



## Helpful Tools:

**Balance Mind Body Soul<sup>sm</sup>**  
[www.balancemindbodysoul.com](http://www.balancemindbodysoul.com)

has links to helpful interactive online tools:

### THE NUTRITION CALCULATOR

This interactive tool uses an easy-to-understand format for calculating nutrition information from the foods you select in your campus restaurants. Here you can find options that best fit your goals and lifestyle. Does that menu item look interesting? Click on the recipe. It will give you a description, the ingredients, and tell you if it is Balanced, Vegan, Vegetarian or Carb-Friendly with one easy click. Balanced recipes meet certain criteria for calories, fat, cholesterol and sodium. Many Vegan and Vegetarian recipes are also Balanced.

### MYPYRAMID

[www.MyPyramid.gov](http://www.MyPyramid.gov) is another link on the Balance website. Log on to this site to learn how much food and how many calories you should eat based on your gender, age and physical activity. MyPyramidTracker, on this website, allows you to keep track of your personal diet and physical activity for up to one year.

### BALANCE ARTICLES

There are four articles each month on the Balance website that celebrate the food we eat, including nutrition, ecology, season, history, culture and tradition. In addition you will find thoughtful articles to enrich your college life through good communication, thought and exercise.

## For more information:



The Dietary Guidelines  
for Americans 2005  
[www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)  
[www.MyPyramid.gov](http://www.MyPyramid.gov)

Eating Well on Campus  
[www.collegeeatingguide.com](http://www.collegeeatingguide.com)

The American Dietetic Association  
[www.eatright.org](http://www.eatright.org)



## OUR MISSION WITH STOP HUNGER

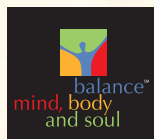
### Stop Hunger Where It Starts

Since 1999, the Sodexo Foundation has been committed to being a driving and creative force that contributes to a hunger-free nation.

In order to eliminate hunger that affects 35 million people in the U.S., we must fight its root causes. The Sodexo Foundation supports innovative programs to help children and families who are battling problems like poverty, unemployment, lack of education, and food insecurity.

From nutrition programs for children, to job training for adults, the Foundation supports hunger-related initiatives on the local, state, and national levels.

[www.helpstophunger.org](http://www.helpstophunger.org)



**Balance Mind Body Soul<sup>sm</sup>** is a holistic or integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events—physical, mental, and environmental. Wellness is unique to each individual. Knowledge is key. It may be easier than you thought. Experiencing new things—a sport you haven't done before, a food you haven't tried, a new idea you never thought about, or a creative way of approaching a problem like stress—may also help you to balance and define your wellness goals.

[www.balancemindbodysoul.com](http://www.balancemindbodysoul.com)



10% Total Recovered Fiber/All Post-Consumer Fiber



## NAVIGATING *the*

### COLLEGE DINING EXPERIENCE:

*The Dietary Guidelines for Americans*



balance  
mind, body  
and soul

# Navigating the College Dining Experience

## LOTS OF CHOICES

College may be the first time you have had to make major decisions about what to eat. You're getting a degree and you also want to graduate with a healthy and fit body. The number of menu choices in the university restaurant may seem overwhelming at first. There's a deli, a grill, the entrée station, soups, salad bar, international stations with dishes prepared just for you, hand crafted pizzas, and more. The challenge is to navigate through this abundance of food choices to develop a healthy eating plan.

## The "Dietary Guidelines for Americans" offer some good practical advice.

Here are some key recommendations for daily healthy food choices:



## MAKE HALF YOUR TOTAL GRAINS WHOLE

Breakfast is the fuel you need to begin your day—one meal you should not skip. It's easy to get whole grains at breakfast from cereal and whole grain breads such as whole wheat toast and whole wheat bagels. Whole grain foods and other complex carbohydrates provide a steady supply of glucose for your brain. Whole grains fill you up with fiber to keep you from getting hungry. There are many interesting and delicious grains such as couscous, brown rice, wild rice, quinoa, and bulgur in sides, soups and salads. Request whole wheat bread or roll for your sandwich.

## FOCUS ON FRUITS & VEGETABLES

About half of what we eat should be fruits and vegetables. Look at your plate. Visually divide half the plate into vegetables and/or fruits; one-fourth the plate into grains or starches; one-fourth into lean protein. Soups, sandwiches and pizzas fit. Add a salad and a piece of fruit for a complete plate.



Aim for a variety of 2 cups of fruit and 2 -1/2 cups of vegetables (for a 2000-calorie meal plan). You will find seasonal fresh fruit at breakfast and 100 percent fruit juices, at least 2 kinds of fruits in season at lunch and dinner. Fruit is a refreshing, healthful dessert and snack. Fruit desserts such as cobblers are fruit servings, too.



Enjoy the vegetable served with the entrée. It is seasonal and fresh. There are at least six different vegetable selections besides the fresh greens, lettuce, romaine, spinach, at the salad bar. Build a salad with a variety of colors, a big toss of carrots, cabbage, cucumbers, sweet peppers, green beans, mushrooms, tofu or lean meats, red beans, chickpeas. Vary it daily. Top off with a small amount of dressing - regular, low calorie or fat-free, or a little olive oil, vinegar or lemon.

## 3 CUPS OF NON-FAT MILK OR COMPARABLE PRODUCT

As a young adult, your body is still building bone mass. It needs calcium. Dairy products are good and easy calcium sources: milk (choose non-fat), cheese, yogurt, cream soups, yogurt on a baked potato, a snack, a dip for fruit, milk in a latte or cappuccino (non-fat milk saves calories). Some non-dairy sources include fortified soy milk, dark green leafy vegetables such as spinach and kale, dried beans and legumes, tofu, calcium-fortified juices and cereals.



## Tips to consider

- Make a plan. Scan the entire food selection and then decide what you want to eat.
- Don't walk and eat. This leads to "food amnesia" and you forget you ate that cookie.
- Learn how foods are cooked. Ask the server. "Fried" indicates more calories.
- Fill up on salad and fresh veggies.
- Drink lots of water. Staying hydrated throughout the day will keep you energized.



- Eating is enjoyable and adventurous. Your college restaurant is a place to eat, meet and socialize. It's fun.
- Healthy meals are about balance, moderation and lots of variety.