



Campus Dining & Shops

U Can Make a Healthy Plate at UB

Eating healthy while in college can be sometimes be challenging, with busy schedule and the overwhelming amount of food choices. But making good decisions doesn't have to be hard! Use the MyPlate icon (which replaced the old Food Guide Pyramid) as a reminder to get all food groups at most, if not all, meals, while also practicing reasonable portion control.

What's on MyPlate?

The diagram shows that half of our plate should be fruits and vegetables while the other half is grains and protein. It also urges us to include dairy at meals as well. So, at every meal, your plate (or bowl) should look like this:

- Half fruits and veggies
 - 2/3rd of that should be vegetables
 - 1/3rd should be fruits
- The other half is grains and protein
 - 2/3rd is grains -ideally whole grains
 - 1/3rd is protein – ideally lean proteins
- Don't forget the milk!
 - 3 servings per day of low or non-fat dairy or a non-dairy alternative is recommended



Another way to think of is in terms of how much food per day is needed to keep you fueled up, studying hard, and staying healthy:

Recommendations for Servings of Each Food Group for College Aged Individuals

	Men	Women
Fruits	2 cups	2 cups
Vegetables	2-2.5cups	2-2.5 cups
Whole Grains	8 ounces	6 ounces
Protein	6.5 ounces	5.5 ounces
Dairy	3 cups	3 cups
Oils	6-7 tsp.	5-6 tsp.

It may seem like a lot, but there are lots of ways to get in fruits and veggies, whole grains, lean proteins, and dairy during the day, whether you live on campus or off.

Feast on fresh fruits

Almost everywhere you go on campus, you can find some sort of fresh fruit. Not only is fruit nature's dessert, it's also packed with vital nutrients. Fruit is high in Potassium, Fiber, Vitamin C and Folate. Fruit is also packed with flavor but still low in fat, sodium and calories. Fresh is best, but canned and frozen can be good too if they are packed in juice or not too sweet syrup.



Here are a few tips for adding more fruit to your day:

- Keep fruit in an easily accessible place in your dorm or apartment
- Load up on fresh fruit at the dining halls
- Add fresh or dried fruit to your salads, cold/hot cereal, or yogurt
- Have a side of fruit instead of fries
- Have some fruit for dessert

Fruits - How much is in a common portion?

Food item	Amount/Servings of Fruit
Fruit Cup (4oz)	1/2 cup (1/2 serving)
Small Box Raisins	1/2 cup (1/2 serving)
8 Large Strawberries	1 cup (1 serving)

Eat a variety of veggies

Just as with fruits, there are also a number of grab and go options for fresh vegetables from salads to carrot and celery sticks. In addition to this however, the dining halls always have at least one vegetable option for dinner plus salad bars every night. Vegetables are a tasty and low calorie way to get a number of important nutrients such as Folate, Potassium, Fiber, Vitamin C and Vitamin A. They are also a great way to liven up your plate at meal times with a variety of color, which you should consume all of throughout the week as each color has its own vitamin and mineral profile:

- **Dark Green Vegetables** – broccoli, spinach, romaine lettuce
- **Starchy Vegetables** – corn, potatoes, green peas
- **Red and Orange Vegetables** – carrots, red peppers, tomatoes
- **Beans and Peas** (also provide protein) – black beans, chickpeas, lentils
 - o Lima beans, green beans and green peas are not considered a part this subgroup as they have very little protein
- Other vegetables – asparagus, iceberg, onions, mushrooms.

Here are a few tips for adding vegetables to your day:

- Choose fresh, in-season vegetables, as they often taste the best
- Buy canned (without salt) and frozen veggies to keep on hand
- Buy precut or easy to cut vegetables like baby carrots
- Go light on salad dressing or use oil and vinegar



- At the dining hall, try a new vegetarian option, order an omelet with diced veggies, get a big salad from the salad bar. Customize a wrap, sub, or pizza with extra veggies and fewer meats.

