Eating Well on Campus
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
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.

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WellCAT
Ambassadors
### Nutrition Facts

**Serving Size:** 2/3 cup (55g)  
**Servings Per Container:** About 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 230</th>
<th>Calories from Fat 40</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>8g</td>
<td>12%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>160mg</td>
<td>7%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>37g</td>
<td>12%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>3g</td>
<td>10%</td>
</tr>
</tbody>
</table>

*Daily Values*  
- **% Daily Value**:  
  - Total Fat: 12%  
  - Saturated Fat: 5%  
  - Trans Fat: 0%  
  - Cholesterol: 0%  
  - Sodium: 7%  
  - Total Carbohydrate: 12%  
  - Dietary Fiber: 16%  
  - Sugars: 1%  
  - Protein: 10%  

**Calories**: 230

**Amount per 2/3 cup**
- Calories: 230
- Calories from Fat: 40

**Serving sizes**  
- Updated

**Daily Values**  
- % comes first

**Nutrients**  
- Required changed

**Footnote**  
- Updated

**Added sugars**  
- Added

**Actual amounts**  
- Added

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*Footnote on Daily Values (DV) and calories reference to be inserted here.*
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!
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!
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!
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.
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
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
Avoid “Traps”

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

• Look for 100% whole grains

• Less preservatives
  • Decreased shelf-life

• Day-old bread
Meat & Seafood

• Deli meats and cheeses

• Seafood

• Meats

A great section to satisfy PROTEIN recommendations!
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
Dairy

• Milk, yogurt, eggs, butter, cheese

• Look for non- or low-fat products!
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
“Natural Foods” Section

• Special diets
  • Gluten-free, lactose-free, etc.

• Additional variety

• High prices
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.
“Healthy” Choice???
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!
Total Price: $6.77
Unit Price: $0.49

VS.

Total Price: $5.49
Unit Price: $0.88
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

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