Eating Well on Campus

WellCAT Ambassadors

WellCAT Ambassadors

WellCAT Ambassadors is a health and wellness peer education group on K-State's campus. We work to bring awareness to health issues that affect college students through presentations and workshops and provide accurate and evidence-based health information.

We also represent Lafene Student Health Center.

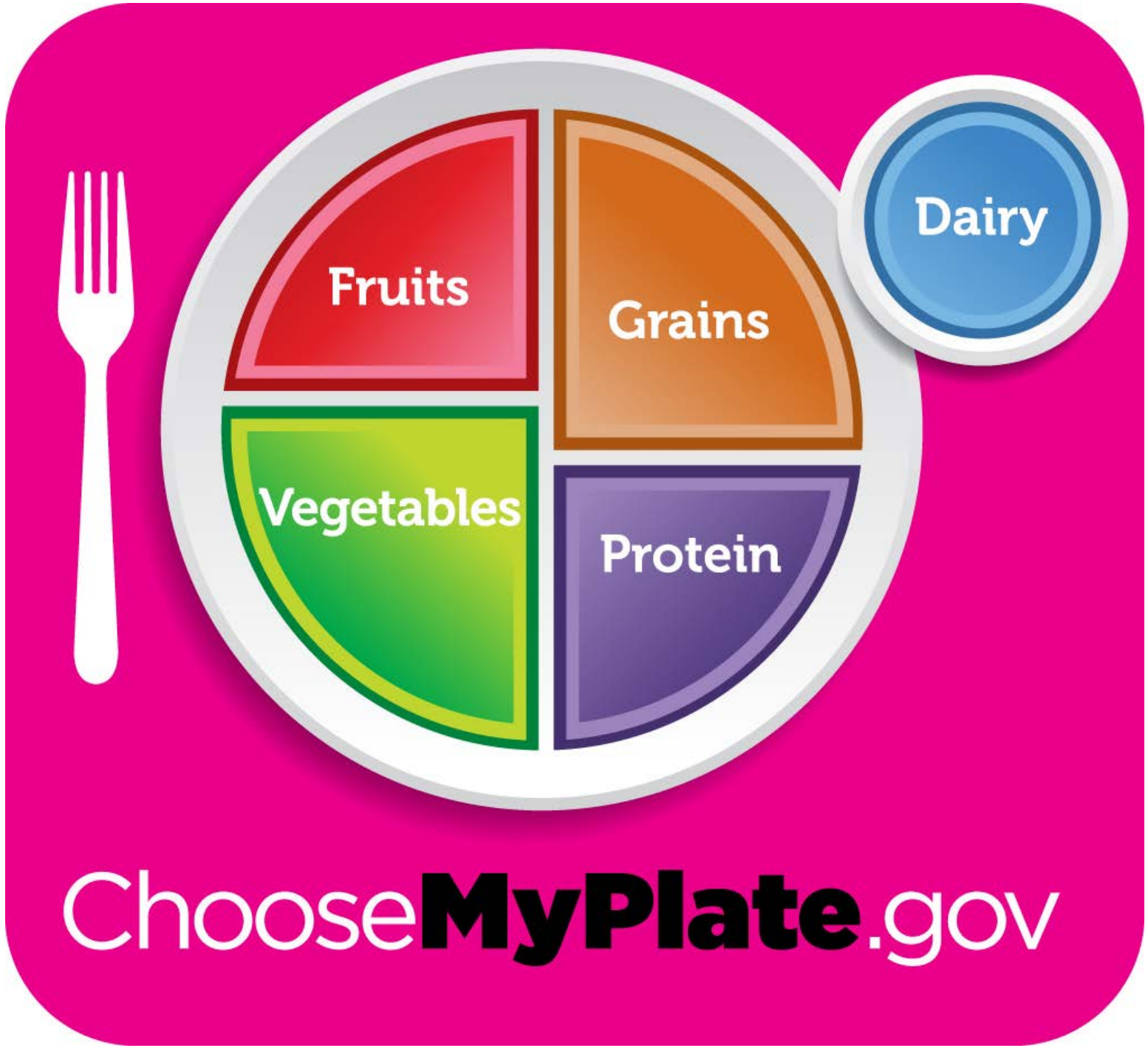
Connect with us!

wellcat@ksu.edu @wellcats @KSU_WellCAT @KSU_WellCAT

WellCAT Ambassadors

At the conclusion of this presentation, the audience will be able to...

- Recognize the unique barriers that college life brings to eating healthy.
- Make healthy, informed decisions when eating on campus.
- Identify the various sections of a traditional grocery store.
- Analyze a nutrition facts label and evaluate products by their nutritional content.
- Compare products by their price to determine which product is a better deal.

