

NUTRITION BULLETIN

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Healthy Eats, College-Style

You don't have to ix-nay fun-tasting food in order to stay healthy and fit during college. Switch out some of your less healthy faves with the following substitutions. And remember—the more healthy foods you eat, the more your taste buds will crave! So dig in and enjoy.

Instead of...	Choose...
Chocolate chunk cookie [1] 220 calories 1 gram fiber 10 grams fat	Oatmeal raisin cookie [1] 80 calories 1.5 grams fiber 8 grams fat
Pepperoni pizza: 1 large slice: 390 calories 2 grams fiber 14 grams fat	Thin crust veggie pizza: 1 large slice: 220 calories 1 gram fiber 5.5 grams fat
Nachos: 1 fast food serving: 330 calories 2 grams fiber 21 grams fat	Air-popped popcorn: 3 cups: 90 calories 3 grams fiber 0.4 grams fat
Chocolate milk shake: 16 ounce: 400 calories 0 grams fiber 16 grams fat	Fruit and yogurt smoothie: 16 ounce: 220 calories 4.5 grams fiber 0.5 grams fat
Fast food burger and small fries: 475 calorie 3 grams fiber 20 grams fat	Grilled chicken breast on whole grain bun with a side salad: 260 calories 4.5 grams fiber 3.5 grams fat

Green Tea Fruit Smoothie

Ingredients:

1 large peach, sliced and pitted
½ banana
½ cup fresh or frozen raspberries
1 cup green tea, chilled
3 – 5 ice cubes
1 – 2 T. honey



Directions:

Pour tea and fruit in a blender and blend until smooth. Add ice gradually, continuing to blend until the smoothie reaches desired consistency. Add honey, to taste. Serve cold and enjoy!

Caffeine Tips

1. Sans the sugar. Energy drinks and coffee drinks tend to contain high amounts of empty calories from sugar or corn syrup. Go for unsweetened beverages or add modest amounts of natural or non-caloric sweeteners.
2. Give yourself a caffeine cut-off, particularly if you have difficulty sleeping or are highly sensitive to caffeine. Switch to water or other non-caffeinated beverages by 3 or 4 p.m.
3. Avoid drinks with crazy sounding ingredients. If the list of ingredients is lengthy and contains words that sound more like stuff you pour into a car engine, steer clear.
4. Drink plenty of water. Caffeine and carbonation can have a diuretic effect and dehydration actually depletes the body of energy. To counteract this outcome drink extra water on days in which you consume greater amounts of caffeine. For every dose of caffeine, drink an equal added dose of water.
5. Cut back slowly. If you consume high levels of caffeine and wish to cut back, do so slowly to avoid headaches and other symptoms of withdrawal. Ask for “half caff” at Starbucks (half caffeinated, half decaf) or reduce soda intake one can at a time, until you reach an amount that feels healthy and appropriate for you.

