

Nutrition SENSE

UNIVERSITY OF MASSACHUSETTS – DINING SERVICES

VOLUME 5 | ISSUE 7 | JUNE/JULY 2006



We are on the web:
www.umass.edu/diningservices

JUNE/JULY'S *quick tip*

It's important to get a colorful variety of fruits and vegetables into your diet every day! Colorful fruits and vegetables provide the wide range of vitamins, minerals, and phytochemicals your body needs to maintain good health and energy levels.

DIETITIAN *on duty*

September 6 – Hampshire DC
Nutrition Jeopardy

September 13 – Berkshire DC

September 20 – Franklin DC

September 27 – Worcester DC
Hillside Room

Dianne Z. Sutherland RD,LDN
Dining Services
Worcester Dining Commons – 3rd Floor
110 Stockbridge Road
University of Massachusetts
Amherst, MA 01003

Phone (413) 545-2472
Fax (413) 545-9673
Email dietitian@mail.aux.umass.edu



UMass Dining Services welcomes you to a wide variety of healthy, appetizing and flavorful food. We are providing the nutrition you will need in order to maintain your health and well-being, however, it is ultimately your choice as to what food and how much food you put on your plate. Eating healthy may be easy or difficult. This is a guide to assist you in eating a well-balanced healthy diet.

EAT MORE FRUITS AND VEGETABLES

Try to consume five to nine servings of fruits and vegetables each day. One serving is one half cup of fresh or canned fruit or vegetables, one cup of salad greens, one quarter cup of dried fruit or half a cup of 100% fruit juice (limit to one serving each day). Why eat fruits and vegetables?

Well, they are:

- Low in calories and fat
- High in vitamins and minerals
- Contains fiber and phytochemicals (plant proteins that help prevent diseases)
- Tastes great

Eat well and
exercise regularly
to maintain
a healthy
lifestyle.

Healthy Food For A Healthy You!

UMass Dining Services purchases as much local produce to support the local farmers. Fresh fruits and vegetables are available daily along with hot vegetables (steamed or sautéed with minimal oil) at lunch and dinner. The more colors you eat, the more nutrients you consume.



A note about French fries: Potatoes are a vegetable. Eating French fries daily gives you a serving or more of vegetables, but also added fat and calories. If you eat fries daily, start to cut back on the amount you eat at each meal as well as how often you choose them during the week.

Move It!

MAKE PHYSICAL ACTIVITY
A PART OF YOUR DAY.

Regular physical activity has been shown to reduce the risk of certain diseases, including high blood pressure, stroke, coronary heart disease, type 2 diabetes, colon cancer and osteoporosis. To reduce the risk of chronic disease and promote fitness, it is recommended that you should be physically active at least 30 minutes each day.

Don't Forget to Keep in Mind:

BEVERAGES

Water:

Fifty-five to seventy-five percent of body weight is made up of water so it's not surprising that water is THE most essential nutrient for our bodies. You need to drink at least 8 cups (64 ounces) daily and this may increase depending on how much alcohol and caffeinated products (coffee/tea/carbonated beverages) are consumed daily. Alcohol and caffeine are diuretics that cause more water loss as they are not absorbed as easily as water. Additional water is needed for every serving of caffeine or alcoholic beverage. Water is always available and is the best thirst quencher of all!

Carbonated Sodas and Fruit Beverages (less than 10% fruit juice):

Limit how much you drink as there is usually added caffeine (a diuretic) and/or sugar (therefore, added calories) that will add to your waistline.

Artificially Sweetened Drinks:

There are questions if long-term side effects exist if drinking beverages with artificial sweeteners or if they aid in weight loss. Further studies need to be conducted.

Alcohol

Alcohol is a diuretic that promotes fluid loss in the body. It alters judgment and can lead to serious health conditions if taken excessively. Calories can add up quickly especially if you are watching your weight. Let's compare the nutrient analysis of the following energy producing nutrients:

CARBOHYDRATES:	4 calories/gram
PROTEIN:	4 calories/gram
ALCOHOL:	7 calories/gram
FAT:	9 calories/gram

Did you ever wonder why you get dry mouth, feel dizzy or lightheaded and get a throbbing headache after heavy drinking the night before? It is due to dehydration. To avoid suffering these symptoms, here are a few tips:

- Sneak a couple of glasses of water in between alcoholic beverages.
- Eat a substantial meal (complex carbohydrates, protein, milk, fruits and/or vegetables) before drinking alcohol to slow the absorption of alcohol.
- Stay away from salty snacks while drinking.
- Drink a few glasses of water before going to bed.