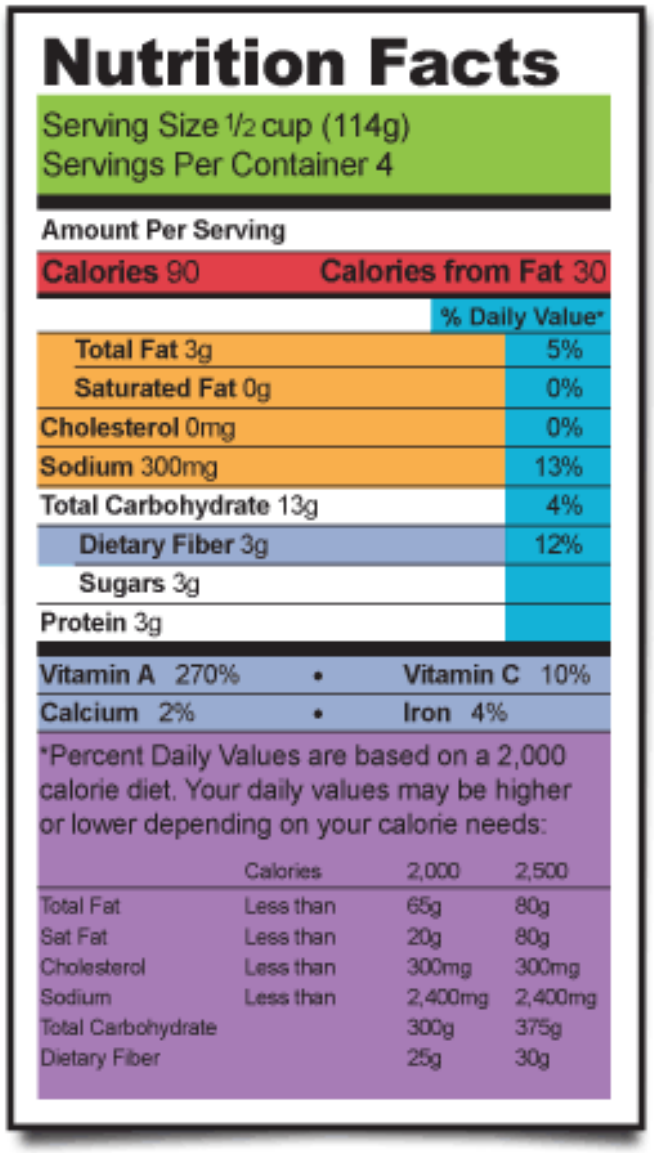

Fruits
Grains
Dairy
Vegetables
Protein
ChooseMyPlate.gov

Start Here
Check Serving Size

Check Calories

Limit These Nutrients

Get Enough of These Nutrients

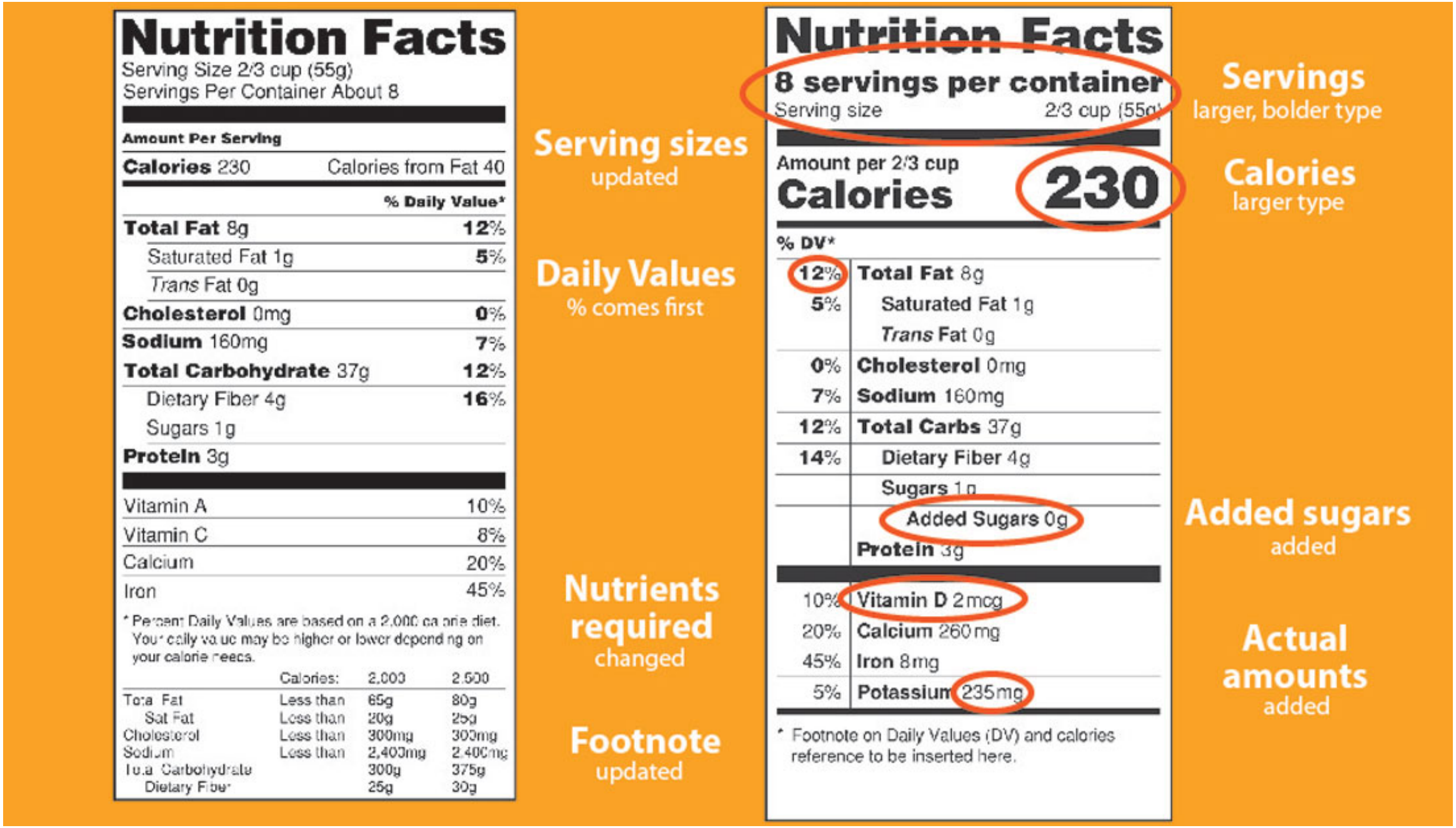


Quick Guide to % Daily Value

5% or less is low
20% or more is high

Footnotes

WellCAT Ambassadors


Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8
Amount Per Serving
Calories 230
Calories from Fat 40
% Daily Value*
Total Fat 8g 12%
Saturated Fat 1g 5%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 160mg 7%
Total Carbohydrate 37g 12%
Dietary Fiber 4g 16%
Sugars 1g
Protein 3g
Vitamin A 10%
Vitamin C 8%
Calcium 20%
Iron 45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Serving sizes
updated
Daily Values
% comes first
Nutrients required
changed
Footnote
updated
Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)
Amount per 2/3 cup
Calories 230
% DV*
12% Total Fat 8g
5% Saturated Fat 1g
Trans Fat 0g
0% Cholesterol 0mg
7% Sodium 160mg
12% Total Carbs 37g
14% Dietary Fiber 4g
Sugars 1g
Added Sugars 0g
Protein 3g
10% Vitamin D 2mcg
20% Calcium 260mg
45% Iron 8mg
5% Potassium 235mg
* Footnote on Daily Values (DV) and calories reference to be inserted here.
Servings
larger, bolder type
Calories
larger type
Added sugars
added
Actual amounts
added

Dining Halls

- Remember “MyPlate”
  - *Make sure to get those fruit and veggies!*
  - *Start with the salad bar*
- Watch portion sizes
- Don’t choose a hamburger and fries every day
- Beware of Call Hall’s famous chocolate milk!

WellCAT Ambassadors

Pack a lunch!

- Peanut butter sandwich
- Whole wheat crackers and cheese
- Fruit/veggies
- Homemade trail mix
- Granola bar

Don’t forget an ice pack!

Don’t forget to pack a water bottle!

WellCAT Ambassadors

On-Campus Restaurants

- Choose grilled over fried
- Choose veggies over French fries
- As always, remember “MyPlate”
- Ask for a half-order
  - *Or get half to-go!*

WellCAT Ambassadors

Vending Machines

- Avoid soda and other sugary drinks
- Some choices are better than others
  - Choose baked chips over fried
  - Trail mix, whole grain crackers, granola bar, fresh options, etc.

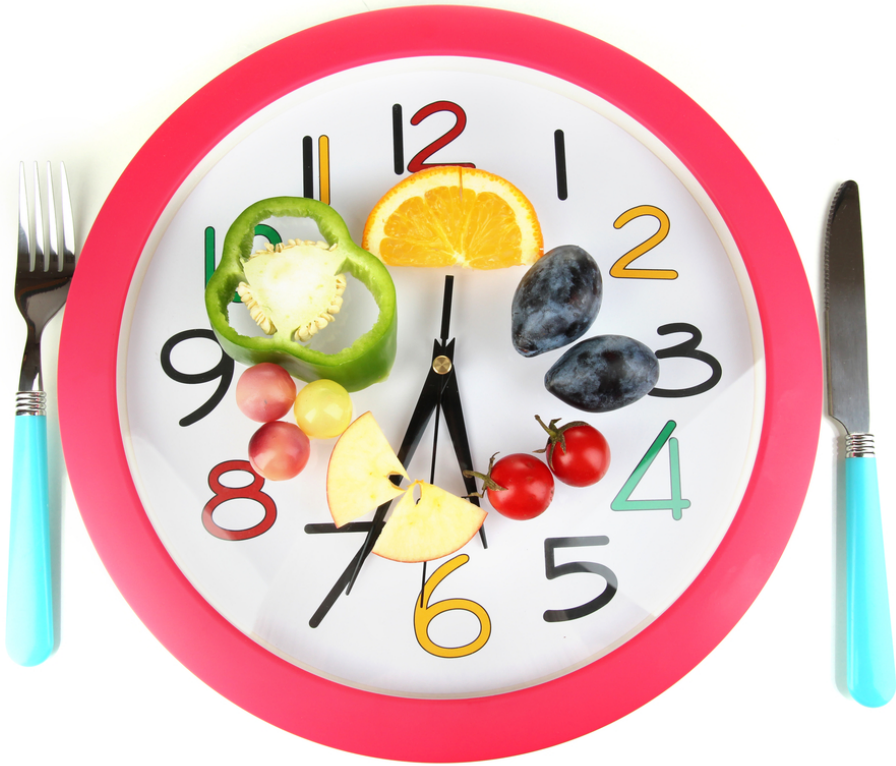
WellCAT Ambassadors

Coffee Shops

- Stay away from sugary beverages
- Black coffee, tea
- Opt for skim milk and sugar-free

