sodium meal, try using reduced-sodium broth

Source: www.kraftfoods.com

We've done some research and here are some healthier options:

Bread: Earth Grains Multi-Grain, Whole Wheat, Aunt Millies light fiber 4 life

Bagels: Thomas Whole Wheat, Brownberry

Cereal: Cheerios, Kashi, Fiber One, Wheaties, Smart Start, Shredded Wheat, Oatmeal

Cheeses: Anything Low-fat or "part-skim", light string cheese (Sarjento)

Cookies: Health Valley, Clif Bars

Crackers/Chips: Garden of Eatin, Baked Lays, Soy Crisps, Quaker Rice Cakes

Dressings: Oil/Vinegar, Annie's Low-Fat options, Ken's Fat Free Vinaigrette, Spray

Frozen Desserts: Healthy Choice, Fat Free Fudge Pops, Sorbet, Frozen Fruit

Fruits/Vegetables: FRESH if possible -- A variety!!!

Granola Bars: Nature Valley, Clif Bars, Kashi, All-Bran

Meat: Boca, MorningStar Farms, Healthy Choice, Tofu, Lean cuts of meat

Spreads/Dips: Hummus, Natural Peanut Butter, Low Sugar Preserves, Low-Fat Cream Cheese, Salsa

Yogurt: Dannon Lite 'n' Fit, Stonyfield Farms

Soups: If you choose soup frequently, broth-based soups are typically lower in saturated fat than cream-based soups.

Milk: Soy milk or Fat-Free (skim). The lower the percentage of fat the healthier.

Juice: Some juices contain more sugar than real fruit juice. Check the ingredients label and look for real fruit juice instead of corn syrup or added sugar sweeteners. Extra sugar typically leads to empty calories and contain little nutritional benefit.

Recipes

Breakfast | Lunch | Dinner
Snacks & Sweets

On the following pages, you will find several recipes and suggestions for healthier meal ideas. For your convenience, we included nutritional information with each recipe. Also included are meal comparison charts, which show the difference between popular fast food meals and healthier options. Websites such as www.CalorieKing.com allow users to look up nutrition facts of 40,000+ foods. In addition, most major restaurants provide nutrition information on their websites. For additional resources, please see page 41.

Couscous with Chickpeas, Tomatoes, and Edamame

Vegetarian (Meatless), Servings: 5

You will need:

(Subsitute thatwed frozen green peas for the edamame , if you prefer.)

- 1 tablespoon olive oil
- 1 cup fresh or frozen shelled edamame (soybeans)
- 1/2 teaspoon crushed red pepper
- 4 garlic cloves, minced
- 2 1/4 cups water, divided
- 1/4 cup chopped fresh basil
- 1 (16-ounce) can chickpeas (garbanzo beans), drained and rinsed
- 1 (14.5-ounce) can diced tomatoes, undrained
- 3/4 teaspoon salt
- 1 cup uncooked couscous
- 2 cups coarsely chopped green onions
- 1 cup crumbled feta cheese

Directions:

Heat olive oil in a large skillet over medium heat. Add edamame, red pepper, and garlic; cook 3 minutes, stirring frequently. Stir in 1/2 cup water, basil, chickpeas, and tomatoes; simmer 15 minutes. Add 1 3/4 cups water and salt; bring to a boil. Gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Stir in onions and feta; toss well.

Nutrition Facts (per serving): Calories 454(28% from fat); Fat 13.9g (sat 5.4g,mono 4.3g,poly2.6g); Protein 20.7g; Cholesterol 27mg; Calcium 307mg; Sodium 990mg; Fiber 11g; Iron 4mg; Carbohydrate 62.4g

Source: www.cookinglight.com

Chicken Simmered with Zucchini, Tomatoes & Mushrooms

Dairy-Free, Gluten-Free, Servings: 4

You will need:

- 2 Tablespoons extra virgin olive oil
- 1 medium yellow onion, sliced
- 6oz mushrooms, coarsely chopped
- 2 garlic cloves
- 1/4 teaspoon red pepper flakes (optional)
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 cup gluten-free chicken broth
- 4 tomatoes quartered
- 2 medium zucchini, cut into 1-inch pieces
- 1 lb. chicken tenders
- Salt & Pepper to taste

Directions:

In a large skillet, heat oil over medium-high heat. Saute onion, mushrooms, garlic, and spices until onions are translucent, about 4-5 minutes. Stir in chicken broth, tomatoes, and zucchini and bring to a simmer. Stir in chicken, cover and simmer until chicken is done, about 10 minutes.

