helpful starts to EATING SMART
the college student’s handbook to better nutrition

the truth about the “freshman 15”
the food guide pyramid
how to read a nutrition label
food substitution tips
grocery shopping tips
healthy options for eating out
tips for living “green”
multiple organic resources
over 25 healthy delicious recipes
... and much more!
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Introduction

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
Campus Recreation
Grand Valley State University
Congratulations, you’ve begun your healthy habits, getting regular exercise as well as improving your diet. Now comes making these changes permanent, so what do you do when someone close to you is trying to undermine your efforts by trying to talk you into skipping workouts or eating out too often? This is a struggle that many people endure when making lifestyle changes; it is important to know that you are not alone if this has happened to you. There are many reasons why a person may try to undermine your success; however the important thing to remember is that you continue to stay on track and take charge of your health and your life. This can mean standing up to those who are undermining your efforts and surrounding yourself with people who are supportive of your decisions. However, your relationships do not have to suffer because you have decided to make important lifestyle changes.

According to the American College of Sports Medicine, those closer in relational connectedness are more likely to provide the most pressure to deviate from healthy habits, especially when these habits are newly formed and they aren’t used to the changes you have implemented and how they may affect them. Those who can apply the most undermining pressure include: friends, significant others and family members.

Here are some common ways that those close to you may try to undermine your efforts:

- “I knew you were coming home so I made you your favorite dessert, why don’t you have some?”

- “Skip your workout today, let’s go play a videogame to get our minds off that terrible Physics test.”

- “Everyone is going to the bar tonight, you have to come. Margaritas are only $2 each!”

- “You always seem to be in the gym, let’s go see a movie, I know how much you like movie theater popcorn!”
So how do you maintain your relationships as well as your healthy habits? Here are some tips to help when you encounter undermining situations:

- Be proactive and invite others to join in, before they can start complaining about you leaving them to go to the gym or not wanting to go out for happy hour. According to ACSM, more individuals give in to eating situations than exercise situations when someone is actively or passively undermining your efforts.

- Modify your workout to include others; take a walk or bike ride where you can maintain physical activity but still carry on a conversation and enjoy the outdoors.

- Get more active without it feeling like exercise; choose interactive activities such as bowling, playing Wii games, rollerblading to your destination, or playing a pick-up game of volleyball or basketball.

- Offer to show them a new way to cook their favorite food with a new recipe that you have found.

- Suggest you have a dinner party at home instead of going out where you can control what you eat and how it is made.

- If you do go out to dinner have a light, healthy snack before so that you are more likely to make a healthier choice as well as eat less.

Of course it can be difficult to spend less time with family or friends, especially if they are the main person(s) undermining your success. Determine what your schedule can handle so that you may enjoy time with those who are important to you while at the same time fitting in time for your workout or to prepare healthy meals. Lean on those who are supportive of you; ask them to let you know if they have observed you falling back into old patterns. It is important to remember not to be too hard on yourself if you go out for dinner and occasionally choose French fries over a salad. To keep your mind and body healthy requires a balance of exercise, socializing, and nutrition. Everything in moderation is a great rule to live by when it comes to creating a healthy balance.

Freshman Fifteen: Fact or Fiction?

“I ate a lot of mac and cheese and Gatorade.”
“So far it’s been pizza for lunch and pizza for dinner…”

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. 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.

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. (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.). 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. Amy Campbell, Assistant Director of Wellness, adds that making breakfast doesn’t have to be time consuming. However, one should avoid sugary cereals because they satisfy hunger for relatively short amounts of time. See page 20 for healthy and convenient breakfast ideas.

3. FRUITS & VEGGIES. Try to eat one serving of fruits and one serving of vegetables at both lunch and dinner. 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. Campbell 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.” This will help to prevent overindulging and other nonhunger 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.

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.

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 what and how much you consume.

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, choose low-calorie snacks. 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 that it is a guideline to help you balance a 2,000 calorie diet. For help and more information, go to www.mypyramid.gov or stop by the Fitness & Wellness Center.
Portion Sizes

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 [½ cup = 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 = 2½ cups a day
1 serving = 1 cup leafy vegetables
½ cup of other vegetables
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, Beans, Eggs, & Nuts Group: 5½ ounces a day
1 serving = 2-3 ounces of cooked lean meat, poultry or fish [3 ounces of meat = deck of cards]
2 tablespoons of peanut butter or 1/3 cup of nuts
2½ ounce soy or veggie burger, or 1 egg
½ cup cooked dry beans or ½ cup tofu

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 = tennis ball]
2 tbsp. butter, oil

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

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

### Nutrition Facts

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<td>Saturated Fat</td>
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<tr>
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<td>Total Carbohydrate</td>
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<tr>
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<td>Protein</td>
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- 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.

- 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.

- These values are based on 100% and determined by a 2,000 calorie per day diet. In one serving of this food product, there is 4% of the suggested saturated fat intake, 6% of the suggested cholesterol intake, etc.

- 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.

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

- 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.
Fat Facts

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
- Whole grain foods
- Low-fat dairy
- 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, monounsaturated, polyunsaturated) should be adjusted to fit total caloric needs.

### Foods that Raise Cholesterol

<table>
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<th>Source</th>
<th>Example</th>
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<tr>
<td>dietary cholesterol</td>
<td>meats, egg yolks, dairy products, organ meat (heart, etc), fish, poultry</td>
</tr>
<tr>
<td>saturated fats</td>
<td>whole milk, cream, ice cream, palm kernel</td>
</tr>
<tr>
<td>trans fats</td>
<td>cookies, crackers, cakes, french fries, fried onion rings, donuts</td>
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</table>

### Foods that Lower Cholesterol

<table>
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<tr>
<th>Source</th>
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</tr>
</thead>
<tbody>
<tr>
<td>polyunsaturated fats</td>
<td>safflower, sesame, soy, corn &amp; sunflower seed oils, nuts, seeds</td>
</tr>
<tr>
<td>monounsaturated fats</td>
<td>olive, canola &amp; peanut oils, avacados</td>
</tr>
</tbody>
</table>
# Smart Substitutions

<table>
<thead>
<tr>
<th>Instead of...</th>
<th>Try this....</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>condiments</strong></td>
<td></td>
</tr>
<tr>
<td>mayonnaise</td>
<td>mustard, reduced-fat mayonnaise, or salad dressing</td>
</tr>
<tr>
<td>sauces, oils, salt</td>
<td>lemon juice, herbs (i.e. Mrs. Dash)</td>
</tr>
<tr>
<td>syrup (on pancakes/waffles)</td>
<td>fruit (i.e. blueberries, bananas)</td>
</tr>
<tr>
<td><strong>beverages</strong></td>
<td></td>
</tr>
<tr>
<td>whole milk, 2% milk</td>
<td>1% milk, skim milk</td>
</tr>
<tr>
<td>sugary pop, low-fruit juice</td>
<td>2 glasses of water at each meal</td>
</tr>
<tr>
<td>10% juice &amp; added preservatives</td>
<td>100% juice (i.e. Juicy Juice)</td>
</tr>
<tr>
<td><strong>snacks</strong></td>
<td></td>
</tr>
<tr>
<td>chips &amp; crackers (w/ bleached flour)</td>
<td>soy crisps, low-sodium Wheat Thins, Kashi</td>
</tr>
<tr>
<td>candybars</td>
<td>granola bars, trail mix, fat-free pudding</td>
</tr>
<tr>
<td>fruit packed in syrup</td>
<td>fresh fruit, fruit packed in water, frozen fruit (i.e. Weight Watcher's Fit &amp; Active)</td>
</tr>
<tr>
<td><strong>ingredients</strong></td>
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<tr>
<td>enriched (white) pastas and breads</td>
<td>whole-wheat, whole-grain pastas, whole-breads</td>
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<tr>
<td>brown sugar in oateal</td>
<td>raisins/dried fruit, fresh fruit, all-natural granola</td>
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<tr>
<td>oil (for baking)</td>
<td>unsweetened applesauce</td>
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<tr>
<td>vegetable oil, butter, margarine</td>
<td>non-stick cooking spray (i.e. Pam)</td>
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<tr>
<td>oil when sauteing/stir-frying</td>
<td>water, low-sodium broth, lemon juice</td>
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<tr>
<td><strong>meals</strong></td>
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<td>white rice</td>
<td>brown rice</td>
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<tr>
<td>high sugar cereals</td>
<td>low-sugar, high fiber cereals (i.e. Raisin Bran, Cheerios, oatmeal)</td>
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<td>tuna packed in oil</td>
<td>tuna packed in water</td>
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<tr>
<td>processed lunchmeats (bologna)</td>
<td>deli lunchmeats (turkey, chicken)</td>
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<tr>
<td>breaded chicken breasts, fish filets</td>
<td>plain chicken breasts, fish filets: cut skin &amp; visible fats off meats before cooking</td>
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<tr>
<td>frying</td>
<td>bake, steam, broil</td>
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<tr>
<td>pepperoni or sausage on pizza</td>
<td>vegetables, ½ cheese</td>
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Tips on Eating Out

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 of 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.

