

Food for Thought:
Do You Know How
to Eat Smart?



Look Good Feel Great!

Healthy Eating 101

2006

University of San Diego
Dining Services

ONE SIZE DOES NOT FIT ALL!

The USDA's new 'MyPyramid', food pyramid, symbolizes a personalized approach to healthy eating and physical activity. There are four major themes:

Variety

Eat foods from all food groups and subgroups. Variety is symbolized by 6 color bands that represent the 5 food groups and oils. This illustrates that foods from all groups are needed each day for good health.

Proportionality

Eat more of some foods and less of others (more fruits, vegetables, whole grains, fat-free/low-fat dairy, and less foods high in saturated/trans fats, added sugars, cholesterol, salt, and alcohol). Proportionality is shown by different band widths that suggest how much food, in general, a person should choose from each group.

Moderation

Moderation is represented by the narrowing of each food group from the bottom to the top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top stands for foods containing more added sugars and solid fats.

Activity

Activity is represented by the steps and the person climbing them, a reminder of the vital importance of daily physical activity.

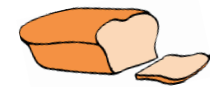
FOOD GROUPS

Grains

At least half of the total grains you eat should be whole grains. They provide essential dietary fiber, help you to maintain adequate laxation, and reduce the risk of coronary heart disease and other chronic diseases. Check product food labels for the words "whole" or "whole grain". Choose 100% whole grain choices for breads, breakfast cereals, crackers, rice, and pasta.

Dairy

Consume three cups of fat-free or low-fat milk, (or an equivalent amount of soy milk, yogurt, or cheese) per day to provide the calcium needed for bone health, and to provide a variety of nutrients in the diet, while keeping saturated fat and cholesterol intake low.



Fruits & Vegetables

Eat at least five to ten servings of a variety of fruits and vegetables daily. A diet rich in fruits and vegetables is heart-healthy, and provides nutrients, fiber, and potassium to the body. Strive to include vegetables in every meal and snacks. Eat more dark green and orange vegetables for powerful antioxidants (ie: broccoli, spinach, carrots, sweet potatoes). Select fruits that are in season to increase variety. Use fruit instead of sugars, syrups, or other sweet toppings. Use canned, frozen, and dried fruits in addition to fresh fruits. Choose fruits canned in juice or water, instead of syrup which adds sugar.

Proteins

When selecting meats, poultry, fish, dried beans, eggs, and nuts, choose low-fat or lean proteins to provide a variety of nutrients in the diet while keeping saturated fat and cholesterol intake low. Avoid excess fats by selecting meat cuts that are low in fat and ground beef that is extra lean (at least 90% lean). Choose lean or low-fat luncheon meats for sandwiches instead of regular, high-fat cold cuts. Trim fat from meat, remove poultry skin before cooking or eating, and drain fat from ground meats after cooking. Use preparation methods that do not add fat, such as grilling, broiling, poaching, or roasting.

Fats and Oils

Choose most fats from sources of monosaturated and polyunsaturated fatty acids, such as fish, nuts, seeds, and vegetable oils to provide essential fatty acids and vitamin E and to maintain caloric balance (fats and oils are high in calories). Substitute vegetable oils for solid fats like butter, stick margarine, shortening, or lard and substitute nuts for meat or cheese as a snack or as part of a meal. Choose fish rich in omega-3 fats, such as salmon, trout, and herring.

Sugars and Sweets

Choose and prepare foods and beverages with little added sugars or caloric sweeteners to maintain caloric balance while providing sufficient nutrients (sugars have calories but are low in nutritional value). Choose water, fat-free milk, or unsweetened tea or coffee as a beverage most often and limit sweet snacks and desserts. Select unsweetened cereals; then if desired, adding sugar or other sweeteners only to taste.

Salts

Choose and prepare foods with little salt to reduce risk for hypertension by using the Nutrition Facts label to choose foods with less sodium. Some products that may vary widely in sodium content include frozen dinners, packaged mixes, cereals, cheese, breads, soups, salad dressings, and sauces. Prepare more foods from fresh ingredients, because most sodium in the food supply comes from packaged foods.

LOOK GOOD, FEEL GREAT!

Exercise: A regular exercise program will help you to feel better, it will lengthen your life, improve your appearance, build your self-confidence and reshape your figure. Exercise also brings more oxygen and nutrients to the skin so that it is firmer and better nourished.

Drink Water: Drink water with meals and before you feel thirsty. If you feel thirsty, you are probably dehydrated. Be sure to increase your fluid intake when the weather is hot and/or you are exercising.

Rest: Most people don't get enough rest or sleep and are often tired. This is especially true of today's college student. The average amount of sleep an adult needs is 8 hours a night but less than half of us get only 5-6 hours. Not resting or sleeping properly will negatively effect your daily functions. Your appearance will also suffer, a lack of sleep may make your eyes red and puffy, and create bags under the eyes.

Eat Well: It is very important that you maintain a proper diet. Follow the tips in this brochure and check out the resources at MyPyramid.gov to help you find what's right for you.