Drink wisely to avoid dehydration.



Healthy Food For A Healthy You!

CONTINUED FROM COVER

EAT MORE WHOLE GRAINS

Try to consume half of the servings of carbohydrates (minimum of six one ounce servings) from whole grains, such as brown rice, barley, whole wheat pasta and whole grain breads, rather than white rice, regular pasta and white refined bread. Whole grains, whole grain pasta and breads are available daily in the dining commons. One serving is one slice of bread, one half an English muffin or sandwich roll or one half cup of rice, potatoes or pasta as well as whole grain desserts and pastries. What are the benefits to whole grains?

Carbohydrates provide:

- Necessary energy your brain needs first thing in the morning after a good night's sleep
- Satiety (feeling of fullness)
- Vitamins, minerals, fiber and phytochemicals (plant proteins that help prevent disease)

EAT SMALLER PORTIONS

The dining commons offers all-you-care-to-eat service throughout the day and it is easy to consume more than you need. One way to prevent overeating is to take smaller portions and use only one plate. Before you even select what you are going to eat, walk around and take a look at all your options and then select what you would like. If you are trying something new, take a smaller portion. If like it, you can always go back for



more if you are still hungry, but if you do not like it, you won't waste as much food. UMass Dining Services is making the portion sizes more reasonable than what it has been in the past. Protein meats are 2-4 oz portions vs. 5-8 oz and desserts will be cut into smaller portions so you can indulge a little bit.

LIMIT SATURATED FATS AND TRANS FATS

Saturated Fats are fats that are solid at room temperature. They include fats of animal origin found in meat, poultry, whole milk, cream, butter and cheese as well as tropical oils (coconut, palm kernel and palm). Trans fats are a type of polyunsaturated fat, also known as hydrogenated fats (when a liquid oil is transformed into solid form). Saturated fats and trans fats are similar in regard to health: both increase blood levels of the “bad” and total cholesterol, which can lead to heart disease, diabetes and obesity.

HOW TO LIMIT SATURATED FATS AND TRANS FATS:

Red meats – try to eat beef, pork, hot dogs and cold cuts only three times each week. Cut off any visible fat.

Poultry – remove the skin and/or breading.

Seafood – consume seafood (remove the breading if deep fried) two to three times each week. Tuna salad (tuna packed in water) is available daily. Salmon and swordfish are on the menu occasionally.

Dairy products – choose low-fat or skim milk over whole milk. Most cheeses are made with whole milk so be cautious how often you consume cheese. The plain and flavored yogurts are low-fat and the cottage cheese in the dining commons are fat-free. Butter and cream contain saturated fat; A little is good, a lot is not good.

Eggs – eat three egg yolks a week. Egg protein is found in both the yolk and white, but the yolk also contains cholesterol.

Legumes (dried peas and beans) – try eating an entrée with legumes (dried peas and beans) in place of animal protein one to two times each week. Legumes are low in fat (all types) and high in vitamins, minerals, fiber and phytochemicals.

LIMIT SUGAR AND SODIUM

How often do you snack on foods with empty calories (high in calories with little nutrients)? If you eat candy, cakes, fried chips, you are adding extra calories to your waistline that you do not need. Limit how many desserts and candy snacks you have throughout the week as an increase of excess calories can lead to an increased risk of diseases, including diabetes, heart problems and obesity.

Excess sodium intake can lead to many diseases such as high blood pressure, fluid retention and kidney stones. Before adding salt to your meal, try the food first and only add salt if needed. Be careful how much salty snacks you eat each week.

When do you eat snacks? Eat only when you are hungry, not when you are bored and not when you watch television as that can become a habit.



CONSUME CALCIUM RICH FOODS

Bone development begins at birth and continues through adolescence and the peak bone mass is reached at the age of thirty. It is vitally important to reach your bone mass maximum by age thirty and then continue to maintain bone health thereafter to prevent osteoporosis, a condition where bones become very porous and can lead to fractures. You can do something about this now.