Substitutions

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/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. Substitute egg beaters or just egg whites in omelets and scrambled eggs. This will cut down on your cholesterol intake.
# Eating Out: Healthier Options

## ARBYS
- Ham & Swiss Melt Sandwich
- Arby's Melt
- Martha's Vineyard Salad
- Santa Fe Salad w/Grilled Chicken

## BURGER KING
- Whopper Jr. w/o Mayo
- BK Veggie Burger
- Chicken Tenders (6 pc)
- Tender Grill Chicken Garden Salad
- Cheeseburger

## HUNGRY HOWIES
(values are based off a single slice of medium sized pizza on the original crust)
- Cheese Pizza
- Pepperoni Pizza
- Howie Wings (Serv. Size 5)
- Small Garden Salad (Serv. Size ½)
- Small Greek Salad (Serv. Size ½)

## JAVA CITY ([www.javacity.com](http://www.javacity.com))
- Bewley's Hot Tea (12oz)
- Brewed Coffee (8oz)
- Cappuccino w/nonfat milk (12oz)
- Hot Chocolate w/nonfat milk (12 oz)

## JIMMY JOHNS
- Slim Turkey, 7 grain bread, w/ avocado
- Gourmet Veggie Club, 7 grain bread, w/o mayo
- Turkey Tom, w/o mayo, add cucumber
- Pepe, w/o mayo
- Bootlegger Club, w/o mayo, w/sprouts, cucumber, & avocado
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McDONALDS
6 piece McNuggets
Southwest Salad w/ grilled chicken
Cheeseburger
Ranch Snack Wrap w/ grilled chicken
Small Fry (unsalted)

PAPA JOHNS - values are based off a single slice of medium sized pizza on the original crust
Garden Fresh Pizza
2 Breadsticks
2 Chickenstrips
Pepperoni Pizza

SUBWAY
6” Oven Roasted Chicken
6” Steak & Cheese
6” Roast Beef
Tuna Mini Sub
Turkey Breast & Ham Salad
• Subs with 6 gram of fat or less include Italian or wheat bread, lettuce, tomatoes, pickles, onions, green peppers, & olives. All other sandwich values include cheese unless otherwise noted.

TACO BELL
Ranchero Chicken Soft Taco
Gordita Supreme-Beef
Caramel Apple Empanada
Steak Taquitos

WENDYS
Mandarin Chicken Salad
Chicken Caesar Salad
Jr. Bacon Cheeseburger
Small Chili
Crispy Chicken Sandwich
Sour Cream & Chives Baked Potato
Homestyle Chicken Fillet
5 Piece Chicken Nugget
• These salads do not include dressing.
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Organic Eating

What does “organic” mean?
According to the USDA, “Organic foods are those produced by farmers who emphasize the use of renewable resources and the conservation of the soil and water to enhance environmental quality for future generations. Organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones. Organic food is produced without use of most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering, or ionizing radiation.”

Some people feel confused about how to “go-green” and start consuming organic goods, or even how to “eat-green”. Here are some tips you can use as a guide to a “greener” life:

- Buy, take, and cook ONLY what will be consumed.
- Stop using disposables! Bring your personal mug for coffee, tea, or drinks.
- Eat more fruits and vegetables and less meat. Meat production requires more energy and resources to produce. Also, make sure you eat organic!
- Buy foods that are locally grown and that provide economic benefits to local growers and producers. This also helps reduce the distance the food travels, thus also reducing the use of fuel and air pollution.
- Buy fair-trade coffee, tea, etc.

...There is much more than this that you can do to help!

Be able to recognize organic products! If you see this label you can be sure the product marked is at least 95% organic.
“Going Green” in College

+ **Walk.** GVSU’s campuses are designed to be walker-friendly. This might be the easiest time to get rid of your car. However, if being completely car-free isn’t an option, park it, and leave it. Use your feet, a bike, or the bus to get from your dorm, house, or apartment to class or to the library. As a GVSU student you also get to use the Rapid bus system around greater Grand Rapids for free!

+ **Eat greener.** Campus Dining at Grand Valley has started purchasing food items from local suppliers, thus supporting the local economy. Campus Dining also works with the West Michigan Environmental Action Council on the Farm to Cafeteria Program to develop relationships with local vendors. You can also help support local food suppliers and the environment by purchasing foods from farmer’s markets, or simply the organic section of your closest grocery store!

+ **Choose green cleaning products.** When cleaning in your dorms, whether it be the bathroom, your room, or doing laundry, choosing biodegradable cleaning products keeps petroleum use to a minimum and minimizes toxins in the environment. Check out products from Mrs. Meyer’s, Method, Seventh Generation, or you can even make your own!

+ **Recycle.** Almost all on-campus living centers and off-campus apartment buildings have recycling bins/dumpsters for cardboard, plastic, glass, cans, and paper available. Housing & Residence life is gradually increasing the amount of rooms that are furnished with two separate receptacles, one for trash and one for recyclables; this makes disposal a breeze!

+ **Reuse.** College students are notorious for tossing away perfectly good stuff. Consider used items when looking for college gear. Check out Gigoit, Craigslist, or Freecycle for free-to-dirt-cheap dorm room essentials. Conversely, use those same networking sites if you absolutely, positively, have to get rid of your old futon. Keeping functional items in use by someone keeps them out of the landfill. The same goes for clothes; you can always give them to the local Goodwill, Salvation Army, or 2nd Time Around! Or you can simply donate them to a church, homeless shelter, etc!

**GET INVOLVED @ GVSU!**

GVSU Campus Sustainability Week: October 23rd-30th, 2010

More info @ www.gvsu.edu/sustainability.

GVSU Campus Recreation FREE Reusable Waterbottle Giveaway: October 27

Campus Recreation ReUse a Shoe: Donate old, worn out athletic shoes to be made into playground surfaces in high risk neighborhoods as part of Nike's Worn Out Play On program.

More info @ www.gvsu.edu/rec.

sixteen.
Local “Green” Resources

Ottawa County Farmer's Markets & U-Picks

Blueberry Heritage Farm: Berry Bunch Farm Market
☎ 616.399.1677 ☎ www.berry-bunch.com
Quality homegrown, fresh-picked blueberries and cranberries. Find their products at Fulton Street Market and at their on-farm store in Holland.

Bowerman Blueberries, LTD
☎ 616.399.0567 ☎ www.realblueberries.com
Visit the Bowerman farm for already-picked blueberries, raspberries, blackberries, strawberries, garden fresh vegetables, jam, local honey, and more. Farmers' Market: September-October.

Gavin Orchards (U-Pick)
☎ 616.837.6472 ☎ www.gavinorchards.com
U-pick sweet cherries in early June. Already picked apples, squash, pumpkins, gourds, caramel apples, and cider. September-November, Monday-Saturday 9am-7pm, Sun 12-5pm.

Grassfields Cheese
☎ 616.997.8251 ☎ www.grassfieldscheese.com
This family farm provides foods which are safe and natural: artisan cheeses, meats, poultry, and fresh eggs from pasteurized animals.

Maple Lake Tree Farm
☎ 616.669.7805 ☎ www.maplelaketreefarm.com
Growing and retailing trees - shade, ornamentals and spruce; field-grown and container grown. Visit their display garden. Shop for garden accessories.

Motman's Greenhouses
☎ 616-677-1525 ☎ www.motmasgreenhouses.com
Come and enjoy some apple-picking, along with the great variety of fruits and vegetables available at our farm store!

Rasch Cherries (U-Pick)
☎ 616.899.2931 ☎ raschcherries@verizon.net
Great for a healthy fun family outing. U-pick/we-pick sweet and sour cherries. Season starts approximately July 4. Monday-Saturday 8am-8pm, Sun 12-5pm.

Visser Farms (U-Pick)
☎ 616.875.8559 ☎ www.visser-farms.com
Come and enjoy the experience of farm-fresh picked vegetables, hanging baskets, and bedding plants at area farmers markets. Come pick strawberries at the farm.
2010 Season Farmers’ Markets

Ada Covered Bridge Farmers’ Market

616-676-9191 ext: 20 • www.ada.mi.us
June 22-September 28, Thursdays, 12-6pm

Allendale Farmers’ Market

www.allendalechamber.org
June-October, Tuesdays & Fridays, 11am-4pm

Byron Center Farmers’ Market

www.kentowc.com
May-October, Saturdays 8am-1pm

Coopersville Farmers’ Market

616-997-5164 • www.coopersville.com
May-October, Wednesdays 8am-1pm

Fulton St. Farmers’ Market

616-454-4118 • www.fultonstreetmarket.org
May-Christmas, Tuesdays, Wednesdays, Fridays & Saturdays 8am-3pm

Grand Haven Farmers’ Market

616-842-4910
June-October, Wednesdays & Saturdays, 8am-12pm

GVSU Farmers’ Market (Allendale)

616-331-8011 • www.gvsu.edu/rec
June 16-September 29, Wednesdays, 10am-1:30pm

Holland Municipal Farmers’ Market

616-355-1138 • www.cityofholland.com or www.hollandfarmersmarket.com
May 12-December 11, Wednesdays & Saturdays 8am-4pm

Hudsonville Farmers’ Market & Crafts

616-662-3411 ext: Gina Compagner • www.fcelevator.com
June 2-October 6, Wednesdays 8am-2pm

Ionia Farm Market

616-527-1420 • www.ci.ionia.mi.us
July 8-October, Thursdays 3pm-7pm & Saturdays 9am-1pm
Main Place Market (Zeeland)
	616-772-2494
	June-September, Fridays 9am-1pm

Metro Health Farmers’ Market
	616-252-7911  www.farmersmarketonline.com/fm/metrohealthfarmersmarket.html
	May-October, Thursdays 9am-1pm

Muskegon Farmers’ Market
	May-November, Tuesdays, Thursdays & Saturdays 7am-3pm
	Saturday market continues from Thanksgiving to Christmas