Don't Smoke: Many people begin smoking "socially" in college and easily become hooked. Smoking is proven to put you at great risk for cancer, heart disease (and heart attacks), gum disease, breathing and fatigue problems, and worse. Second-hand smoke also harms the people around you, (and even your pets). Superficially, smoking leads to bad breath, stained teeth and fingers, a depleted, pallid complexion and skin that wrinkles prematurely. Lastly, smoking is expensive! It is estimated that you will spend over \$1,000 a year or more for a pack a day habit, and the costs are rising.

For help on quitting smoking, go to <http://www.smokefree.gov>

Don't Overdo It with Alcohol: Alcohol consumption can lead to problems with malnutrition by providing empty calories--it can cause weight gain without any of the nutritional benefits. Binging on alcohol can lead to accidents, injuries, liver disease, memory problems, high blood pressure, and many types of cancer. Men who use alcohol heavily can have gynecomastia, or development of breast tissue. Most importantly, alcohol affects your judgement and can cause you to do and say things you later regret. **For confidential help with an alcohol issue, contact the USD Office of Alcohol and Other Drug Services at x4618 (619)260-4618 or stop by UC 215.**

Limit Stress: You know that stress can affect your physical and mental health, but did you know that many skin disorders, such as fever blisters and rashes can be brought on by stress? Chill out, relax, and take time for yourself in order to keep looking and feeling your best.

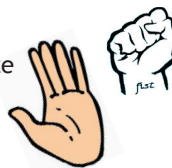
Protect Yourself in the Sun: Enjoy your outdoor activities when the sun is less likely to cause damage (before 10 am and after 3 pm). Always try and cover up with a hat, sunglasses, and light-weight clothing. Be sure to use a sunscreen with an SPF of 15 or higher. Don't use tanning booths--they damage your skin and will lead to early wrinkles, sunspots, poor skin tone, and not to mention cancer!

PORTION SIZES

Portion control is a factor in healthy eating that is often overlooked or misunderstood. To avoid overeating, watch portion size particularly when eating out. Here are some helpful guidelines to estimate portion sizes which are based upon a woman's average-sized hand.

Palm

Your palm is about the size of 3 ounces of meat.



Fist

Your fist is about the same size as 1 cup of salad, milk, or pasta.



Thumb

Your thumb is the size of 1 ounce of cheese. The tip of your thumb measures about 1 teaspoon, and 3 thumb tips make a tablespoon.

THE TRUTH ABOUT COLLEGE DINING

Rumor has it that college food is not very good and will contribute to the 'freshman 15.' The truth is that USD's award-winning Dining Services provides the university community with a variety of quality foods across campus. Meat, dairy, and produce are delivered daily and foods are prepared fresh throughout the day. All of our restaurants and catering services strive to offer a wide selection of healthy choices for everyone. Follow the tips in this brochure and eat for energy, body-shaping, and performance and the 'freshman 15' will remain a myth.

MyPyramid.gov

Your first step in exploring the new food pyramid and its web site, should be to check out the "Tour My Pyramid" video clip. It is an excellent tool that will quickly explain the new pyramid.

Find the kinds and amounts of foods you should eat each day at MyPyramid.gov. When you enter your age, gender, and activity level, you can get your own plan at an appropriate calorie level! Visit "Inside the Pyramid" to find tips and resources to help you implement your food plan.

For a detailed assessment and analysis of your current eating and physical activity habits, try out "MyPyramid Tracker" at www.mypyramidtracker.gov.

Dining Services

University Center 619/260-8880
<http://www.sandiego.edu/dining>



BODY IMAGE AWARENESS HOW TO HELP A FRIEND

Below are tips for helping a friend you suspect may have an eating disorder.

1. Discuss your concerns with a professional who is knowledgeable about eating disorders. A counselor will help you assess the likelihood of an eating disorder by reviewing the signs and symptoms you describe. They can also provide you with tips on how to broach the subject with your friend. If you prefer, you can also talk with your Resident Director.

2. Approach your friend in a gentle, low-key manner while firmly expressing your concerns about their health. Describe the signs you have observed and discuss how the problem is affecting your relationship. To provide hope, mention that eating disorders can be treated successfully.

3. If they deny the problem, continue to express your concern and support. Denial is very common. After they have some time to think about what you discussed, they may open up to you at another time. You can't force them to admit their problem, but you can be there for them as a friend.

4. If you are having difficulty dealing with the situation it is okay to back off. Many friends fall into the role of food monitor or counselor; neither is effective or appropriate. If serious health concerns are present, refer your friend to the USD Health Center or a local emergency room.

If you or someone you know would like confidential help with an eating disorder or body image issues, contact the USD Counseling Center at x4655 (619)260-4655 or stop by Serra 300. Visit the Counseling Center's website at <http://www.sandiego.edu/usdcc>.

Signs and Symptoms of: Eating Disorders

- Self-deprecating thoughts - Poor/distorted body image -

Bulimia

- Episodes of binge eating
- Purging through self-induced vomiting, laxatives, diuretics, or excessive exercising
- Puffy, splotchy face
- Weakness, lethargy
- Sore throat
- Loss of tooth enamel

Anorexia

- Excessive weight loss
- Fear of weight gain
- Over-exercising
- Light-headed, dizziness
- Dry, thin hair