IT IS EASY TO CONSUME THREE SERVINGS OF LOW-FAT OR FAT-FREE CALCIUM SOURCES EACH DAY:

- One cup of milk or milk alternative (Rice Dream, Silk Soy Milk, Lactose Free Milk or yogurt) available in the dining commons.
- Two or three slices of cheese each day.
- Calcium rich vegetables (spinach, broccoli)
- Fortified foods such as cereals and breads

For more information on calcium, refer to the November/December Nutrition Sense newsletter on the web: www.umass.edu/diningservices/nutrition

EXERCISE DAILY

It is important to exercise 20-60 minutes most days of the week to:

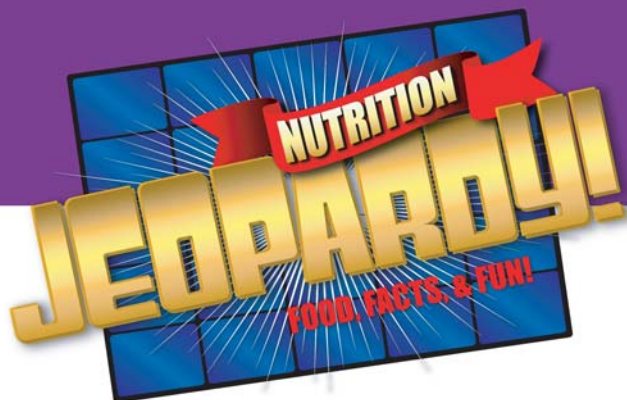
- Help your body protect against diseases such as heart disease, cancer, high blood pressure and diabetes
- Contribute to healthy bones, muscles and joints
- Reduce anxiety and depression



THE UMASS CAMPUS RECREATION AND SPORT CLUBS program offers over 25 intramural activities, 9 sport clubs and instruction for yoga, t'ai chi and lifeguard certification. Currently plans are underway for the construction of a 130,000 square foot student recreation building. For more information on our program, check out www.umass.edu/umim or drop by the Campus Recreation Office at 215 Boyden.

If you are interested in designing your own exercise program, refer to the October 2004 Nutrition Sense Newsletter www.umass.edu/diningservices/nutrition

- EAT MORE FRUITS AND VEGETABLES • EAT MORE WHOLE GRAINS • EAT SMALLER PORTIONS • LIMIT SATURATED FATS AND TRANS FATS • LIMIT SUGAR AND SODIUM • CONSUME CALCIUM RICH FOODS • EXERCISE DAILY



Enter with a friend to be a contestant for Nutrition Jeopardy!

**Wednesday September 6th
from 5:30- 6:30 pm at Hampshire DC**

Great Fun! Great Prizes!

*Thanks to our Major Sponsors: First Week Committee,
Gardenburger, General Mills, Minute Maid and
UMass Dining Services*



**Winner of ten national awards from
National Association of College and
University Food Services:**

**“Outstanding College and University
Menu for Residential Dining”**
in 2000, 2001, 2002,
2004, 2005, 2006



“Most Creative Nutrition Promotion”
2003 “Do You Want to be
a Meal-lionaire?”
2004 “Nutrition Jeopardy”
2006 “Step Up to Nutrition
and Health”

The nutrition information in this newsletter is for educational purposes only. Information in this newsletter shall not be construed as medical, nutritional, fitness or other professional advice nor is it intended to provide medical treatment or legal advice. We recommend you meet with the appropriate professional advisors regarding any individual conditions.

Don't Forget to Keep in Mind:

BREAKFAST

Eating breakfast helps you stay healthy and prevents you from eating more food at other meals, thus improving the ability to control your weight. Breakfast improves your concentration, strength and endurance and improves your overall nutritional status. Make the time to eat breakfast so you don't cheat yourself out of learning more in your studies! Make breakfast a priority!



SLEEP

- Make sure you get enough sleep (6-8 hours) every night to maximize brain function and energy levels.
- Exercising daily also helps you relieve stress and sleep better. Exercising three hours before bedtime can prevent some from falling asleep quickly.



UMass Dining Services Mission Statement:

To provide high quality, nutritious, attractively presented food and beverages in an educational environment.