Muskegon Heights Farmers’ Market
	231-739-3378
	May-December, Wednesdays, Fridays & Saturdays, 7am-6pm

Rockford Farm Market
	616-866-1537
	June-October, Saturdays 8am-12pm

Southeast Area Farmers’ Market
	616-451-3051  ext:128 www.foodshed.net/grfarmersmarkets
	June-October, Thursdays 1pm-4pm

Spring Lake Farm and Garden Market
	616-842-4910
	June 20-October, Thursdays 10am-3pm

Sweetwater Local Foods Market (Muskegon)
	231-893-3937  www.sweetwaterlocalfoodsmarket.org
	January-May, every other Saturday 9am-1pm
	After June 1, Saturdays 9am-1pm

Westside Farmer’s Market
	616-451-0150  www.foodshed.net/grfarmersmarkets
	May 2-October, Thursdays 9am-5pm
Online “Green” Resources

GVSU SUSTAINABILITY
www.gvsu.edu/sustainability

ORGANIC.ORG
www.organic.org

UNITED STATES DEPARTMENT OF AGRICULTURE
www.usda.gov

TREEHUGGER
www.treehugger.com

LET ME PLAY
www.letmeplay.com

PATAGONIA
www.patagonia.com

ENVIRONMENTALLY FRIENDLY HOTELS
www.environmentallyfriendlyhotels.com

ECO-FRIENDLY PRODUCTS
www.ecoproducts.com

PLANT-A-TREE TODAY
www.plant-a-tree-today.org

OFFICE DEPOT
www.officedepot.com

REUSABLE BAGS
www.reuseablebags.com

GREENER CHOICES
www.greenerchoices.org

ECOLOGICAL FOOTPRINT
www.myfootprint.org
UNITED STATES DEPARTMENT OF AGRICULTURE
Agricultural Marketing Service - The National Organic Standards.

GVSU’S STUDENT SUSTAINABILITY GUIDE
www.gvsu.edu/sustainability

MSU FARMERS’ MARKETS
http://www.farmersmarkets.msu.edu/

OTTAWA COUNTY FARMERS’ MARKETS
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*Daily Recommendations*  

| Daily Recommendations | 6 oz | 2½ cups | 2 cups | 3 cups | 5½ cups | sparingly |

*remember to add beverages throughout the day as well.*
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 cheap. 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, the 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.

+ **Shop:** The perimeter of the store is the section you should start with making your first stop the fruits and vegetables.
Shopping Smart

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 RiceCakes
+ **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/Meat Substitutes:**  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 eat soup frequently, broth-based soups are typically lower in saturated fat than cream-based soups.
+ **Milk:**  fat-free (skim) or 1% milk - 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
Sides
Snacks & Sweets
Ethnic Choices

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.
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 microwaveable cereal bowl, mix oats, raisins, and apple juice well blended.
  2. Microwave on full power 1 1/2 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:
  - ½ carton (4 ounce) vanilla yogurt
  - 8 ounce 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
Fresh Fruit Breakfast Parfaits
- Prep Time: 5 minutes, Servings: 2
- You will need:
  1. banana, sliced
  2. strawberries, sliced
  3. teaspoons light brown sugar
  4. ounces vanilla yogurt
- Directions:
  1. Place ½ of the bananas and ½ of the strawberries in each of the two parfait glasses.
  2. Sprinkle 1 teaspoon of brown sugar over each.
  3. Top each with ½ of the yogurt and serve.
- Nutrition Facts (per serving): Calories: 116; Total Fat: 2.2g; Saturated Fat: 1.3g; Cholesterol: 7mg; Sodium: 29mg; Carbohydrate: 23.4g; Dietary Fiber: 2.3g; Sugars: 16.0g; Protein: 2.9g
  Source: www.recipezaar.com

Egg White Omelet with Spinach
- Prep Time: 15 min, Servings: 2
- You will need:
  1. teaspoons olive oil
  2. cups spinach leaves or chard
  3. egg whites, beaten with
  4. teaspoon chopped chives
- Directions:
  1. In a small nonstick skillet, heat one teaspoon of oil, add the spinach or chard, and cook until it's wilted.
  2. Season with salt and pepper, then move it to a plate.
  3. Add the second teaspoon of oil to the pan, then pour in the whites.
  4. Tilt the pan to spread them out, then cook over medium heat until they're set.
  5. Season with a pinch of salt and pepper, arrange the spinach over 1/3 of the eggs, then gently prod the eggs over it to make a rolled omelet.
- Nutrition Facts (per serving): Calories: 145; Total Fat: 9.4g; Saturated Fat: 1.3g; Cholesterol: 0mg; Sodium: 212mg; Carbohydrate: 3.1g; Dietary Fiber: 1.4g; Sugars: 1.0g; Protein: 12.5g
  Source: www.recipezaar.com
Western Sandwich
• Prep Time: 10 minutes, Servings: 2
• You will need:
  1/8 pound cooked ham or 2 slices bacon, diced or cubed
  1/2 green bell pepper, chopped
  1/2 medium onion, chopped
  2 eggs
  salt & pepper
  butter
  bread, for toast

• Directions:
  1. Cook bacon or ham in butter in pan to desired preference.
  2. Toss in green pepper and onion and cook until vegetables are almost tender.
  3. Beat eggs in a bowl with salt and pepper.
  4. Pour over mixture in skillet and cook until eggs are set.
  5. Turn with a spatula and brown second side lightly.
  6. Place between 2 slices of buttered toast.

• Nutrition Facts (per serving): Calories: 168; Total Fat: 10.0g; Saturated Fat: 3.4g; Cholesterol: 238mg; Sodium: 88mg; Carbohydrate: 4.5g; Dietary Fiber: 0.9g; Sugars: 2.3g; Protein 14.4g

*To reduce cholesterol, substitute 1 egg for 2 egg whites.

Norwegian Pancakes
• Prep Time: 10 minutes, Pancakes: 6 – 9
• You will need:
  1 egg
  1 cup milk
  1 tablespoon melted butter
  1/2 cup flour

• Directions:
  1. Beat eggs.
  2. Add milk and melted butter and mix to combine.
  3. Slowly mix in flour.
  4. Add enough batter to form a thin layer on pan.
  5. When edges of pancake become crisp, flip pancake over and cook until lightly browned.
  6. Spread butter on pancake and spread maple syrup, jam, or sugar and tightly roll up pancake to eat.

• Nutrition Facts (per serving): Calories: 93; Total Fat: 4.3g; Saturated Fat: 2.4g; Cholesterol: 46mg; Sodium: 45g; Carbohydrates: 9.9g; Sugars: 0.1g; Protein: 3.5g

Source: www.recipezaar.com

twenty-eight.
Quick Breakfast Tostada
- Servings: 4, Serving Size: 1 tostada
- You will need:
  ¼ cup 1% low-fat milk
  4 large egg whites
  2 large eggs
  ¼ teaspoon salt
  1/8 teaspoon freshly ground black pepper
  4 (6 inch) corn tortillas
  ¼ cup chopped green onions
  ½ cup bottled salsa
  1 cup canned black beans, rinsed & drained
  ¼ cup fat-free sour cream
  ½ cup (2 ounce) shredded reduced-fat sharp cheddar cheese
- Directions:
  1. Combine first 5 ingredients in a large microwave-safe dish, stirring with a whisk.
  2. Microwave at HIGH for 3 minutes; stir. Microwave an additional 1 minute or until done.
  3. Arrange 1 tortilla on each of 4 microwave-safe plates; divide egg mixture evenly among the corn tortillas. Layer each serving with 2 tablespoons cheese, ¼ cup beans, and 1 tablespoon green onions.
  4. Microwave each tostada at HIGH for 30 seconds. Top each tostada with 2 tablespoons salsa and 1 tablespoon sour cream. Serve immediately.

Nutrition Facts (per serving): Calories 201 (29% from fat); Fat 6.5g (sat 3g, mono 1.8g, poly 0.7g); Protein 15.9g; Cholesterol 120mg; Calcium 214mg; Sodium 633mg; Fiber 4.4g; Iron 1.6mg; Carbohydrates 23.4g

Source: www.cookinglight.com

Banana Breakfast Sandwich
- Prep Time: 10 minutes, Servings: 1
- You will need:
  2 slices of raisin bread
  light cream cheese or other healthy substitute
  1 banana
  honey (optional)
- Directions:
  1. Toast the raisin bread. Spread cream cheese on the toast. Slice a banana and arrange the slices on to one piece of toast. Put the toast together into sandwich form and eat!