Eating Well with No Time

- Prepare meals in bulk
- Pack a lunch with grab-and-go foods
- Plan ahead
- Schedule eating times in planner



WellCAT Ambassadors

Eating Well on a Budget

- Pack a lunch
- Shop for groceries weekly and make a list
- Don’t shop on an empty stomach
- Purchase foods that are in-season
- Stick to simple foods
- Drink water
- Purchase cheaper foods
  - *beans, day-old bread, bulk meat, un-prepared foods*

VIRTUAL

GROCERY STORE TOUR

Connect with us!

wellcat@ksu.edu @wellcats @KSU_WellCAT @KSU_WellCAT

WellCAT Ambassadors


Dillons

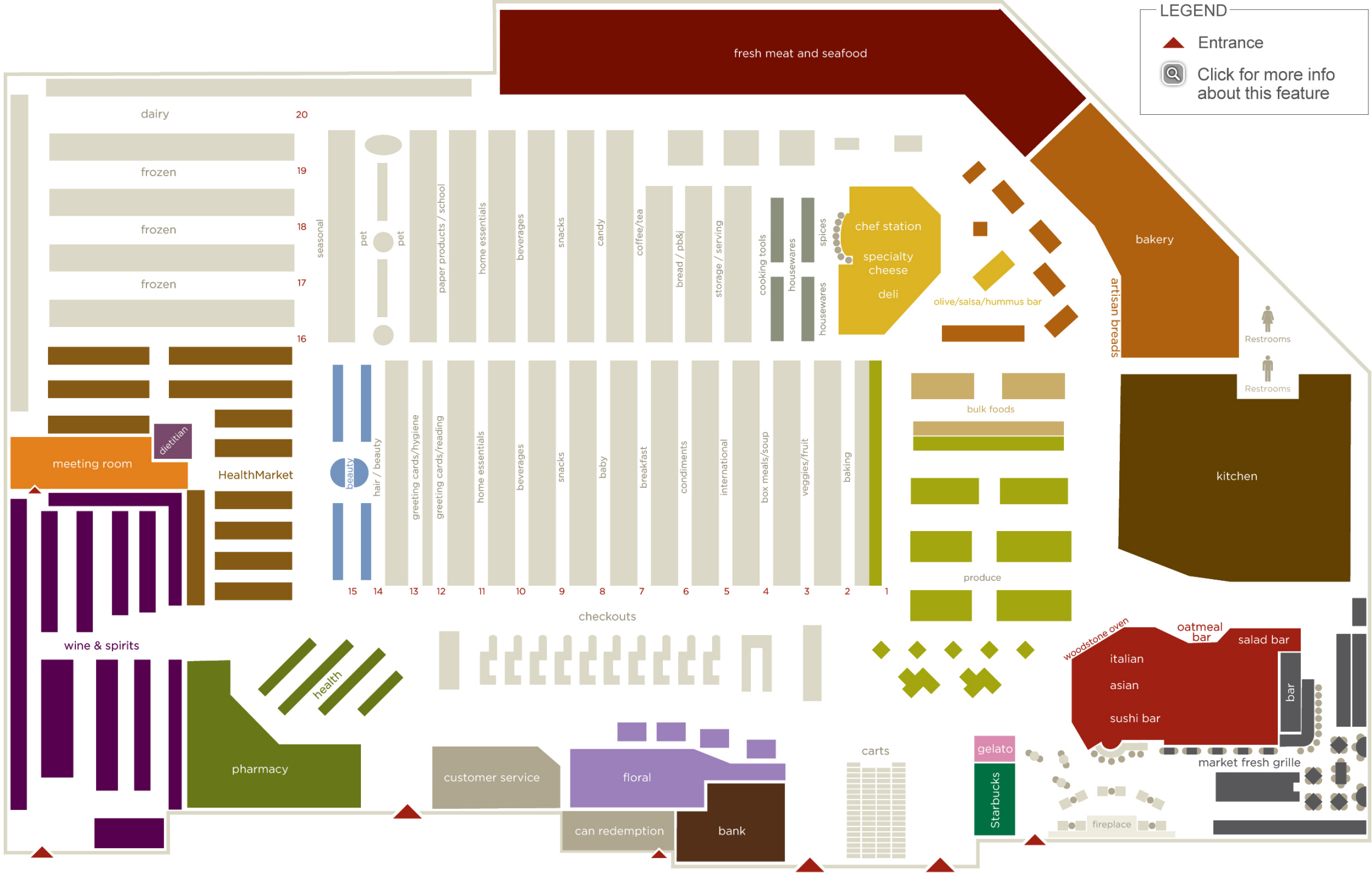

ALDI


Walmart


TARGET


Hy-Vee
EMPLOYEE OWNED


WellCAT
Ambassadors

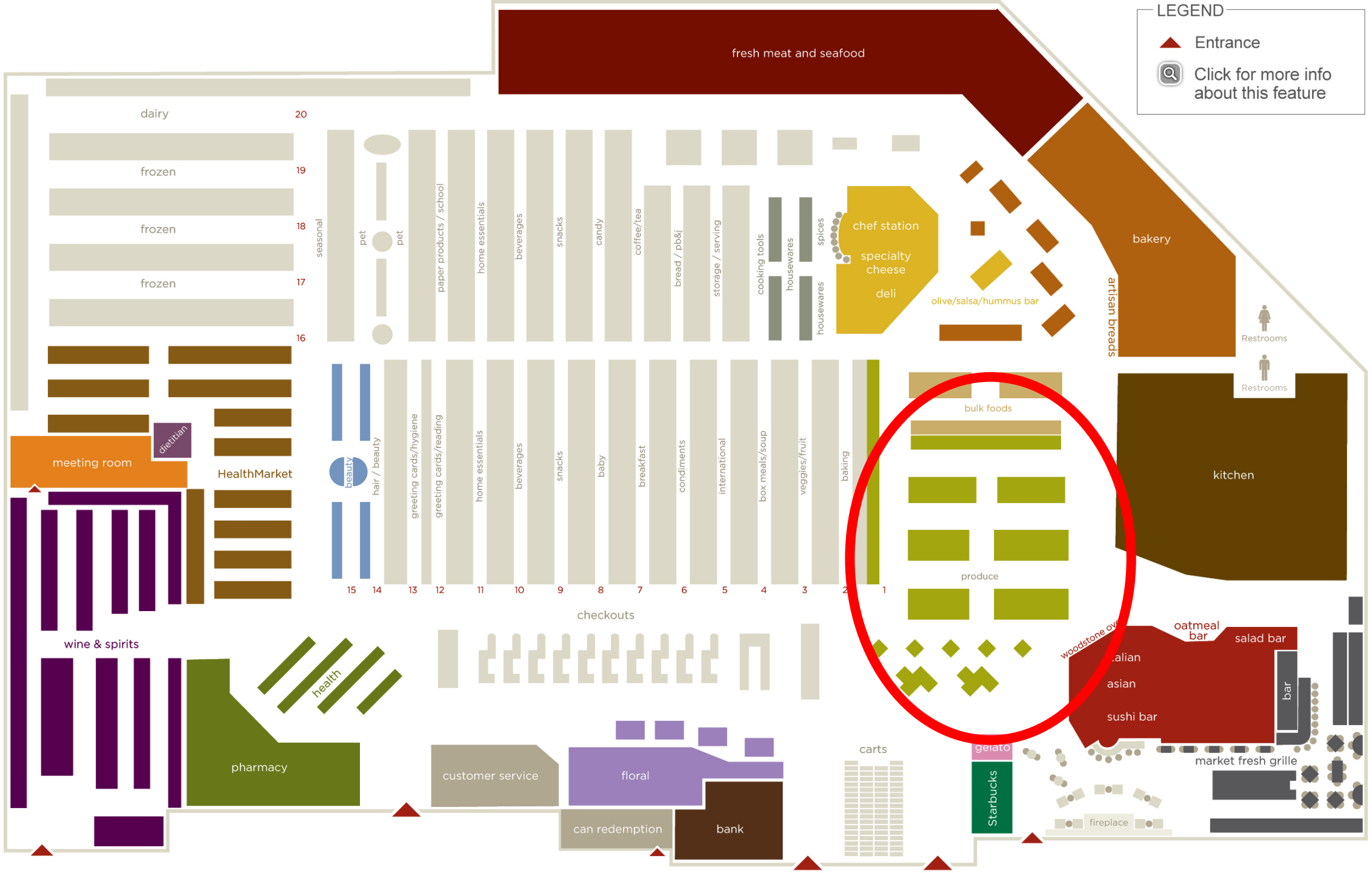

LEGEND
Entrance
Click for more info about this feature
fresh meat and seafood
dairy
frozen
frozen
frozen
20
19
18
17
16
seasonal
pet
pet
paper products / school
home essentials
beverages
snacks
candy
coffee/tea
bread / pb&j
storage / serving
cooking tools
housewares
housewares
spices
chef station
specialty cheese
deli
olive/salsa/hummus bar
bakery
artisan breads
Restrooms
Restrooms
kitchen
bulk foods
produce
meeting room
dietitian
HealthMarket
beauty
hair / beauty
greeting cards/hygiene
greeting cards/reading
home essentials
beverages
snacks
baby
breakfast
condiments
international
box meals/soup
veggies/fruit
baking
15
14
13
12
11
10
9
8
7
6
5
4
3
2
1
checkouts
wine & spirits
health
pharmacy
customer service
floral
can redemption
bank
carts
gelato
Starbucks
woodstone oven
oatmeal bar
salad bar
italian
asian
sushi bar
bar
market fresh grille
fireplace


LEGEND
Entrance
Click for more info about this feature
fresh meat and seafood
dairy
20
frozen
19
frozen
18
frozen
17
16
seasonal
pet
pet
paper products / school
home essentials
beverages
snacks
candy
coffee/tea
bread / pb&j
storage / serving
cooking tools