Vegetables - What counts as a cup serving?	
Food item	Amount that counts at 1 serving
Raw leafy vegetables	2 cups
Cooked leafy vegetables	1 cup
Most other raw vegetables	1 cup
Most cooked vegetables	1/2 cup
Celery	2 large stalks
Carrots	2 medium carrots

Make at least half your grains whole

Whole grains have been in the nutrition spotlight for the past few years, but what exactly is the difference between a refined and whole grain? Whole grains contain the whole grain kernel: bran, germ and endosperm, whereas refined grains have lost their bran and germ through processing. This processing also causes them to lose their fiber, iron and many B vitamins which is why many products are enriched after processing. Eating grains in their natural, unprocessed state as often as possible will provide you with B vitamins, Iron, Magnesium, Selenium, Folate and Fiber. Fiber is important as it helps keep you fuller longer and prevents a rapid and spike in blood sugar, which can lead to a “crash” later).

When choosing a whole grain product, be sure to check the label

- color is not indicative of whole grain, and you must look at nutrition labels as some products that say multi-grain, stone ground, 100% wheat etc., may not really be whole grain.

Here are a few tips for adding whole grains to your day

- On campus, choose wheat over white for your sandwiches, subs or tortillas
- At the dining hall, try a grain salad. Tabouleh, for example, is made with whole grain bulgur wheat
- If it’s an option, opt for brown instead of white rice
- Pick a cereal made with whole grain such as raisin bran as opposed to sugary cereals, or at least do half of each.
- Keep some low fat (such as 94% fat free) microwave popcorn in your apartment or dorm. It’s a great whole grain snack!



Grains - How much is in a common portion?	
Food item	Amount/Servings of Grains
1 large bagel	4 ounces (4 servings)
1 Small sandwich	2 ounces (2 servings)
1 Large muffin	3 ounces (3 servings)
100 Calorie pack popcorn	2 ounces (2 servings)
Large tortilla	4 ounces (4 servings)

Go lean with protein

Protein is known for its importance in muscle building and its ability to keep you fuller longer. However, it is also necessary for numerous other functions in the body. There are a number of ways in which to get protein: red meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds.



All of these sources of protein are important because they contain so many vitamins and minerals such as B vitamins, Vitamin E, Iron, Zinc, Magnesium and certain proteins (such as seafood) are high in omega 3 fatty acids which are important in preventing heart disease.

It is, however, important to choose lean protein because certain cuts of meat and poultry can be very high in saturated fat which greatly increases your risk for heart disease; additionally, although nuts and seeds are a great source of protein and unsaturated fats, they should be eaten in moderation as they are calorically dense. It is also important to avoid protein sources that have been fried or are served with a breading or cream sauce as this adds extra fat and

calories. Lunch meats should also be chosen with discretion because they tend to contain high amount of sodium, and some, such as salami and bologna, are fairly high in fat.

Here are some tips for adding lean protein to your day

- Choose a skinless chicken breast or turkey burger over a hamburger
- Trim off the visible fat from meats
- Go for broiled, grilled, or roasted meat and limit fried foods
- Watch out for breaded meats and those served with sauces and gravies
- Varying your protein
 - o The recommendation is to try to eat fish/seafood twice a week
 - o Eggs, beans, nuts, and legumes are options for protein, too
 - o Meatless Monday – on Monday’s, in addition to other days of the week, a variety of meatless dishes are available at the dining halls in addition to the regular menu. Removing meat from the diet even once a week has been shown to have significant health benefits.

Protein - How much is in a common portion?

Food Item	Amount/Servings of Protein
1 Small hamburger	3 ounces (3 servings) *
1 Chicken breast	4-6 ounces (4-6 servings)
100 kcal pack nuts (0.5 ounce)	1 ounce (1 serving)
Veggie B=burger	2 ounces (2 servings)
1 Cup split pea/lentil/bean soup	2 ounces (2 servings)

*3-4 oz of meat is about the size of a deck of cards

Try low-fat or fat free dairy

Many students don’t consume enough calcium and vitamin D though dairy products each day. Campus Dining, however, makes it easy, with the variety of yogurts, milks and other products provided in both dining halls and as grab and



go. For those of you who don't consume dairy, soy and lactose free products are also available. Getting calcium rich foods in is easy as there are different types of products one can consume:

- Milk – all fluid milk
- Cheese – hard, soft and processed cheeses
- Yogurt
- Calcium fortified soymilk

All of these dairy products are high in calcium, potassium and Vitamin D. However, some of these products are also high in saturated fat which is why it's important to consume mainly low fat or fat free dairy products. It's also important to watch out for sugary dairy products, such as flavored milk or drinkable yogurt as they provide a great deal of empty calories.