Nutrition Facts (per serving): Calories 371, Calories from fat 102, Carbohydrates 65g (21%), Fat 11g (18%), Cholesterol 35mg (12%), Sodium 402mg (17%), Fiber 7g, Protein 7g

Source: www.collegecooking.org
Quick Options

- bakery bagel + 1 tablespoon cream cheese + small orange juice
  Nutrition Facts: Calories 475; Fat 16.5g; Fiber .5g; Protein 9.5g

- 1 cup cereal + skim milk + banana
  Nutrition Facts: Calories 290; Fat 1g; Fiber 3g; Protein 12g

- cereal bar + 8 ounce 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

- hard-boiled egg + toast + margarine + small orange juice
  Nutrition Facts: Calories 240; Fat 13g; Fiber 0g; Protein 10g

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

Meal Comparison

<table>
<thead>
<tr>
<th>1 cup Special K Red Berries 1 slice whole-wheat toast (w/jelly) ½ fresh grapefruit 1 cup skim milk</th>
<th>versus</th>
<th>1 sausage egg McMuffin</th>
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<tbody>
<tr>
<td>377</td>
<td>Calories 450</td>
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<tr>
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<td>78 g</td>
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<tr>
<td>18 g</td>
<td>Protein</td>
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</table>
Zesty Turkey Pita Pocket

- Prep Time: 10 minutes, Servings: 1
- You will need:
  - ½ cup baby spinach leaves
  - 1 tablespoon 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

Tuscan-Style Tuna Salad

- Prep Time: 10 minutes, Servings: 4, 1 cup each
- You will need:
  - 2 (6 ounce) cans chunk light tuna, drained
  - 1 (15 ounce) can small white beans, such as Cannellini or Great Northern, rinsed (see ingredient note)
  - 10 cherry tomatoes, quartered
  - 2 tablespoons extra-virgin olive oil
  - 4 scallions, trimmed and sliced
  - 2 tablespoons lemon juice
  - ¼ teaspoon salt freshly ground pepper to taste
- Directions:
  1. Combine tuna, beans, tomatoes, scallions, oil, lemon juice, salt and pepper in a medium bowl. Stir gently. Refrigerate until ready to serve.

Nutrition Facts (per serving):
- Calories: 253
- Total Fat: 8g (1g sat, 5g mono)
- Cholesterol: 53mg
- Carbohydrates: 20g
- Protein: 31g
- Fiber: 6g
- Sodium: 453mg
- Potassium: 451mg

Source: www.eatingwell.com
Sonoma Chicken Salad
❖ Prep Time: 10 minutes, Servings: 4
❖ You will need:
   ½ cup mayonnaise
   1 tablespoon apple cider vinegar
   1/3 teaspoon salt
   1 1/3 cups diced cooked chicken
   1 cup green grape or red grapes
   1 1/3 teaspoons poppy seeds
   1 cup celery
   2/3 cup chopped walnuts
❖ Directions:
   1. Put everything into a bowl and toss using two large spoons.
   2. Cover and refrigerate.
❖ Nutrition Facts (per serving): Calories: 266; Total Fat: 22.0g; Saturated Fat: 2.5g; Trans Fat: 0.0g; Cholesterol: 6mg; Sodium: 401mg; Carbohydrates: 17.2g; Dietary Fiber: 2.2g; Sugars: 9.0g; Protein: 3.8g
   Source: www.recipezaar.com

Super Veggie Wrap
❖ Prep Time: 5 minutes, Servings: 1
❖ You will need:
   ¼ cup shredded cheddar cheese
   2 tablespoon shredded carrots
   2 tablespoon chopped tomatoes
   ¼ cup shredded lettuce
   1 tablespoon Ranch dressing
   2 flour tortillas
❖ 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 and enjoy!
❖ 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
Baked Pollock
- Prep Time: 5 minutes, Servings: 2
- You will need:
  - 2-3 fish fillets
  - ¼ cup sour cream
  - 1/8 cup grated parmesan cheese
  - 1 tablespoon melted butter
  - salt & pepper to taste
- Directions:
  1. Preheat oven to 350º.
  2. Cover half sheet pan with foil and spray with non stick cooking spray.
  3. Mix all ingredients except fish.
  4. Spread mixture on one side of each fillet.
  5. Bake uncovered for 15 to 25 minutes (depending on the thickness of your fish) until fish is done.

Nutrition Facts (per serving): Calories: 307; Total Fat: 13.1g; Trans Fat 0.0g; Cholesterol: 128mg; Sodium: 287mg; Carbohydrate 1.1g; Sugars 0.1g; Protein: 44.2g

Source: www.recipezaar.com

Crunchy Turkey Pita Pockets
- Prep Time: 10 minutes, Servings: 2
- You will need:
  - 1 cup skinless boneless turkey breast, cooked and diced
  - ½ cup coleslaw mix (pre-packaged)
  - ½ cup dried cranberries
  - ¼ cup carrot, shredded
  - 2 tablespoons fat-free mayonnaise
  - 1 tablespoon honey mustard
  - 2 (6 inch) round whole wheat pita bread, cut in half
- Directions:
  1. Combine turkey, coleslaw mix, cranberries, carrots, mayonnaise, and mustard in a small bowl; mix well.
  2. Fill pitas with turkey mixture.

Nutrition Facts (per serving): Calories: 143; Total Fat: 1.6g; Saturated Fat: 0.3g; Trans Fat: 0.0g; Cholesterol: 1mg; Sodium 356mg; Carbohydrates: 30.3g; Dietary Fiber: 5.3g; Sugars: 3.6g; Protein: 4.6g

Source: www.recipezaar.com
Mini BBQ Chicken Pizza Pockets

- Prep Time: 15 minutes, Servings: 4

**You will need:**

1. (8 ounce) can refrigerated reduced-fat crescent rolls
2. 1 cup cooked chicken, shredded & mixed with BBQ sauce
3. 2 tablespoons cilantro, finely chopped
4. 2 tablespoons red onions, finely chopped
5. ½ cup mozzarella cheese, shredded
6. Cream cheese (optional)

**Directions**

1. Spray a cookie sheet with cooking spray. Preheat oven to 350º.
2. In a small bowl, mix cilantro, onion, and mozzarella. Put aside.
3. Separate crescent roll dough, pushing 2 triangles together to make 4 rectangles total.
4. If using cream cheese, spread a tiny bit in the center of each rectangle. (This will make it creamy and yummy and delish!).
5. Place about 1.5 tbsp shredded chicken on center of each rectangle.
6. Sprinkle cilantro, onion, and cheese mixture on top of each rectangle.
7. Fold rectangle sides up, making little pizza pockets.
8. Bake for 15 minutes.
9. When done cooking, let stand for 5 minutes.

**Nutrition Facts** (per serving, not including crescent rolls): Calories: 102; Total Fat: 5.5g; Saturated Fat: 2.5g; Cholesterol: 37mg; Sodium: 114mg; Carbohydrates: 0.8g; Sugars: 0.4g; Protein: 11.9

Source: www.recipezaar.com

Crescent rolls: Calories: 110; Total Fat: 6g; Saturated Fat: 2g; Cholesterol: 0 mg; Sodium: 220 mg; Carbohydrates: 11g; Sugars: 2g; Protein: 2g

Source: www.calorieking.com
<table>
<thead>
<tr>
<th>Meal Comparison</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Sodium</th>
<th>Carbohydrates</th>
<th>Fiber</th>
<th>Protein</th>
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<tr>
<td>Turkey sandwich w/ mustard whole-wheat bread</td>
<td>624</td>
<td>18 g</td>
<td>4 g</td>
<td>891 mg</td>
<td>103 g</td>
<td>10 g</td>
<td>19 g</td>
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<tr>
<td>1 carton yogurt w/ 2 tablespoons granola</td>
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<td>4 g</td>
<td>891 mg</td>
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<tr>
<td>1 serving Doritos Nacho Cheese</td>
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<td>10 g</td>
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<tr>
<td>Meal Comparison</td>
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<td>34 g</td>
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5-Minute Southwest Layered Salad

- Prep Time: 5 minutes, Servings: 4
- You will need:
  - 6 cup torn romaine lettuce
  - 1 can (15 ounce) black beans, rinsed, drained
  - 1 cup frozen corn, thawed
  - ¾ cup salsa
  - ½ cup Mexican style shredded cheddar jack cheese
  - ¼ 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 (10¾ 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 1½ 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 until 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
Cheesy Italian Chicken Mac

- Prep Time: 28 minutes, Servings: 6
- You will need:
  1. package (7¼ ounce) macaroni & cheese dinner
  2. pound boneless skinless chicken breasts, cut into chunks
  3. teaspoon dried oregano leaves
  4. can (14½ ounce) Italian-style stewed tomatoes, undrained
  5. package (10 ounce) frozen green beans
  6. 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

Pasta Shells with Tuscan Tuna

- Prep Time: 15 minutes, Servings: 4
- You will need:
  1. ounce uncooked medium seashell pasta (about 3 cups)
  2. cup chopped red onion
  3. cup thinly sliced fresh basil
  4. tablespoon capers
  5. tablespoon extra virgin olive oil
  6. teaspoon grated lemon rind
  7. teaspoon salt
  8. teaspoon ground black pepper
  9. (7-ounce) bags white albacore tuna in water

- Directions:
  1. Cook pasta according to package directions, omitting salt and fat.
  2. Drain pasta in a colander over a bowl, reserving 2 tablespoons cooking liquid.
  3. 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
Glazed Pork Chops
- Prep Time: 5 minutes, Servings: 4
- You will need:
  - 4 pork loin chops with bone
  - 1/3 cup apple cider vinegar, plus
  - 1 tablespoon apple cider vinegar, divided
  - 3 tablespoons soy sauce
  - 3 garlic cloves, minced
  - 1½ teaspoons cornstarch
- Directions:
  1. In a large non stick skillet over medium heat, brown pork chops on both sides.
  2. In a bowl combine 1/3 cup vinegar, soy sauce, and garlic; pour over the chops.
  3. Cover and simmer for 8-10 minutes or until the meat is no longer pink, flip once.
  4. In a bowl, combine the cornstarch and remaining vinegar until smooth.
  5. Pour over the pork chops.
  6. Move pan side to side making sure cornstarch mix mixes with sauce in skillet.
  7. Bring to boil.
  8. Turn heat down continuing to mix for a few minutes or until thickened.
  9. Serve with the extra sauce on top.