housewares
housewares
spices
chef station
specialty cheese
deli
olive/salsa/hummus bar
bakery
artisan breads
Restrooms
Restrooms
kitchen
bulk foods
produce
meeting room
dietitian
HealthMarket
beauty
hair / beauty
greeting cards/hygiene
greeting cards/reading
home essentials
beverages
snacks
baby
breakfast
condiments
international
box meals/soup
veggies/fruit
baking
15
14
13
12
11
10
9
8
7
6
5
4
3
2
1
checkouts
wine & spirits
health
pharmacy
customer service
floral
can redemption
bank
arts
gelato
Starbucks
woodstone oven
oatmeal bar
salad bar
italian
asian
sushi bar
bar
market fresh grille
fireplace

Avoid "Traps"

- Located at entrance of store
- Usually not necessary
- Foods tend to be high-fat, high-sugar
- Expensive

WellCAT Ambassadors

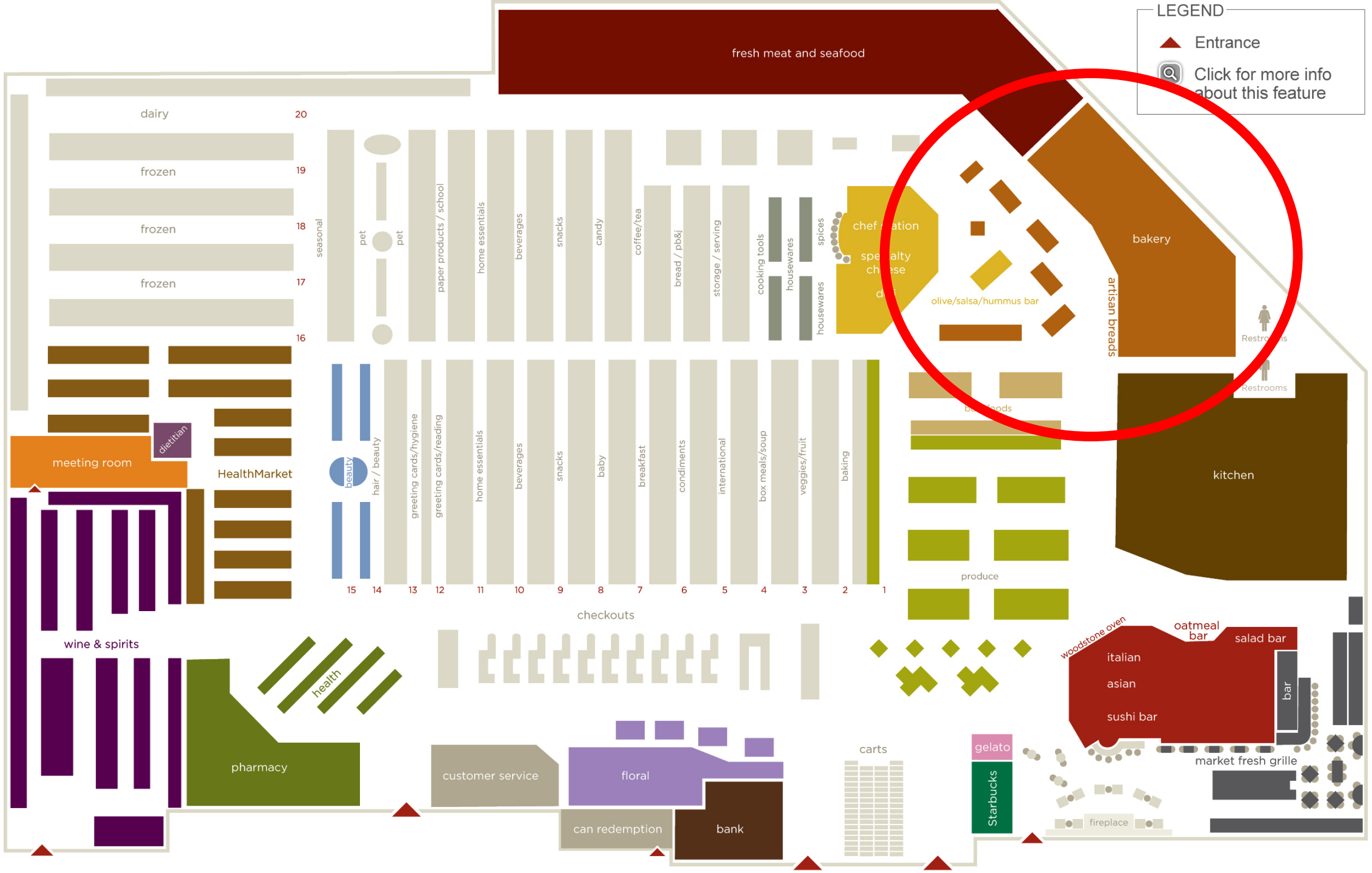

LEGEND
Entrance
Click for more info about this feature
fresh meat and seafood
dairy
frozen
frozen
frozen
20
19
18
17
16
seasonal
pet
pet
paper products / school
home essentials
beverages
snacks
candy
coffee/tea
bread / pb&j
storage / serving
cooking tools
housewares
housewares
spices
chef station
specialty cheese
deli
olive/salsa/hummus bar
bakery
artisan breads
Restrooms
Restrooms
kitchen
bulk foods
produce
meeting room
dietitian
HealthMarket
beauty
hair / beauty
greeting cards/hygiene
greeting cards/reading
home essentials
beverages
snacks
baby
breakfast
condiments
international
box meals/soup
veggies/fruit
baking
15
14
13
12
11
10
9
8
7
6
5
4
3
2
1
checkouts
wine & spirits
health
pharmacy
customer service
floral
can redemption
bank
carts
gelato
Starbucks
oatmeal bar
salad bar
asian
sushi bar
bar
market fresh grille
fireplace

Produce

- Fruits, vegetables, herbs, nuts
- Buy fresh and in-season
- Eat a rainbow!
- "As purchased" vs. "edible portion"
- Organic isn't necessary

There is very little (if anything) to avoid here!