Nutrition Facts (per serving): Calories: 220, Total Fat: 9g, Saturated Fat: 1g, Protein: 26g, Carbohydrates: 10g, Fiber: 2g, Sugar: 4g, Cholesterol 60mg, Sodium: 640mg.

Source: www.wholefoodsmarket.com

Pasta Shells with Tuscan Tuna

Prep Time: 15 minutes, Servings: 4

You will need:

- 8 ounces uncooked medium seashell pasta (about 3 cups)
- 1/2 cup chopped red onion
- 1/4 cup thinly sliced fresh basil
- 2 tablespoons capers
- 2 tablespoons extra virgin olive oil
- 2 teaspoons grated lemon rind
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 (7-ounce) bags white albacore tuna in water

Directions:

Cook pasta according to package directions, omitting salt and fat. Drain pasta in a colander over a bowl, reserving 2 tablespoons cooking liquid. Return pasta to pan. Add reserved 2 tablespoons cooking liquid, onion, and remaining ingredients; toss well.

Nutrition Facts (per serving): Calories 402(24% from fat); Fat 10.6g (sat 1.9g, mono 5.8g, poly 1.7g); Protein 31.8g; Cholesterol 42mg; Calcium 37mg; Sodium 829mg; Fiber 2.4g; Iron 3.1mg; Carbohydrates 44.4g

Source: www.cookinglight.com

Creamy Apple Raisin Oatmeal

Prep Time: 10 minutes, Servings: 1

You will need:

- 1/3 cups quick-cooking oats
- 1 tablespoon raisins
- 2/3 cup apple juice
- 2 tablespoons vanilla yogurt (optional)

Directions:

1. In a microwave able cereal bowl, mix oats, raisins, and apple juice well blended.
2. Microwave on full power 11/2 to 2 minutes, stirring every 30 seconds until oatmeal is thickened. Top with yogurt if desired.

**If a fruity flavor is not desired try substituting the juice for water or skim milk. Also try adding fruits such as blueberries, apples, pineapple, peaches, or bananas to your oatmeal for a more nutritious breakfast! Other additives such as walnuts or granola work as well.

Nutrition Facts (per serving): Calories: 229; Total Fat: 2.9g Saturated Fat: 1g; Cholesterol: 3mg; Sodium: 20mg; Carbohydrate: 46.6g; Dietary Fiber: 3.2; Sugars: 25.7g; Protein: 5.8g

Source: www.recipezaar.com

Create Your Own Smoothie:

Prep Time: 10 minutes, Servings: 1

You will need:

- 1/2 carton (4 oz) vanilla yogurt
- 8 oz. fruit juice
- 1 cup fruit
- 4 ice cubes

Directions:

1. Combine all ingredients in a blender, cover, and process until smooth.

Nutrition Facts (per serving): Calories: 256; Total Fat: 1g; Carbohydrate: 55g; Protein: 9g;

Source: The College Student's Guide to Eating Well on Campus

Pebbles Confetti Pancakes

Prep Time: 25 minutes, Servings: 6

You will need:

- 3 cups Post Fruity PEBBLES Cereal, lightly crushed
- 1 cup flour
- 2 teaspoons CALUMET Baking Powder
- 2 eggs
- 1 cup milk
- 1 container (6 oz.) vanilla low-fat yogurt
- 1-1/2 cups sliced strawberries

Directions:

1. Mix cereal, flour and baking powder in medium bowl; set aside. Beat eggs and milk with wire whisk until well blended. Add to cereal mixture; mix well.
2. Preheat large nonstick griddle or skilled sprayed with cooking spray on medium heat. Ladle batter onto griddle, using 1/4 cup batter for each pancake. Cook until bubbles from on tops, then turn over to brown other sides.
3. Serve topped with the yogurt and fruit.

Nutrition Facts (per serving): Calories: 230; Total Fat: 4g Saturated Fat 2g; Cholesterol: 75mg; Sodium: 340mg; Carbohydrate: 43g; Dietary Fiber: 3g; Sugars:14g; Protein: 8g

Source: www.kraftfoods.com

A quick option...