Nutrition Facts (per serving): Calories: 177; Total Fat: 8.3g; Saturated Fat: 2.9g; Trans Fat: 0.0g; Cholesterol: 64mg; Sodium: 822mg; Carbohydrates: 2.6g; Dietary Fiber: 0.2g; Sugars: 0.4g; Protein: 20.8g

Source: www.recipezaar.com

Yummy Chicken Enchiladas
- Prep Time: 20 minutes, Servings: 6
- You will need:
  - 8-10 flour tortillas, depending on size
  - 2 cooked chicken breasts
  - ½ pound Monterey jack cheese, grated
  - 1 cup whipping cream
- Directions:
  1. Shred or cut up chicken and season with salt and pepper.
  2. Place handful of chicken and handful of cheese in each tortilla.
  3. Roll up tortillas and place seam side down in a greased 9x13 pan.
  4. Spread remaining cheese over tortillas, & pour whipping cream over top.
  5. Cover with foil and let sit overnight in fridge or bake at once (or freeze).
  7. Serve with sour cream and salsa.

Nutrition Facts (per serving): Calories: 467; Total Fat: 31.8g; Saturated Fat: 17.8g; Trans Fat: 0.0g; Cholesterol: 115mg; Sodium: 495mg; Carbohydrates: 21.9g; Dietary Fiber: 1.2g; Sugars: 1.0g; Protein: 23.1g

Source: www.recipezaar.com
Quick Mac & Cheese

- Prep Time: 10 minutes, Servings: 6
- You will need:
  1. (7 ounce) package elbow macaroni
  2. 1 tablespoon butter
  3. 2 cloves garlic, minced
  4. 1 pinch cayenne pepper
  5. 1 tablespoon all-purpose flour
  6. 1 cup canned evaporated skim milk
  7. ¼ teaspoon salt
  8. 1¼ cups shredded low-fat cheddar cheese

- Directions:
  1. Cook macaroni in 3 quarts water until al dente, stirring occasionally (about 8-10 minutes).
  2. Meanwhile, melt butter in a medium sauce pan.
  3. Add garlic and cayenne pepper.
  4. Cook 1 minute over medium heat.
  5. Add the flour, and cook 1 minute, stirring constantly.
  6. Add the milk and salt; bring to a simmer, stirring frequently.
  7. Simmer 2 minutes.
  8. Reduce heat to low, and stir in 1 cup cheese.
  9. Drain pasta and add it to the sauce.
 10. Cook 1 minute.
 11. Sprinkle with remaining ¼ cup cheese before serving.

- Nutrition Facts (per serving): Calories: 227; Total Fat: 4.2g; Saturated Fat: 2.4g; Trans Fat: 0.0g; Cholesterol: 11mg; Sodium: 305mg; Carbohydrates 32.9g; Dietary Fiber 1.2g; Sugars 5.6g; Protein: 13.8g

Source: www.recipezaar.com
Stir Fry Beef with Madeira Sauce

- Prep Time: 10 minutes, Servings: 4
- You will need:
  - 1 (¾ pound) lean flank steak
  - 1/3 cup Madeira wine or dry sherry
  - ¼ teaspoon pepper
  - vegetable oil cooking spray
  - 8 green onions, diagonally sliced into 1 inch pieces
  - 1 teaspoon cornstarch
  - ¼ teaspoon salt
  - ¼ cup water

- Directions:
  1. Trim fat from steak.
  2. Partially freeze steak, slice diagonally across grain into thin strips.
  3. Combine steak, Madeira and pepper in a medium bowl, stirring well, let stand 15 minutes, drain, reserving marinade.
  4. Coat a large frypan with cooking spray and place over high heat until hot.
  5. Add steak to frypan, stir fry 1 minute; then remove from frypan, and set aside.
  6. Reduce heat to medium and add green onions, stir fry for 30 seconds.
  7. Add reserved marinade, bring to a boil.
  8. Combine cornstarch, salt & water, stir well and add to marinade mixture in frypan.
  9. Return steak to frypan, cook until sauce is thickened, stirring constantly.
  10. Serve over any leafy veggie (romaine/spinach).

- Nutrition Facts (per serving): Calories: 155; Total Fat: 5.4g; Saturated Fat: 2.2g; Trans Fat: 0.0g; Cholesterol: 35mg; Sodium: 200mg; Carbohydrates: 3.4g; Dietary Fiber: 0.8g; Sugars: 0.9g; Protein: 19.1g

Source: www.recipezaar.com

Tur-Bee Burger

- Prep Time: 10 minutes, Servings: 4
- You will need:
  - ¾ pound ground turkey
  - ½ lb extra lean ground beef
  - ¼ cup parmesan cheese, grated
  - ½ teaspoon Mrs. Dash seasoning mix
  - 1/8 cup medium hot salsa

- Directions:
  1. Preheat oven to 450º.
  2. Combine ingredients and mix well; then divide mixture into 4 even patties.
  4. Place patties on baking sheet sprayed with non-stick spray, bake for 20 minutes.

- Nutrition Facts (per serving): Calories: 203; Total Fat: 10.2g; Saturated Fat: 3.5g; Trans Fat: 0.4g; Cholesterol: 96mg; Sodium: 214mg; Carbohydrates: 0.7g; Dietary Fiber: 0.1g; Sugars: 0.3g; Protein: 25.6g

Source: www.recipezaar.com
Couscous with Chickpeas, Tomatoes, & Edamame

Vegetarian (Meatless), Servings: 5

You will need:
( Substitute thawed frozen green peas for the edamame, if you prefer. )
1 tablespoon olive oil
1 cup fresh or frozen shelled edamame (soybeans)
½ teaspoon crushed red pepper
4 garlic cloves, minced
2 ¼ cups water, divided
¼ cup chopped fresh basil
1 (16-ounce) can chickpeas (garbanzo beans), drained and rinsed
1 (14½-ounce) can diced tomatoes, undrained
¾ teaspoon salt
1 cup uncooked couscous
2 cups coarsely chopped green onions
1 cup crumbled feta cheese

Directions:
1. Heat olive oil in a large skillet over medium heat. Add edamame, red pepper, and garlic; cook 3 minutes, stirring frequently.
2. Stir in ½ cup water, basil, chickpeas, and tomatoes; simmer 15 minutes.
3. Add 1 ¾ cups water and salt; bring to a boil. Gradually stir in couscous.
4. 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, poly 2.6g); Protein 20.7g; Cholesterol 27mg; Calcium 307mg; Sodium 990mg; Fiber 11g; Iron 4mg; Carbohydrate 62.4g

Source: www.cookinglight.com

Meal Comparison

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<tr>
<th>grilled chicken with fruit salsa</th>
<th>Taco Bell Crunchwrap Supreme</th>
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<tbody>
<tr>
<td>1 baked sweet potato</td>
<td>soft taco</td>
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<tr>
<td>1 chocolate chip cookie</td>
<td>20oz. Dr. Pepper</td>
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<table>
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<tr>
<th></th>
<th>Calories</th>
<th>Total Fat</th>
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<tr>
<td>couscous</td>
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<td>versu vs</td>
<td>990</td>
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<td>12 g</td>
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Chicken Simmered with Zucchini, Tomatoes & Mushrooms
- Dairy-Free, Gluten-Free, Servings: 4
- You will need:
  - 2 tablespoons extra virgin olive oil
  - ½ teaspoon dried basil
  - 1 medium yellow onion, sliced
  - ½ cup gluten-free chicken broth
  - 6 ounce mushrooms, coarsely chopped
  - 4 tomatoes quartered
  - 2 garlic cloves
  - 2 medium zucchini, cut into 1-inch pieces
  - 1 pound chicken tenders
  - ½ teaspoon dried oregano
  - salt & pepper to taste
  - ¼ teaspoon red pepper flakes (optional)

- Directions:
  1. In a large skillet, heat oil over medium-high heat. Saute onion, mushrooms, garlic, and spices until onions are translucent, about 4-5 minutes.
  2. Stir in chicken broth, tomatoes, and zucchini and bring to a simmer.
  3. 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
Quick Cheesy Broccoli
- Prep Time: 10 minutes, Servings: 6
- You will need:
  - 4 cup broccoli florets (about 1 medium bunch)
  - 3 tablespoon of water
  - ¼ cup Italian dressing
  - ½ 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 tablespoon olive oil
  - ¼ cup lite soy sauce mixed with ¼ cup water or small can vegetable or chicken broth*
  - 1 (10-ounce) box of frozen broccoli, carrots, or combination crumbled tofu (if desired)
- 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
Cheesy Smashed Potatoes

- Prep Time: 35 minutes, Servings: 6
- You will need:
  - 1 pound (about 3 small potatoes) red potatoes, cut into chunks
  - 1 cup bite-sized cauliflower florets
  - ¼ 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
  - 1 ounce (1/8 of 8-ounce package) cream cheese
  - 2 tablespoon chopped onions
  - 2 tablespoon shredded parmesan cheese
  - 1 cup minute white rice, uncooked
  - 1 tablespoon chopped fresh parsley
  - 1 ¼ cup fat-free reduced sodium chicken broth
  - 1 plum tomato, chopped
- 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 minutes 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
10-Minute Tomato-Basil Rice Salad
• Prep Time: 10 minutes, Servings: 6
• You will need:
  2 cups cooked rice
  1 large green pepper, chopped
  1 large tomato, chopped
  ½ cup zesty Italian dressing
  ½ teaspoon dried basil leaves
  ¼ cup grated parmesan cheese
• Directions:
  1. Mix all ingredients except cheese in large bowl.
  2. Sprinkle with cheese; toss lightly.
  3. Serve immediately. Or, cover and refrigerate until ready to serve.