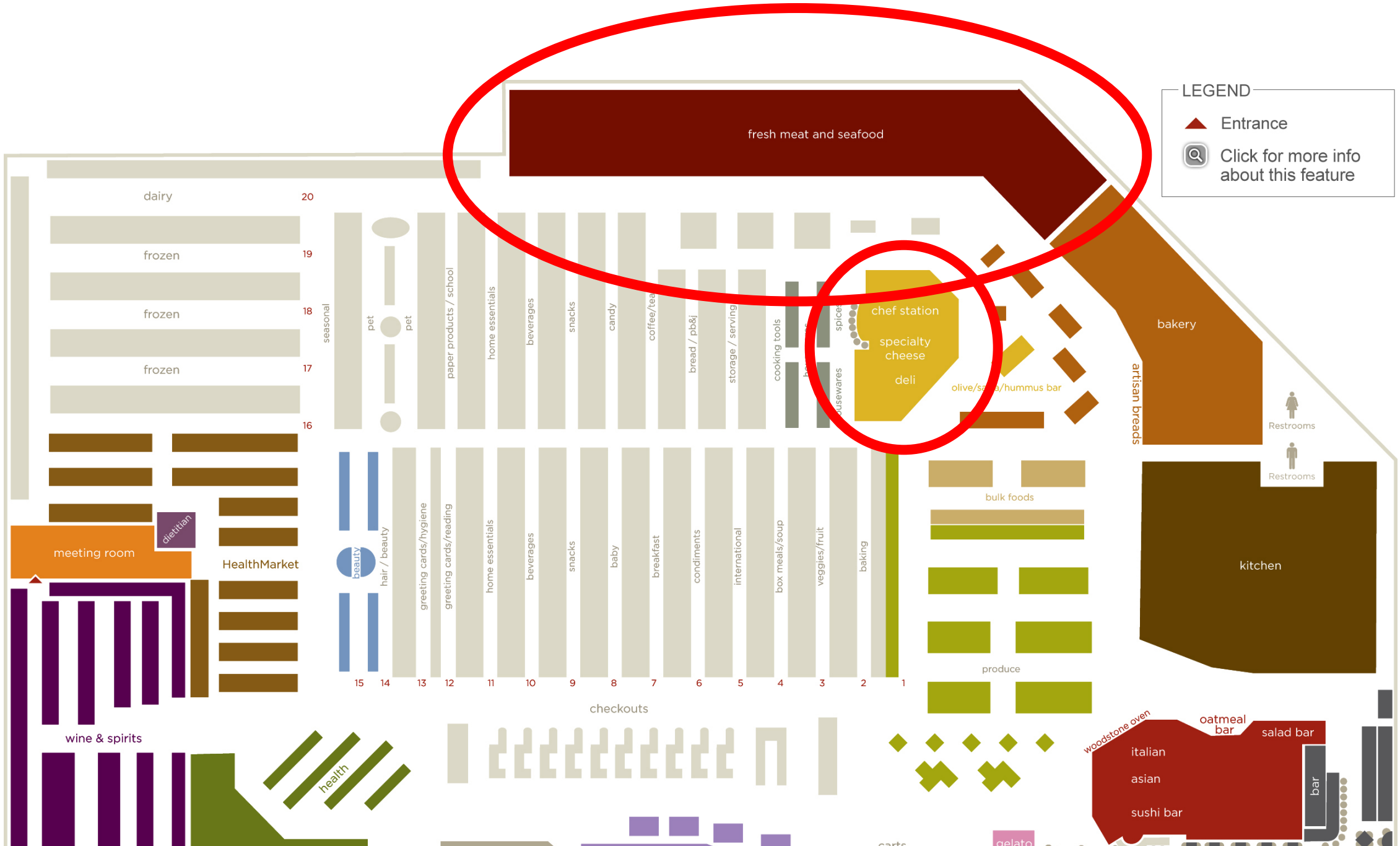
WellCAT Ambassadors


LEGEND
Entrance
Click for more info about this feature
fresh meat and seafood
dairy
frozen
frozen
frozen
seasonal
pet
pet
paper products / school
home essentials
beverages
snacks
candy
coffee/tea
bread / pb&j
storage / serving
cooking tools
housewares
housewares
spices
chef
specialty cheese
olive/salsa/hummus bar
bakery
artisan breads
Restrooms
Restrooms
kitchen
meeting room
dietitian
HealthMarket
beauty
hair / beauty
greeting cards/hygiene
greeting cards/reading
home essentials
beverages
snacks
baby
breakfast
condiments
international
box meals/soup
veggies/fruit
baking
produce
checkouts
wine & spirits
health
pharmacy
customer service
floral
can redemption
bank
carts
gelato
Starbucks
woodstone oven
oatmeal bar
salad bar
italian
asian
sushi bar
bar
market fresh grille
fireplace

The Bakery

- Look for 100% whole grains
- Less preservatives
  - Decreased shelf-life
- Day-old bread

