

Healthy Eating

What is a "Healthy Diet"?

The Dietary Guidelines describe a **healthy diet** as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

How much should you eat?

Every person has their own unique nutritional needs depending on factors such as age, gender, body type, muscle mass, metabolism, and how often they exercise.

To give you an idea...a person on a standard **2000 calorie per day diet**, would aim for:

Grains	6 ounces
Vegetables	2.5 cups
Fruits	2 cups
Milk	3 cups
Meat & Beans	5.5 ounces

"Try to get the most nutrition out of your calories – look for foods packed with **vitamins, minerals, fiber**, and other **nutrients**, & low in calories, saturated fat, trans fat, sugar, and sodium."

How to Prevent the Freshman 15?

Eating healthy at college and preventing the Freshman 15 is often a challenge for most students. --- IT CAN BE DONE!

- **Don't diet** and **Don't panic**
- **Forget the scale numbers** - don't weigh yourself. Focus on a healthy lifestyle instead
- **Listen to your body** – eat only when you're truly hungry
- **Don't skip meals** – can lead to loss of energy and overeating later on in the day
- **Eat a good breakfast** – it's brainpower, energy, and prevents late night overeating
- **Watch the alcohol consumption** – it does have calories
- **Make healthy eating and exercise a habit**
- **Choose healthy choices at the cafeteria** – nutritional information can be found online and at the dining centers
- **Keep healthy snacks handy** & avoid vending machines
- Try to **eat on a regular schedule**
- Watch **portion sizes**



Healthy Snacking!

Here are some quick and easy ideas to keep around your dorm room or apartment:

- Nuts
- Fresh fruit
- Dried fruit
- Peanut butter
- Whole grain crackers
- Whole grain bagels
- String cheese
- Baby carrots
- Light or fat-free popcorn
- Yogurt

Thirsty?



Beverages can often be a source of unwanted calories. However, there are **healthy options**.

- **Water!!**
- **100% Fruit Juices**
- **Tea** - try unsweetened or slightly sweetened
- **Milk** – low-fat or fat-free milk is your best bet
- **Smoothies**, but with fat-free milk or yogurt – can be a refreshing treat

Be cautious with...

- Juices that are **NOT 100% Fruit Juice** - they are full of extra sugars and calories
- **Alcohol** – it has calories and provides no nutrients
- **Regular Soda** – watch the calorie and sugar content
- **Energy Drinks** – contain higher doses of stimulants such as caffeine, ginseng, ephedrine, etc. that can raise your heart rate and blood pressure. Energy drinks can also lead to dehydration and sleep loss.
- **Sports Drinks** – contain calories, so if you don't exercise, you may want to opt for a healthier drink alternative.
- **Lattes, Cappuccinos, Macchiatos, Mochas** – all high calorie!

Nutrition Services



K-State Housing & Dining

104 Pittman Building
housing.k-state.edu/dining
785-532-6453

Department of Human Nutrition

119 Justin Hall
www.humec.k-state.edu/hn
785-532-5500

Lafene Health Center

1105 Sunset Ave
www.k-state.edu/lafene
785-532-6595

Recreational Services

<http://recservices.k-state.edu>
785-532-6980

Student Union Dining Services

www.dineoncampus.com/kstate

Healthy Kansas

www.healthykansas.org

Mercy Regional Health Center

1823 College Ave.
<http://mercyregional.org>
785-776-3322

K-State Research & Extension

www.oznet.k-state.edu
785-537-6147

UFM Community Learning Center

1221 Thurston St.
<http://ufmprograms.org>
785-539-8763

If you have questions regarding
K-State HD or services on
campus, please contact us at:



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**Information and Tips
about staying healthy
through nutrition!**

Moderation & Balance...

...are key to Eating Healthy!!

Brought to you