Nutrition Facts (per serving): Calories: 160; Total Fat: 7g; Saturated Fat: 1.5g;
Cholesterol: 5mg; Sodium: 470mg; Carbohydrate: 20g; Dietary Fiber: 1g;
Sugars: 3g; Protein: 4g

Source: www.kraftfoods.com

Cowboy Beans
• Prep Time: 5 minutes, Servings: 8
• You will need:
  1 can (15 ounce) pork and beans, undrained
  1 can (15 ounce) black beans, rinsed, drained
  1/3 cup honey barbecue sauce
• Directions:
  1. Mix all ingredients in a small saucepan
  2. Cook on medium heat 10 minutes, or until heated through, stirring occasionally.

Nutrition Facts (per serving): Calories: 120; Total Fat: 1g; Saturated Fat: 0g;
Cholesterol: 5mg; Sodium: 300mg; Carbohydrate: 24g; Dietary Fiber: 6g;
Sugars: 7g; Protein: 6g

Source: www.kraftfoods.com
Farmers Market Pasta Salad

- Prep Time: 15 minutes, Servings: 8
- You will need:
  
  - 2 cups rotini pasta, cooked, drained
  - 1 cup broccoli florets
  - 1 cup carrot slices
  - 1 cup halved cherry tomatoes
  - 2 green onions, sliced
  - 1 container (16 ounce) 2% milkfat low-fat cottage cheese
  - ½ cup light ranch dressing
- Directions:
  1. Combine pasta and vegetables in large bowl.
  2. Add cottage cheese and dressing, mix lightly.

- Nutrition Facts (per serving): Calories: 180; Total Fat: 5g; Saturated Fat: 2g; Cholesterol: 15mg; Sodium: 400mg; Carbohydrate: 25g; Dietary Fiber: 2g; Sugars: 6g; Protein: 9g

Walnut Bacon Vegetable Combo

- Prep Time: 15 minutes, Servings: 4
- You will need:
  
  - 1 package (16 ounce) frozen mixed vegetables
  - 2 tablespoons butter or margarine
  - 2 tablespoons chopped walnuts
  - 6 slices center cut bacon, cooked, cut into ½-inch pieces
  - 3 tablespoons grated parmesan cheese
- Directions:
  1. Microwave vegetables as directed on package, drain
  2. Place butter and walnuts in large microwaveable bowl. Microwave on high 2 minutes or until butter begins to brown, stirring after 1 minute.
  3. Add vegetables, bacon and cheese; toss to coat. Season to taste with pepper or ground nutmeg if desired.

- Nutrition Facts (per serving): Calories: 210; Total Fat: 13g; Saturated Fat: 6g; Cholesterol: 30mg; Sodium: 400mg; Carbohydrate: 16g; Dietary Fiber: 5g; Sugars: 5g; Protein: 10g

Source: www.kraftfoods.com
**Pita Crisps**
- Low-Cal, Low-Fat, Prep Time: 2 minutes. Servings: 1
- You will need:
  - 1 whole-wheat pita (8-inch)
  - 1 tablespoon grated parmesan cheese
  - ½ 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 1-1½ minutes or until pieces start to brown slightly and are crisp.
5. Cut each into wedges; allow to cool.

**Nutrition Facts (per serving):**
- Calories: 160
- Total fat: 2g
- Cholesterol: 0.3mg
- Sodium: 36mg

Source: www.kraftfoods.com

**Snack Time Pizza**
- You will need:
  - 1 whole wheat English muffin, split
  - ¼ cup prepared pizza sauce (like Ragu)
  - 2 ounce smoked deli ham
  - ¼ cup part-skim milk mozzarella cheese

**Directions:**
1. Toast the muffin halves in the toaster.
2. Top each with sauce, ham, and cheese.
3. Microwave or broil for 30-60 seconds or until the cheese is melted.

* Try adding ¼ cup drained pineapple tidbits to your pizza for extra flavor and nutrition. Add a tossed green salad and a glass of milk to make a quick and satisfying meal!

**Nutrition Facts (per serving):**
- Calories: 290
- Fat: 7g
- Sat. Fat: 3.5g
- Cholesterol: 45mg
- Sodium: 1250mg

Source: www.mnsu.edu
Cheese & Fruit Kabobs
❖ Prep Time: 10 minutes, Servings: 8
❖ You will need:
  1 package (8 ounce) Colby & Monterey Jack Cheese, cut into 16 cubes
  16 seedless red grapes
  16 small fresh strawberries
  4 kiwis, peeled, quartered
  1 container (4 ounce) JELL-O Vanilla Pudding Snack
  1 container (6 ounce) strawberry low-fat yogurt
❖ Directions:
1. Arrange 1 cheese cube, 1 grape, 1 strawberry, and 1 kiwi chunk on each of
   the wooden skewers.
2. Serve as dippers with the pudding and yogurt.
❖ Nutrition Facts (per serving): Calories: 180; Total Fat: 10g; Saturated Fat: 6g;
   Cholesterol: 30mg; Sodium: 220mg; Carbohydrate: 16g; Dietary Fiber: 2g;
   Sugars: 13g; Protein: 8g
Source: www.kraftfoods.com

Creamy Tortilla Roll-Ups
❖ Prep Time: 15 minutes, Servings: 15
❖ You will need:
  1 package (8 ounce) cream cheese, softened
  ½ teaspoon garlic powder
  3 flour tortillas (6 inch)
  1 cup fat-free refried beans with mild green chiles
  ¼ cup cilantro
  1 jar (16 ounce) Thick 'N Chunky Mild Salsa
❖ Directions:
1. Mix cream cheese and garlic powder until well blended.
2. Spread each tortilla with thin layer of beans. Spread cream cheese mixture
   over beans; top with cilantro.
3. Roll tortillas up; wrap tightly in plastic wrap. Refrigerate at least 30 minutes.
   Cut each tortilla into 10 (½ inch thick) slices. Serve with salsa.
❖ Nutrition Facts (per serving): Calories: 100; Total Fat: 6g; Saturated Fat: 3.5g;
   Cholesterol: 15mg; Sodium: 390mg; Carbohydrate: 9g; Dietary Fiber: 1g;
   Sugars: 2g; Protein: 3g
Source: www.kraftfoods.com
Speedy Trail Mix
- Prep Time: 5 minutes, Servings: 14 (1/2 cup each)
- You will need:
  - 4 cups air-popped popcorn
  - 2 cups Teddy Grahams Cinnamon Graham Snacks
  - 1 cup chopped mixed dried fruit
- Directions:
  1. Combine ingredients

Nutrition Facts (per serving): Calories: 90; Total Fat: 1.5g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 65mg; Carbohydrate: 18g; Dietary Fiber: 1g; Sugars: 10g; Protein: 1g

Source: www.kraftfoods.com

Citrus Salsa
- Prep Time: 10 minutes, Servings: 16 (2 tablespoons each)
- You will need:
  - 3 medium plum tomatoes, chopped (about 1 cup)
  - 1 can (11 ounce) mandarin orange segments, drained
  - ¼ cup chopped red onion
  - ¼ cup chopped fresh parsley
  - 1 tablespoon light zesty Italian dressing
  - Triscuit Rosemary & Olive Oil Crackers
- Directions:
  1. Combine all ingredients except crackers.
  2. Serve immediately with the crackers, or cover and refrigerate.

Nutrition Facts (per serving): Calories: 130; Total Fat: 4.5g; Saturated Fat: 0.5g; Cholesterol: 0mg; Sodium: 150mg; Carbohydrate: 22g; Dietary Fiber: 4g; Sugars: 2g; Protein: 3g

Source: www.kraftfoods.com
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 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 (3¾ ounce) JELL-O Ready-to-Eat chocolate sugar-free reduced calorie pudding snack
  1 medium apple, cut into slices
• Directions:
  1. 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
3-Minute Apple Cobbler
❖ Prep Time: 3 minutes, Servings: 1
❖ You will need:
   - 6 Nilla Wafers
   - ¼ cup applesauce
   - 1 tablespoon thawed Cool Whip
   - ground cinnamon
❖ Directions:
   1. Place wafers in microwaveable bowl. Top with applesauce.
   2. Microwave on HIGH 15 seconds or until hot. Let stand 1 minute to cool.
   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:
   - ¾ cup of milk
   - 6 ounce 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
Banana Graham Treats
- Prep Time: 10 minutes, Servings: 2
- You will need:
  - 1 medium banana
  - 1 container (8 ounce) strawberry yogurt
  - ½ 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

Pineapple-Raspberry Parfait
- Prep Time: 5 minutes, Servings: 4
- You will need:
  - 2 (8-ounce) containers (2 cup) non-fat peach yogurt
  - ½ pint fresh raspberries (about 1¼ cups)
  - 1½ cup fresh, frozen, or canned pineapple chunks
- Directions:
  1. Divide and layer yogurt, raspberries, and pineapple into 4 glasses.