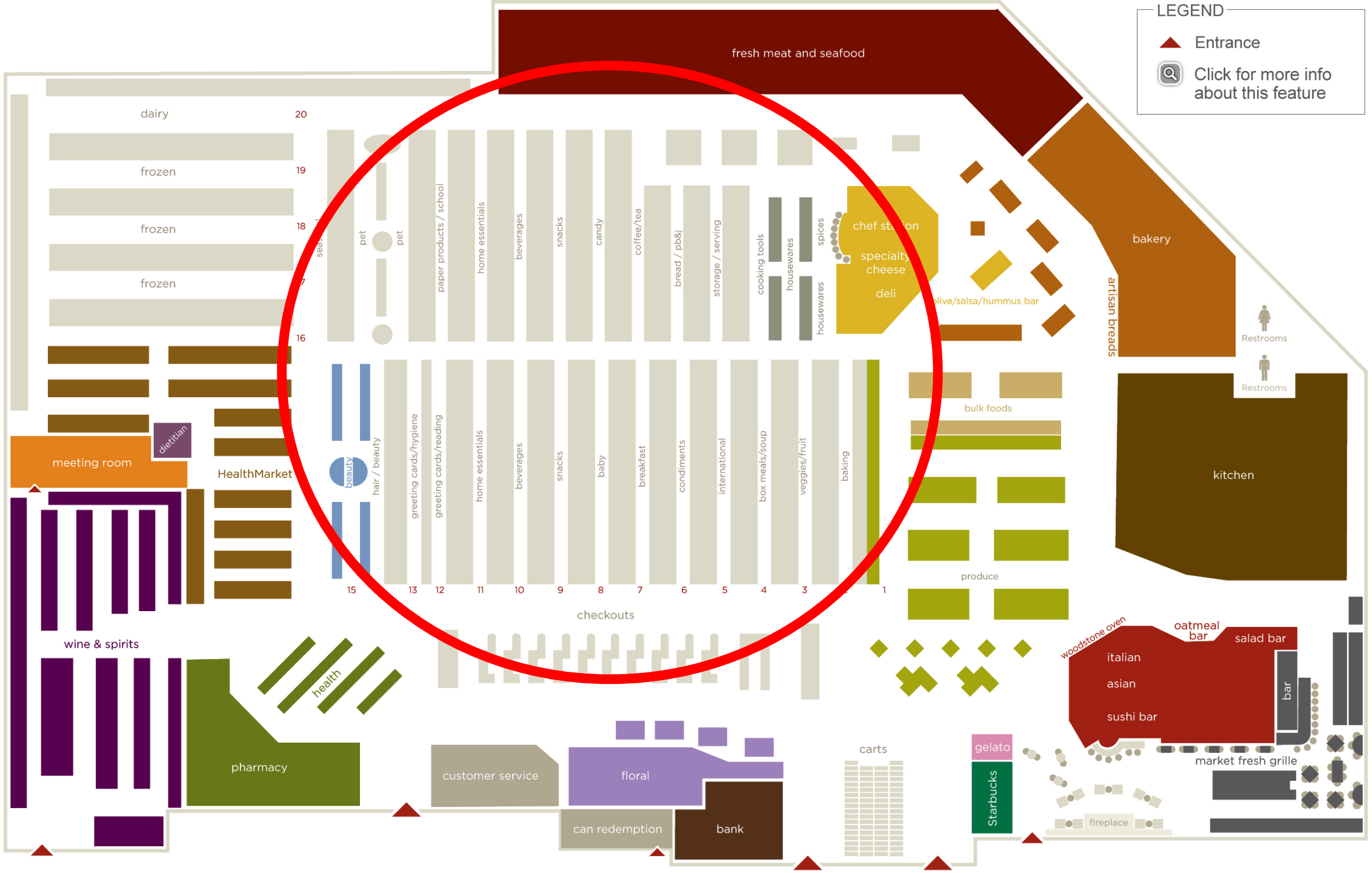
WellCAT Ambassadors


LEGEND
Entrance
Click for more info about this feature
fresh meat and seafood
dairy
20
frozen
19
frozen
18
frozen
17
16
seasonal
pet
pet
paper products / school
home essentials
beverages
snacks
candy
coffee/tea
bread / pb&j
storage / serving
cooking tools
spices
housewares
chef station
specialty cheese
deli
olive/salsa/hummus bar
bakery
artisan breads
Restrooms
Restrooms
bulk foods
kitchen
produce
meeting room
dietitian
HealthMarket
beauty
hair / beauty
greeting cards/hygiene
greeting cards/reading
home essentials
beverages
snacks
baby
breakfast
condiments
international
box meals/soup
veggies/fruit
baking
15
14
13
12
11
10
9
8
7
6
5
4
3
2
1
checkouts
wine & spirits
health
woodstone oven
oatmeal bar
salad bar
italian
asian
sushi bar
bar
gelato

Meat & Seafood

- Deli meats and cheeses
- Seafood
- Meats

A great section to satisfy PROTEIN recommendations!


LEGEND
Entrance
Click for more info about this feature
fresh meat and seafood
dairy
frozen
frozen
frozen
20
19
18
16
pet
pet
paper products / school
home essentials
beverages
snacks
candy
coffee/tea
bread / pb&j
storage / serving
cooking tools
housewares
housewares
spices
chef station
specialty cheese
deli
olive/salsa/hummus bar
bakery
artisan breads
Restrooms
Restrooms
kitchen
bulk foods
produce
meeting room
dietitian
HealthMarket
beauty
hair / beauty
greeting cards/hygiene
greeting cards/reading
home essentials
beverages
snacks
baby
breakfast
condiments
international
box meals/soup
veggies/fruit
baking
15
13
12
11
10
9
8
7
6
5
4
3
1
checkouts
wine & spirits
health
pharmacy
customer service
floral
can redemption
bank
carts
gelato
Starbucks
woodstone oven
oatmeal bar
salad bar
italian
asian
sushi bar
bar
market fresh grille
fireplace

Packaged Foods

- Boxed foods, salad dressings, pickled items, bread, rice, snack foods (chips, crackers, candy), international foods

READ THE LABEL!

Canned Foods

- Fruit/Vegetables, meats, soup, broth/stock, pasta sauce, marinades

- Beware of sodium (beans, veggies)
  - Choose "less sodium" or "no sodium added"
  - Rinse before using

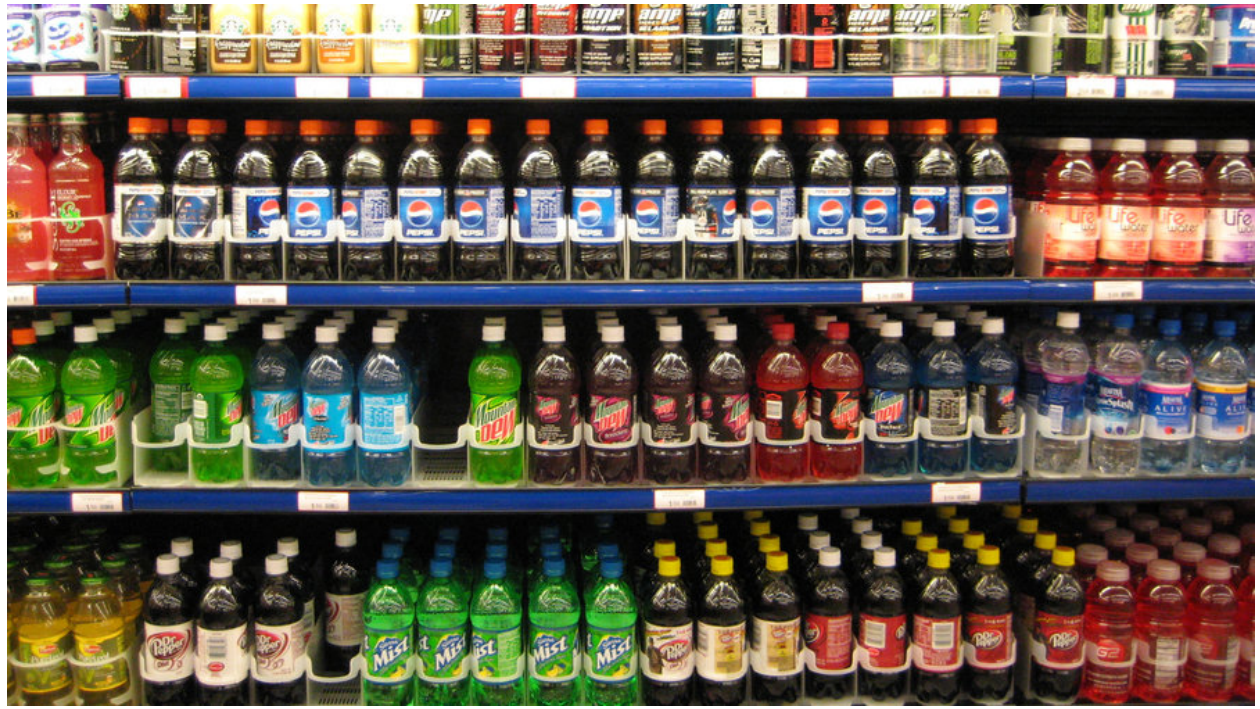
- Canned fruit
  - Look for fruits canned in water or 100% fruit juice

