

The Basics of Good Nutrition

Changing Behavior

Whether you're changing your behavior to eat healthier, lose weight or both, remember: quick, dramatic changes usually don't last long. For behavior changes to stick you have to stay with it until it feels natural-----or almost natural. Try to see changes in your eating habits as an ongoing process---make some changes, see if you can live with them, and then make adjustments.

Be prepared to accept setbacks as part of the process. Look at them as opportunities to learn more about your eating habits. Don't be so hard on yourself!

Take it slow—appreciate that making changes may take some ingenuity, especially if you are on a limited budget or relying on the café for most of your meals. Don't be shy and ask for help when you need it. Check out the nutrition services website for ongoing healthy eating/weight loss classes.

Targets for Change

The biggest problem for most college students is a diet high in much saturated fat and salt, too many calories (sugar), and too little fiber!

To Get Less Saturated Fat:

Choose low or non-fat dairy products such as non-fat yogurt, 1% fat cottage cheese, and 1% or skim milk: choose fewer whole milk products and substitute ice cream for frozen yogurt or ice milk.

Eat more poultry (without the skin), lean red meat (remove excess fat) and fresh fish.

Choose canned meats and tuna packed in water instead of oil.

Eat less high fat processed deli meats such as bologna, salami, and hot dogs; choose turkey or ham instead.

Use less butter and animal fat oils; try Smart Balance butter spread, canola and olive oils instead.

Instead of cream sauces, use tomato or pesto sauces.

Prepare or select fewer fried foods; choose broiled or baked fish or meat, and fresh or steamed fruits and vegetables.

Eat pretzels or nuts instead of potato chips.

To Get Less Sugar:

Drink less sugar sweetened beverages like sodas, ice teas and juices. Try more water, skim milk or the “diet” varieties of your favorite drinks.

Try a lower sugar high fiber cereal instead of presweetened cereal---you can always add a packet of Splenda if you prefer a “sweeter” taste.

Snack on string cheese, nuts and veggies with dip instead of candy bars.

To Get Less Sodium:

Don't automatically salt your food before tasting it.

Flavor your food with spices rather than salt.

Choose unsalted (or lightly salted) popcorn, pretzels and nuts.

Select more fresh foods and fewer processed foods such as canned vegetables and frozen dinners.

Cut back on condiments like soy sauce, catsup, and barbeque sauce.

To Get More Fiber:

Select more “whole” grain products such as oatmeal, whole wheat bread and brown rice.

Choose higher fiber cereals like Raisin Bran and Kashi.

Eat more legumes such as split peas, kidney, pinto, and black beans.

Eat more fresh vegetables and fruit.

Look for the products with added fiber where you would least expect it. (yogurt, water, protein bars, etc).

Eat a Wide Variety of Foods:

Variety in the diet helps you get all the vitamins and other nutrients you need.