Nutrition Facts (per serving): Calories: 109; Fat: 0g(0 g sat, 0 g mono); Cholesterol: 3mg; Carbohydrates: 23g; Protein: 5g; Fiber: 3g; Sodium: 58mg; Potassium: 113mg

Source: www.eatingwell.com
Crispy Chocolate Peanut Butter Squares

- Prep Time: 5 minutes, Servings: 15
- You will need:
  - 1 cup peanut butter
  - 1 cup honey
  - 1 cup semi-sweet chocolate chips
  - 3 cups crispy rice cereal
  - 1 cup chopped peanuts

- Directions:
  1. In a pot, melt the first three ingredients on low heat while stirring constantly.
  2. Once melted, add in remaining ingredients.
  3. Pour into a parchment lined or well buttered 9x13 inch pan.
  4. Smooth and lightly press contents into your pan using the back of a spoon.
  5. Refrigerate for 30 minutes.
  6. Cut into desired slices and serve. Enjoy!

- Nutrition Facts (per serving): Calories: 76; Total Fat: 3.8g; Saturated Fat: 1.2g; Cholesterol: 0mg; Sodium: 38mg; Carbohydrate: 10.6g; Dietary Fiber: 0.6g; Sugars: 8.3g; Protein: 1.6g

Source: www.recipezaar.com

Frosty Berry Blend

- Prep Time: 10 minutes, Servings: 10
- You will need:
  - ¼ cup milk
  - 6 tablespoons honey
  - 1 package (8 ounce) Philadelphia Cream Cheese, softened
  - 2 cups each frozen raspberries and blueberries
  - 10 paper or plastic cups

- Directions:
  1. Place milk, honey, and cream cheese in food processor container; cover. Mix in blender on high speed until well blended.
  2. Add fruit; cover. Blend until smooth, scraping side of food processor container as necessary.
  3. Pour into 10 glass, plastic, or paper cups and freeze until ready to serve, or eat immediately, soft set.

- Nutrition Facts (per serving): Calories: 260; Total Fat: 14g; Saturated Fat: 9g; Cholesterol: 40mg; Sodium: 160mg; Carbohydrate: 33g; Dietary Fiber: 4g; Sugars: 26g; Protein: 4g

Source: www.kraftfoods.com
Double-Chocolate Mousse
- Prep Time: 15 minutes, Servings: 6
- You will need:
  - 1½ cups fat-free milk, divided
  - 2 squares semi-sweet chocolate
  - 1 package (2.1 ounce.) JELL-O chocolate fat-free sugar-free instant pudding
  - 2 cups fat-free whipped topping, divided
  - ½ cup fresh raspberries
- Directions:
  1. Microwave 1 cup milk and chocolate squares in large microwaveable bowl on high 2 minutes; whisk until chocolate is melted. Add remaining milk and dry pudding mix; beat 2 minutes. Refrigerate 20 minutes.
  2. Whisk in 1½ cups whipped topping; spoon into 6 dessert dishes.
  3. Top with remaining whipped topping and berries.
- Nutrition Facts (per serving): Calories: 140; Total Fat: 4.5g; Saturated Fat: 3g; Cholesterol: 0mg; Sodium: 240mg; Carbohydrate 24g; Dietary Fiber: 2g; Sugars: 11g; Protein: 3g

Source: www.kraftfoods.com

Fudgesicles
- Prep Time: 10 minutes, Servings: 10
- You will need:
  - 1 (3½ ounce) box instant chocolate pudding mix
  - 2 cups milk
  - 1 cup evaporated milk
  - ½ cup sugar
- Directions:
  1. Mix ingredients together.
  2. Spoon into molds and freeze.
  3. When partially frozen, insert popsicle stick into center of each.
  4. Once completely frozen, remove from freezer & enjoy!
- Nutrition Facts (per serving): Calories: 139; Total Fat: 3.9g; Saturated Fat: 2.3g; Cholesterol: 14mg; Sodium: 188mg; Dietary Fiber: 0.4g; Sugars: 15g; Protein: 3.5g

Source: www.recipezaar.com
Asian Chicken ‘n Noodles

- Prep Time: 15 minutes, Servings: 2
- You will need:
  - 1½ cup water
  - 1 package (3 ounce) Ramen noodle soup mix
  - 1 medium carrot, thinly sliced
  - 1 package (6 ounce) Oscar Mayer grilled chicken breast strips
  - 2 tablespoons green onion slices

- Directions:
  1. Bring water to boil in medium saucepan. 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 ounce spaghetti, broken
  - 2 cup chopped cooked chicken breast
  - 1 cup halved pea pods
  - 1 cup red pepper strips
  - ¼ cup chopped green onions
  - ½ cup Catalina reduced fat dressing
  - 1 tablespoon creamy peanut 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
Asian Beef Stir-Fry

- Prep Time: 10 minutes, Servings: 4
- You will need:
  - 2 cups instant brown rice, uncooked
  - 1 pound boneless beef sirloin steak, cut into thin strips
  - 2 teaspoons minced garlic
  - 1 package (16 ounce) frozen stir-fry vegetables, thawed, drained
  - ¼ cup Kraft Good Seasons Asian Sesame with Ginger Dressing
  - ¼ cup light soy sauce
- Directions:
  1. Cook rice as directed on package.
  2. Meanwhile, heat large nonstick skillet on medium-high heat. Add meat and garlic; stir-fry 2 minutes. Add vegetables, dressing and soy sauce; stir-fry 3 minutes or until vegetables are crisp-tender and meat is done.
  3. Spoon rice onto serving platter; top with meat mixture.
- Nutrition Facts (per serving): Calories: 400; Total Fat: 11g; Saturated Fat: 3g; Cholesterol: 60mg; Sodium: 740mg; Carbohydrate: 45g; Dietary Fiber: 4g; Sugars: 7g; Protein: 27g

Source: www.recipezaar.com

Asian Chicken Wraps

- Prep Time: 25 minutes, Servings: 4
- You will need:
  - 1 pound boneless skinless chicken breasts, cut into ½-inch pieces
  - 1 small red pepper, chopped
  - 2 ounce (¼ of 8 ounce package) Neufchatel cheese, cubed
  - 4 cups coleslaw blend
  - ½ cup light Asian toasted sesame dressing
  - 1/3 cup lightly salted cocktail peanuts
  - 4 flour tortillas (12-inch), warmed
- Directions:
  1. Cook and stir chicken and peppers in large nonstick skillet sprayed with cooking spray on medium-high heat 6 to 8 minutes or until chicken is done. Add Neufchatel; cook 2 minutes or until melted, stirring frequently.
  2. Toss coleslaw blend with dressing in large bowl. Add chicken mixture and nuts; mix lightly.
  3. Spoon chicken mixture down centers of tortillas; roll up. Cut in half.
- Nutrition Facts (per serving): Calories: 480; Total Fat: 17g; Saturated Fat: 4.5g; Cholesterol: 75mg; Sodium: 900mg; Carbohydrate: 47g; Dietary Fiber: 8g; Sugars: 10g; Protein: 36g

Source: www.kraftfoods.com
Ethnic Choices: Greek

Easy Greek Salad
❖ Prep Time: 10 minutes, Servings: 4
❖ You will need:
   ½ cup prepared Good Season Italian Salad Dressing & Recipe Mix
   2 tablespoons chopped pitted ripe olives
   10 cups romaine lettuce
   3 plum tomatoes, cut into wedges
   ½ of a medium cucumber, cut in half lengthwise, sliced
   1 package (4 ounce) Athenos Traditional Crumbled Feta 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

Chicken Gyro
❖ Prep Time: 20 minutes, Servings: 4
❖ You will need:
   ½ cup mayonnaise
   ¼ cup milk
   1 1/3 garlic cloves, minced
   2/3 teaspoon oregano
   ¼ teaspoon pepper
   pita bread cut in half
   ½ pound thinly sliced chicken breast
   2/3 cup lettuce, shredded
   2/3 cup chopped tomato
   1/3 cup thinly sliced red onion
   ¼ cup olives

❖ Directions:
1. Gyro Sauce: Combine the first 5 ingredients in a medium bowl, chill.
2. Fill pita pockets with cooked chicken, lettuce, tomato, red onion and olives. Spoon gyro sauce into each filled pita. Serve.

❖ Nutrition Facts (per serving): Calories: 295; Total Fat: 13.2g; Saturated Fat: 2.5g; Cholesterol: 42mg; Sodium: 459mg; Carbohydrate: 27.7g; Dietary Fiber: 1.5g; Sugars: 3.7g; Protein: 16.4g

Source: www.recipezaar.com
3 Step Greek Chicken & Rice Skillet

- Prep Time: 10 minutes, Servings: 4
- You will need:
  - 1/3 cup Greek vinaigrette dressing
  - 1 pound boneless skinless chicken thighs, cut into chunks
  - 2 teaspoons dried oregano leaves
  - 4 cups cut fresh vegetables i.e. broccoli, green peppers, carrots (1 pound)
  - 1 can (14½ ounce) reduced sodium chicken broth
  - 2 cups instant brown rice, uncooked
  - 1 lemon

- Directions:
  1. Heat dressing in large deep nonstick skillet on medium heat. Add chicken; sprinkle with oregano. Cook 5 minutes, stirring once.
  2. Add vegetables and broth; simmer 5 minutes. Stir in rice; cover. Simmer 5 minutes. Turn off heat. Let stand, covered, 5 minutes or until liquid is absorbed.
  3. Grate 1 teaspoon lemon peel; sprinkle over chicken. Cut lemon into 4 wedges; serve with chicken and rice mixture.