Breakfast

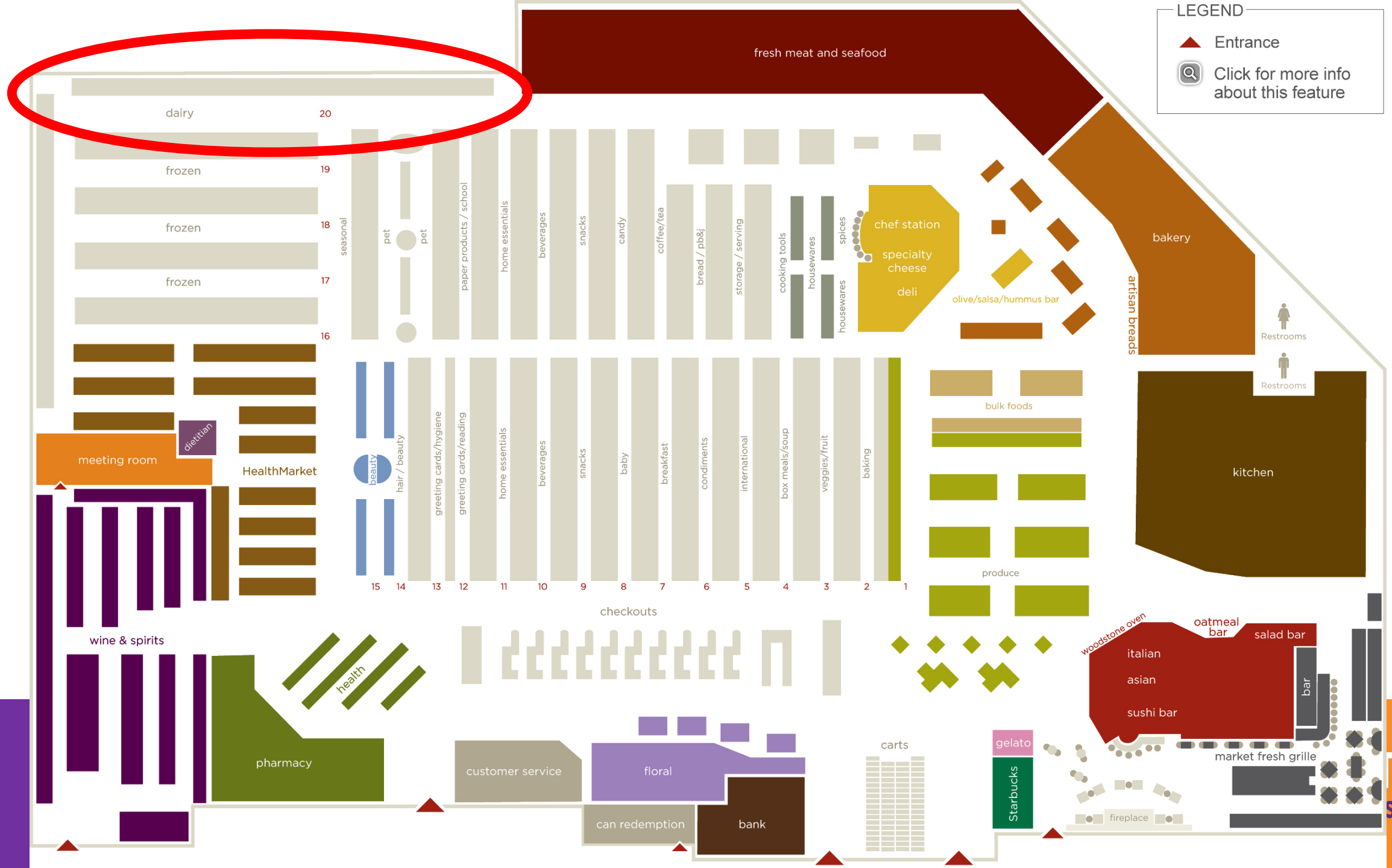
- Avoid sugary products
- Stick to plain oatmeal, low-sugar cereals (Cheerios)

Drinks

- Avoid sugary drinks (soda, juice, sports drinks)
- Stick to water, sparkling water



WellCAT Ambassadors


LEGEND
Entrance
Click for more info about this feature
fresh meat and seafood
dairy
20
frozen
19
frozen
18
frozen
17
16
seasonal
pet
pet
paper products / school
home essentials
beverages
snacks
candy
coffee/tea
bread / pb&j
storage / serving
cooking tools
housewares
housewares
spices
chef station
specialty cheese
deli
olive/salsa/hummus bar
bakery
artisan breads
Restrooms
Restrooms
kitchen
bulk foods
produce
dietitian
meeting room
HealthMarket
beauty
hair / beauty
greeting cards/hygiene
greeting cards/reading
home essentials
beverages
snacks
baby
breakfast
condiments
international
box meals/soup
veggies/fruit
baking
15
14
13
12
11
10
9
8
7
6
5
4
3
2
1
checkouts
wine & spirits
health
pharmacy
customer service
floral
can redemption
bank
carts
gelato
Starbucks
woodstone oven
oatmeal bar
salad bar
italian
asian
sushi bar
bar
market fresh grille
fireplace

Dairy

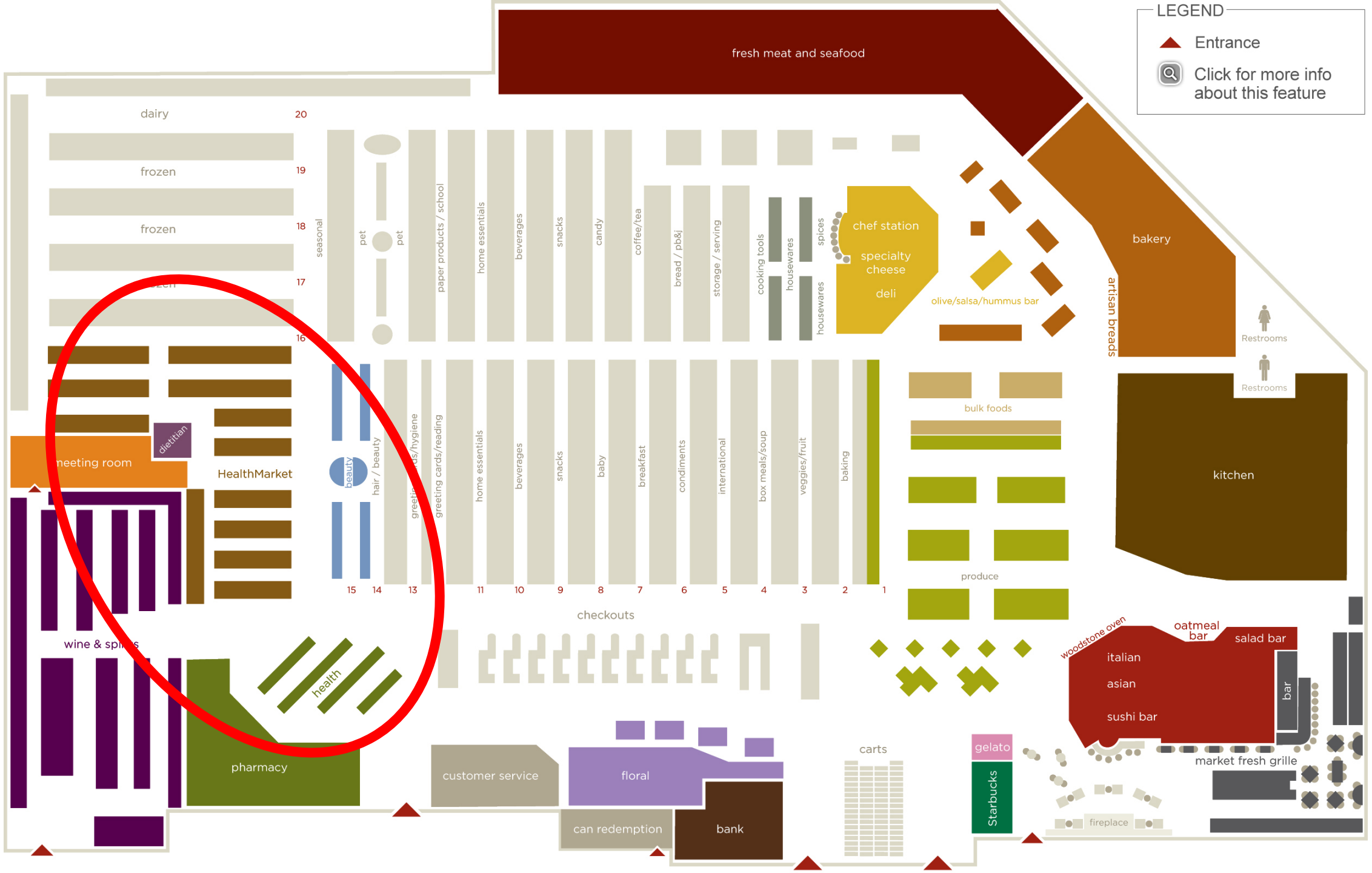
- Milk, yogurt, eggs, butter, cheese
- Look for non- or low-fat products!