Hard-boiled Egg
Toast w/ Margarine
Small Orange Juice

Nutrition Facts:
Calories: 240; Fat: 13 g; Fiber: 0g; Protein: 10g

Source:
The College Student's Guide to Eating Well on Campus

MEAL COMPARISON

3 oz. Roasted Chicken Breast (no skin) 3/4 Cup steamed broccoli 1 Baked potato (w/ skin), 2 tsp. salsa 2 tbsp. Fat-free Ranch Dressing 1 small chocolate ice cream cone	versus	Double WHOPPER w/ cheese King-Size French Fries King-Size Coca-Cola
Calories: 718 Total Fat: 19g Saturated Fat: 3g Sodium: 750 mg Carbohydrates: 98g Fiber 11g Protein: 39g		Calories: 726 Total Fat: 30g Saturated Fat: 11g Sodium: 996 mg Carbohydrates: 94g Fiber 3g Protein: 21g

Cheesy Italian Chicken Mac

Prep Time: 28 minutes, Servings: 6

You will need:

- 1 package (7-1/4 oz) Macaroni & Cheese Dinner
- 1 lb. boneless skinless chicken breasts, cut into chunks
- 1 teaspoon dried oregano leaves
- 1 can (14-1/2 oz) Italian-style stewed tomatoes, undrained
- 1 package (10 oz.) frozen green beans
- 1/2 cup shredded reduced fat mozzarella cheese

Directions:

1. Prepare macaroni & cheese dinner as directed on package.
2. Meanwhile, spray large nonstick skillet with cooking spray. Add chicken and oregano; cook and stir on medium heat 3 minutes. Stir in tomatoes with their liquid and beans. Cook 5 minutes or until chicken is cooked through and mixture is heated through.
3. Combine macaroni and chicken mixture; sprinkle with cheese.

Nutrition Facts (per serving): Calories: 290; Total Fat: 6g; Saturated Fat: 2.5g; Cholesterol: 55mg; Sodium: 650mg; Carbohydrate: 34g; Dietary Fiber: 4g; Sugars: 7g; Protein: 26g

Source: www.kraftfoods.com

5-Minute Southwest Layered Salad

Prep Time: 5 minutes, **Servings:** 4

You will need:

- 6 cups torn romaine lettuce
- 1 can (15 oz) black beans, rinsed, drained
- 1 cup frozen corn, thawed
- 3/4 cup salsa
- 1/2 cup Mexican style shredded cheddar jack cheese
- 1/4 cup ranch dressing
- 1 cup tortilla chips, broken

Directions:

1. Arrange lettuce in bottom of glass serving bowl or on serving plate.
2. Layer beans, corn, salsa, and cheese evenly over top.package)
3. Drizzle with dressing; sprinkle with chips.

Nutrition Facts (per serving): Calories: 300; Total Fat: 13g; Saturated Fat: 4g; Cholesterol: 15mg; Sodium: 600mg; Carbohydrate: 37g; Dietary Fiber: 9g; Sugars: 5g; Protein: 12g

Source: www.kraftfoods.com

By the Sea Casserole

Prep Time: 35 minutes, **Servings:** 6

You will need:

- 1 (16 ounce) bag frozen mixed vegetables
- 2 (6 ounce) packages of tuna
- 1 cup instant rice, uncooked
- 1 (10-3/4 ounce) can cream of celery soup
- 1 cup milk
- 1 cup baby goldfish crackers

Directions:

1. In medium bowl, combine vegetables and tuna
2. Mix in rice, soup and milk
3. Put mixture in a microwave safe 1-1/2 quart dish
4. Cover and microwave on high for 6 minutes
5. Stir
6. Recover and microwave on high for 6-8 minutes more or till rice is tender
7. Stir casserole and sprinkle with crackers

Nutrition Facts (per serving)Calories 300; Total Fat: 8.6 g; Saturated Fat: 3g; Cholesterol: 36mg; Sodium: 761mg; Carbohydrate: 35.7g; Dietary Fiber: 4.2g; Sugars: 0.7g; Protein: 20.4g

Source: www.recipezaar.com

Some quick options...