Here are a few tips for adding low-fat or fat free dairy into your day

- Switch from higher fat milk to low fat or fat free by slowly weaning yourself off. Start by filling ½ your glass with the higher fat milk and the other ½ with a low fat milk and gradually decrease the amount of high fat milk each time until you're only drinking the lower fat milk
- Have milk as a beverage at meal times, not just in your cereal
- Try fruit with yogurt as a snack, for instance a fruit and yogurt parfait
- Try Greek yogurt – it has less sugar and more protein than regular yogurt (Chobani Greek Yogurts are sold throughout campus)
- When using cheese, try to opt for a reduced fat cheese if available
- Order your Latte with skim, low fat or soy milk instead of the whole milk or cream they are typically made with. It cuts fat and calories!

And, if you don't consume dairy:

- Look for calcium fortified products such as cereals and soy products
- Eat veggies high in calcium such as kale and broccoli

Dairy - How much is in a common portion?

Food item	Amount/Serving of Dairy
6oz container yogurt (Chobani, Yoplait etc.)	3/4 cup (3/4 serving)
1 slice hard cheese	1/2 cup (1/2 serving)
1 slice processed cheese	1/2 cup (1/2 serving)
1 scoop ice cream	1/2 cup (1/2 serving)
8 oz. milk/soy milk	1 cup (1 serving)

🍌 Healthy Fats are important - but in moderation

Fats have been given a bad reputation in our society. Not all fats are bad though. Oils, which by definition a liquid at room temperature, are known as unsaturated fats and actually have numerous health benefits. Saturated fats which are found in animal products and trans-saturated fats that occur in partially to fully hydrogenated oils found in margarine, commercial backed goods and some peanut butters are the harmful fats. Oils are the only food source of Vitamin E, an important antioxidant in our body and can be found in vegetable oils such as olive and canola oils, nuts (which also contain protein), olives, avocados and some fish



such as salmon. Consuming oils also aids in the absorption of certain fat soluble nutrients you consume with other foods such as Vitamins A, D and K and also help you feel fuller longer. Since they are high in calories, however, consumption of them should be limited.

Here are a few tips for adding healthy oils, in moderation, into your day

- Eat one to two ounces of nuts for a snack
- Add slivered almonds or walnuts to your salad instead of cheese or another protein
- Add Avocado or olives to you salad for some extra flavor, and cut down on the salad dressing
- Try olive oil and vinegar on your salad instead of regular dressing.

Oils - How much is in a common portion?

Food item	Amount/Serving of Oils
1 Tbsp. oil	3 tsp. (3 servings)
1 Pat butter/margarine	1-2 tsp. (1-2 servings)
2 Tbsp. Peanut Butter	4 tsp. (4 servings)
100 kcal pack nuts (0.5 ounce)	1.5 tsp. (1/5 servings)
2 Tbsp. Mayo-based dressing	5 tsp. (5 servings)
2 Tbsp. Italian Dressing	2 tsp. (2 servings)

Physical Activity is just as important as a Healthy Plate!



A balanced diet coupled with regular physical activity is the key to a healthy weight and a healthy life in general. The USDA recommends that Adults 18 and over should partake in at least 2 hours and 30 minutes of moderate aerobic activity each week OR 1 hour and 15 minutes of vigorous physical activity each week to reap benefits. They also state that being active for 5 or more hours each week has even more health benefits. Strength exercises should also be a part of a physical activity routine.

It's not hard to be physical active at UB. All of the residence halls and some of the apartment complexes on campus are equipped with fitness facilities, there's a variety of intramurals to try year round, and there are fitness classes offered in The Alumni Arena and Clark Hall. There is also a beautiful bike path on UB's North Campus free to anyone, and for the winter, many of the building, especially on North Campus, are connected so a brief walk can be made in between classes or a study break without having to put on your coat! It doesn't matter how you get your physical activity in, as long as you do!

Some Online Resources

USDA <http://www.choosemyplate.gov>

Center for Nutrition Policy and Promotion

<http://www.cnpp.usda.gov/myplate.htm>

Campus Dining & Shops

<http://www.myubcard.com/about>

Academy of Nutrition and Dietetics

eatright.org

CAMPUS
dining & shops



Questions?

Contact Campus Dining & Shops

Caryn Hufford, Dietitian

Fargo Quad, Suite 146

University at Buffalo

Buffalo, NY 14261

Telephone: 716-645-6445

Email: carynhuf@buffalo.edu