LEGEND
Entrance
Click for more info about this feature
fresh meat and seafood
dairy
frozen
frozen
frozen
20
18
17
16
seasonal
pet
pet
paper products / school
home essentials
beverages
snacks
candy
coffee/tea
bread / pb&j
storage / serving
cooking tools
housewares
housewares
spices
chef station
specialty cheese
deli
olive/salsa/hummus bar
bakery
artisan breads
Restrooms
Restrooms
kitchen
bulk foods
produce
meeting room
dietitian
HealthMarket
beauty
hair / beauty
greeting cards/hygiene
greeting cards/reading
home essentials
beverages
snacks
baby
breakfast
condiments
international
box meals/soup
veggies/fruit
baking
15
14
13
12
11
10
9
8
7
6
5
4
3
2
1
checkouts
wine & spirits
health
pharmacy
customer service
floral
can redemption
bank
carts
gelato
Starbucks
woodstone oven
oatmeal bar
salad bar
italian
asian
sushi bar
bar
market fresh grille
fireplace

Frozen

- Fruits/vegetables, potatoes, prepared meals, meats, desserts, breakfast foods, pizza
- Beware of sodium and fat/sugar
- Frozen fruits and vegetables are a great option if:
  - You cannot eat fresh quickly enough
  - Desired produce is not in-season

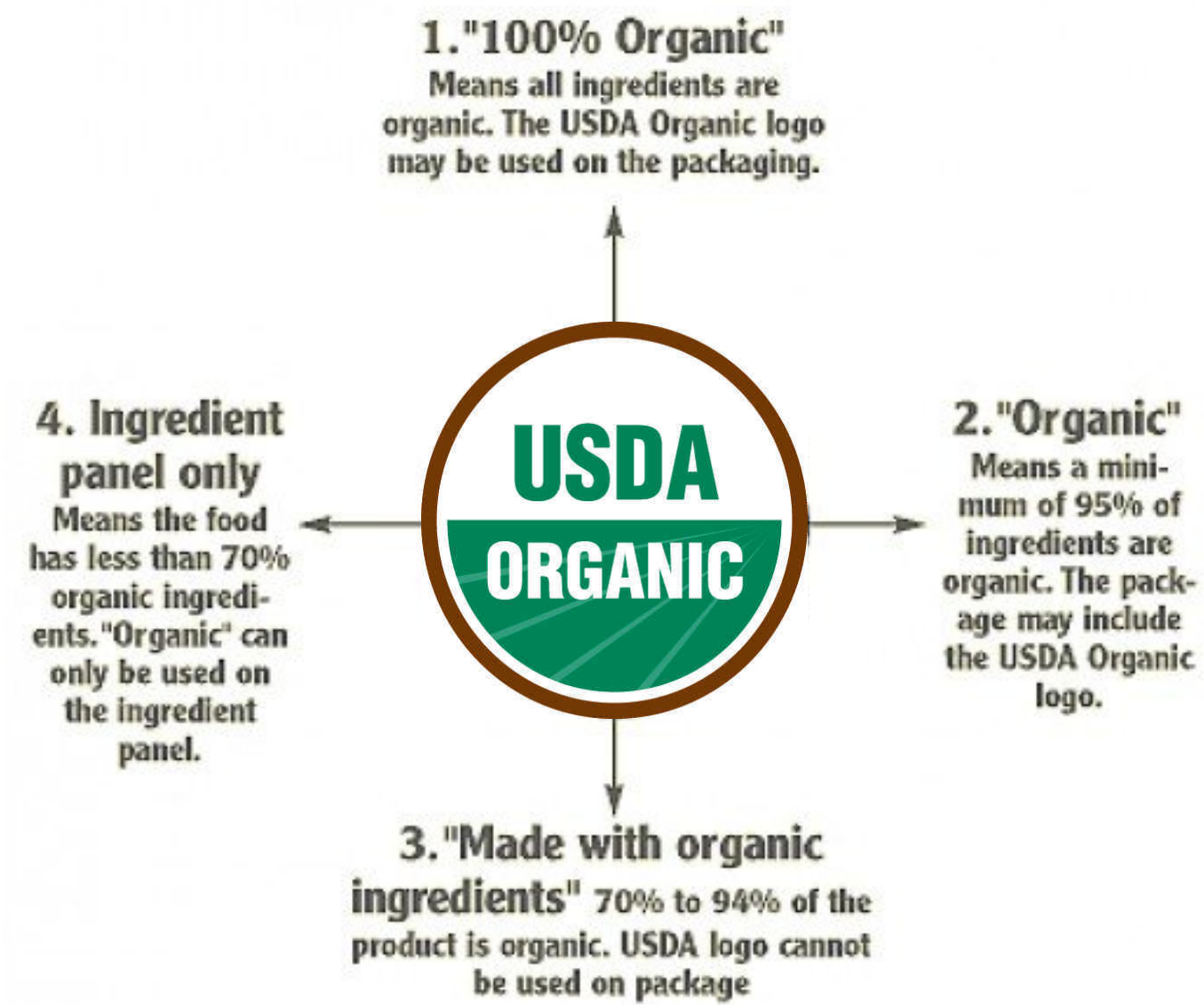
WellCAT Ambassadors


LEGEND
Entrance
Click for more info about this feature
fresh meat and seafood
dairy
frozen
frozen
20
19
18
17
16
seasonal
pet
pet
paper products / school
home essentials
beverages
snacks
candy
coffee/tea
bread / pb&j
storage / serving
cooking tools
housewares
housewares
spices
chef station
specialty cheese
deli
olive/salsa/hummus bar
bakery
artisan breads
Restrooms
Restrooms
kitchen
bulk foods
produce
dietitian
meeting room
HealthMarket
beauty
hair / beauty
greeting cards/hygiene
greeting cards/reading
home essentials
beverages
snacks
baby
breakfast
condiments
international
box meals/soup
veggies/fruit
baking
15
14
13
11
10
9
8
7
6
5
4
3
2
1
checkouts
wine & spirits
health
pharmacy
customer service
floral
can redemption
bank
carts
gelato
Starbucks
woodstone oven
oatmeal bar
salad bar
italian
asian
sushi bar
bar
market fresh grille
fireplace

“Natural Foods” Section

- Special diets
  - Gluten-free, lactose-free, etc.
- Additional variety
- High prices

WellCAT Ambassadors


1."100% Organic"
Means all ingredients are organic. The USDA Organic logo may be used on the packaging.
2."Organic"
Means a minimum of 95% of ingredients are organic. The package may include the USDA Organic logo.
3."Made with organic ingredients" 70% to 94% of the product is organic. USDA logo cannot be used on package
4. Ingredient panel only
Means the food has less than 70% organic ingredients."Organic" can only be used on the ingredient panel.
USDA
ORGANIC

"Healthy" Choice???

Nutrition Facts

Serving Size: 1 Meal (326g)

Amount Per Serving	
Calories 340	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 2.5g	
Cholesterol 25mg	**8%**
Sodium 600mg	**25%**
Potassium 750mg	**21%**
Total Carbohydrate 52g	**17%**
Dietary Fiber 5g	**20%**
Sugars 16g	
Protein 14g	
Vitamin A	0%
Vitamin C	10%
Calcium	6%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.

WellCAT Ambassadors

Money-Saving Tips

- Make a list and stick to it
- Purchase foods that are in-season
- Utilize store sales, promotions, rewards
- Buy in bulk
- Don't be afraid of store/off-brand foods
- Use coupons!
- Prepared vs. unprepared
  - Fruits/veggies, meals

Compare products by their unit price!

WellCAT Ambassadors

Better buy!

Total Price: $6.77

Unit Price: $0.49

VS.

Total Price: $5.49

Unit Price: $0.88

WellCAT Ambassadors

Reusable bags

- Good for the environment!

- Be aware of cross-contamination
  - Clean regularly

Questions?

We value your feedback.

Please complete an evaluation!

We are recruiting now for Spring 2019! Ask us how!

Kansas State University
WellCAT Ambassadors

Connect with us!

wellcat@ksu.edu @wellcats @KSU_WellCAT @KSU_WellCAT