Bakery Bagel w/ 1 tbsp of Cream Cheese
Small Orange Juice

Nutrition Facts:
Calories: 475; Fat: 16.5 g; Fiber: 0.5g; Protein: 9.5g

1 Cup cereal w/ Skim milk
Banana

Nutrition Facts:
Calories: 290; Fat: 1g; Fiber: 3g; Protein: 12g

Cereal Bar
8 oz. Skim Milk

Nutrition Facts:
Calories: 240; Fat: 3g; Fiber: 1g; Protein: 8g

Low-fat Yogurt
Apple
Breakfast Smoothie

Nutrition Facts:
Calories: 255; Fat: 1g; Fiber: 0-3g; Protein: 9g

Source:
The College Student's Guide to Eating Well on Campus

MEAL COMPARISON

1 cup Honey Bunches of Oats cereal 1 slice whole-wheat toast (w/ jelly) 1 cup skim milk 1 banana	versus	1 Sausage McMuffin w/ Egg
Calories: 466 Total Fat: 6g Saturated Fat: 1g Sodium: 523mg Carbohydrates: 92g Fiber 6g Protein: 16g		Calories: 438 Total Fat: 26g Saturated Fat: 10g Sodium: 930 mg Carbohydrates: 31g Fiber 2g Protein: 20g

MEAL COMPARISON

1 turkey sandwich w/ mustard on whole-wheat bread 1 carton yogurt w/ 2 tbsp. granola 1 apple 3 Chips Ahoy chocolate chip cookies 1 serving Doritos Nacho Cheese	VERSUS	1 Cheesy Gordita Crunch 1 16 fl. oz. Coca-Cola
Calories: 624 Total Fat: 18g Saturated Fat: 4g Sodium: 891mg Carbohydrates: 103g Fiber 10g Protein: 19g		Calories: 726 Total Fat: 30g Saturated Fat: 11g Sodium: 996 mg Carbohydrates: 94g Fiber 3g Protein: 21g

Zesty Turkey Pita Pocket

Prep Time: 10 minutes, Servings: 1

You will need:

- 1/2 cup baby spinach leaves
- 1 tablespoons Italian Dressing
- 1 whole wheat pita bread, cut in half
- 6 thin slices cucumber
- 5 slices thin oven roasted turkey breast
- 2 tablespoons crumbled reduced fat feta cheese

Directions:

1. Toss spinach with dressing.
2. Fill pita bread halves evenly with spinach, cucumbers, and turkey.
3. Sprinkle with the cheese.

Nutrition Facts (per serving): Calories: 300; Total Fat: 6g; Saturated Fat: 2g; Cholesterol: 25mg; Sodium: 1350mg; Total Carbohydrate: 44g; Dietary Fiber: 6g; Sugars: 2g; Protein: 20g

Source: www.kraftfoods.com

Super Veggie Wrap

Prep Time: 5 minutes, **Servings:** 1

You will need:

- 1/4 cup shredded cheddar cheese
- 2 tablespoons shredded carrots
- 2 tablespoons chopped tomatoes
- 1 tablespoon ranch dressing
- 2 flour tortillas
- 1/4 cup shredded lettuce

Directions:

1. Mix cheese, carrots, tomatoes, and dressing in bowl.
2. Top each tortilla with half the filling mixture and 2 tablespoons lettuce.
3. Roll up each tortilla,

Nutrition Facts (per serving): Calories: 380; Total Fat: 20g; Saturated Fat: 8g; Cholesterol: 30mg; Sodium: 800mg; Carbohydrate: 40g; Dietary Fiber: 2g; Sugars: 3g; Protein: 11g

Source: www.kraftfoods.com

Italian Pizza Burger

Prep Time: 19 minutes, **Servings:** 4

You will need:

- 1 lb. extra lean ground beef
- 1/4 cup chopped onions
- 2 Tablespoons Italian reduced fat dressing
- 4 Mozzarella cheese singles
- 4 hamburger buns, split
- 2 Tablespoons ketchup
- 1/2 teaspoon Italian seasoning

Directions:

1. Mix meat, onions and dressing. Shape into four 1/2 inch-thick patties
2. Cook patties 4 minuets on each side or until cooked through (160 oF). Top with the cheese and let melt.
3. Mix ketchup and seasoning.
4. Assemble burger.

Nutrition Facts (per serving): Calories: 330; Total Fat: 11g (Saturated Fat: 5g); Cholesterol: 75mg; Sodium: 760mg; Carbohydrate: 26g; Dietary Fiber: 1g; Sugars: 6g; Protein: 31g

Source: www.kraftfoods.com