- Nutrition Facts: Calories: 440; Total Fat: 18g; Saturated Fat: 4g; Cholesterol: 75mg; Sodium: 570mg; Carbohydrate 46g; Dietary Fiber: 6g; Sugars: 6g; Protein: 27g
  
  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
  - ¼ pound ground beef or turkey
  - 1/8 teaspoon dried oregano
  - ¼ teaspoon salt
  - 1/8 teaspoon pepper
  - ½ 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 burger in half and place inside a pita half.

- Nutrition Facts (per serving): Calories: 152; Total Fat: 6.1g; Saturated Fat: 3.1g; Cholesterol: 16.6g; Sodium: 1098mg; Carbohydrate: 18.7g; Dietary Fiber: 1.3g; Sugars 18g; Protein 5.5g
  
  Source: www.recipezaar.com
No-Cook Fresh Tomato Sauce with Pasta

- Prep Time: 10 minutes, Servings: 4
- You will need:
  - 1 pound 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

Fresh Tomato & Basil Baked Fish

- Prep Time: 10 minutes, Servings: 3
- You will need:
  - 1 pound white fish fillet (i.e. flounder, cod, halibut, or turbot)
  - 1/4-1/2 cup tomato sauce
  - 1/4 cup breadcrumbs
  - 1/2 cup scallion, minced
  - 1/2 fresh basil leaf, shredded
  - 1-2 fresh summer tomatoes, thinly sliced
  - salt & freshly ground black pepper, to taste
- Directions:
  1. Pour tomato sauce in the bottom of a baking dish.
  2. Sprinkle fish with salt and pepper and lay in baking dish.
  3. Combine scallions, basil, & breadcrumbs, and place on top of the filets.
  4. Top with slices of fresh tomato.
  5. Bake in a 375º oven for 20 minutes, or until fish is cooked through.
- Nutrition Facts (per serving): Calories: 191; Total Fat: 2.6g; Saturated Fat: 0.5g; Cholesterol: 101mg; Sodium: 286mg; Carbohydrate: 10.8g; Dietary Fiber: 1.6g; Sugars: 2.9g; Protein: 29.9g

Source www.recipezaar.com
Tuscan White Bean & Spinach Soup

- Prep Time: 8 mins, Servings: 4
- You will need:
  - 1 teaspoon olive oil
  - 1 garlic clove, finely minced
  - 1 shallot, finely diced
  - 3-4 cups fat free chicken broth or 3-4 cups vegetable stock
  - 1 (14½ ounce) cans diced tomatoes
  - 1 (14½ ounce) cans white beans (cannellini or other)
  - ½ cup whole wheat pasta shells or 1/2 cup shell pasta
  - 1 teaspoon rosemary
  - 3 cups baby spinach, cleaned and trimmed
  - 1/8 teaspoon black pepper
  - 1 dash crushed red pepper flakes

- Directions:
  1. In a large sauce pan, sauté the shallots & garlic in the olive oil.
  2. Add broth, tomatoes, beans and rosemary to pot. Season with black and red pepper. Bring to boil.
  3. Add pasta and cook 12 minutes. If the soup seems too thick for your liking add a bit more broth.
  4. Add spinach and cook until wilted.

- Nutrition Facts (per serving): Calories 226.4; Total Fat 3.1 g; Saturated Fat 0.4 g; Cholesterol 0.0 mg; Sodium 615.9 mg; Total Carbohydrate 41.0 g; Dietary Fiber 8.0 g; Protein 11.5g

Source: www.recipezaar.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 ounce) Oscar Mayer Italian Style Chicken Breast Strips
  - ¼ cup chopped fresh basil
  - 2½ cup hot cooked whole grain spaghetti (about 4 ounce 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 minutes or until zucchini is crisp/tender.
  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
**Ethnic Choices: Mexican**

**Cheese and Bean Quesadillas**
- Prep Time: 20 minutes, Servings: 1
- You will need:
  - 1-2 tablespoon canned fat-free refried beans
  - 1 (6-8 inch) flour tortilla
  - 1-2 tablespoon 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 quesadilla 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

**Baked Chicken Tortillas**
- Prep Time: 20 minutes, Servings: 4
- You will need:
  - 1 cup bottled salsa, divided
  - 6 (10-inch) flour tortillas
  - 1/3 cup chopped tomato
  - 1 (8-ounce) carton low-fat sour cream
  - ¼ cup chopped onion
  - 1/3 cup chopped green or red bell pepper
  - ¾ cup (3 ounce) shredded reduced-fat cheddar cheese
  - 1½ cup chopped cooked chicken breast (about ¾ pound)
- Directions:
  1. Preheat oven to 350°. Combine ½ cup salsa and sour cream in a small bowl, and spread evenly over each tortilla. Divide chicken, tomato, bell pepper, and onion evenly down center of each tortilla, and roll up.
  2. Place rolls, seam sides down, in an 11 x 7-inch baking dish coated with cooking spray. Top with ½ cup salsa. Bake at 350° for 15 minutes. Sprinkle with cheese; bake an additional 5 minutes or until cheese melts.

Nutrition Facts (per serving): Calories 379 (26% from fat); Fat 10.8g (sat 4.1g, mono 3.7g, poly 2.5g); Protein 28.7g; Cholesterol 64mg; Calcium 284mg; Sodium 623mg; Fiber 2.8g; Iron 3mg; Carbohydrates 38.9g

Source: www.cookinglight.com
Layered Mexican Bake
❖ Prep Time: 20 minutes, Servings: 8
❖ You will need:
  1 ½ pound extra-lean ground beef
  1 large onion, chopped
  2 green peppers, chopped
  4 teaspoon chili powder
  2½ cups chunky red salsa
  2 package (10 ounce each) frozen corn
  6 high-fiber whole wheat tortillas (8 inch)
  1 cup light sour cream
  1 ½ cups 2% milk shredded sharp cheddar cheese, divided
❖ Directions:
1. Heat oven to 375º.
2. Brown meat with onions and peppers in large skillet on medium-high heat. Stir in chili powder; cook 1 minute. Add salsa and corn; mix well. Simmer 5 minutes.
3. Spread 2 cups meat sauce onto bottom of 13x9 inch baking dish; top with layers of 2 tortillas, 1 cup meat sauce, sour cream and ½ cup cheese. Cover with 2 tortillas, 2 cups of remaining meat sauce and half of remaining cheese; top with remaining tortillas and meat sauce. Cover with foil.
4. Bake 30 minutes or until casserole is heated through. Top with remaining cheese; bake, uncovered, 5 minutes or until melted.

❖ Nutrition Facts (per serving): Calories: 390; Total Fat: 15g; Saturated Fat: 7g; Cholesterol: 80mg; Sodium: 1010mg; Carbohydrate: 42g; Dietary Fiber: 13g; Sugars: 10g; Protein: 33g

Source: www.kraftfoods.com
Foil-Pack Taco Chicken

- Prep Time: 10 minutes, Servings: 4
- You will need:
  - 4 small boneless skinless chicken breast halves (1 pound)
  - 4 teaspoon taco seasoning mix
  - ½ pound red potatoes, thinly sliced (about 2 cups)
  - ¾ cup Mexican style 2% milk finely shredded four cheese
  - ½ cup salsa
  - ¼ cup light sour cream
- Directions:
  1. Heat oven to 400°.
  2. Sprinkle chicken with seasoning mix. Place ½ cup potatoes on center of each of 4 large sheets of heavy-duty foil; top with chicken, cheese, and salsa.
  3. Bring up foil sides. Double fold top and both ends to seal each packet, leaving room for heat circulation inside. Place in 15x10x1 inch pan.
  4. Bake 30-35 minutes or until chicken is done (165°). Cool 5 minutes. Cut slits in foil to release steam before opening. Top with sour cream.

- Nutrition Facts (per serving): Calories: 270; Total Fat: 9g; Saturated Fat: 4g; Cholesterol: 85mg; Sodium: 630mg; Carbohydrate: 15g; Dietary Fiber: 2g; Sugars: 2g; Protein: 32g

Source: www.kraftfoods.com
Other Healthy Ideas for Snacking

**Beverages**
- water with lemon
- 100% fruit juice w/o added sugars
- 1% or skim milk
- hot tea
- caffeine & sugar-free sodas
- iced teas (Lipton or Crystal Light)

**Finger Foods**
- fresh/dried fruit
- cut-up raw veggies (broccoli, cauliflower, carrots, peppers)
- low-sodium pretzels
- unbuttered popcorn either air popped or popped in canola oil
- rice cakes
- snack bag of low sugar, high fiber cereal
- lightly salted nuts or sunflower seeds
- serving of whole wheat crackers and 1 ounce 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.
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
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

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.

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 (½-2 pounds 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.

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.
Fitness & Wellness Center Resources

- Group Exercise classes: Land, SPINNING®, Mind-Body
- Personal Exercise Plan (FREE!)
- Personal Training
- Body Composition Analysis (measures % body fat)
- Fitness Appraisal (FREE!)
- Health Risk Appraisal (FREE!)
- Lipid Profile (cholesterol testing)
- Massage Therapy
- Nutrition counseling/consultation
- event services (CPR/First Aid, special presentations, etc.)
- Wellness Coaching (FREE!)

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Additional Resources

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.nlm.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.
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 nutrition counseling from a Registered Dietician (fall and winter semesters only). For more information, call our office at 616-331-3659 or check out our website at www.gvsu.edu/rec.


4. "Beating the Freshman 15."


7. Litt 71.

8. "Beating the Freshman 15."


10. Sommers.


12. "Beating the Freshman 15."


14. Litt, 74-76.


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