

# The Monthly InSTALLment

Have a safe and fun Spring Break!

Words to wiz by since 2005!



UHS Health Promotion Office, UHS Building, 2nd Floor, 585-273-5772, [www.rochester.edu/uhs](http://www.rochester.edu/uhs)

March 2011

## Spring Forward with Healthy Eating Habits!



Clocks go forward on March 13th!

### USDA Dietary Guidelines for Maintaining a Healthy Diet



- Reduce daily sodium intake to less than 2,300 milligrams—check your food labels!
- Increase vegetable and fruit intake—opt for dark green, red and orange vegetables.
- Consume less than 10 percent of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids.
- Consume less than 300 mg per day of cholesterol.
- Keep *trans* fatty acid consumption as low as possible by limiting foods that contain synthetic sources of *trans* fats, such as partially hydrogenated oils.
- Consume at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains, such as white bread, with whole grains.
- Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Use oils to replace solid fats where possible.

### Build Your Healthy Eating Vocabulary!

**Calorie Balance:** The balance between calories consumed in foods and beverages and calories expended through physical activity and metabolic processes.

**Nutrient Dense:** A term that indicates that the nutrients and other beneficial substances in a food have not been “diluted” by the addition of calories from added solid fats, added sugars, or added refined starches, or by the solid fats naturally present in the food. Ideally, nutrient dense foods are in forms that retain naturally occurring components such as dietary fiber. All vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat milk and milk products, and lean meats and poultry—when prepared without adding solid fats or sugars—are nutrient-dense foods.

References: [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines); [www.mypyramid.gov](http://www.mypyramid.gov)

### Portion Distortion...

In order to eat healthy we have to understand what a portion is. We very often eat what is served to us in a restaurant or eat all that we care to eat without really considering what constitutes a portion. Below are some common items to use as a guide when determining the portion you wish to eat.

1 cup = Baseball



Light bulb = 1/2 Cup

1 ounce = Golf ball



Deck of Cards = 3 ounces of meat

1.5 ounces of cheese = 3 dice



### Did you know??

Nutrition facts are available online for all of our dining facilities!  
Visit the Campus Dish website:  
<http://www.campusdish.com/en-US/CSNE/Rochester/>

Questions about the Monthly InSTALLment?? Contact: [mkelley@uhs.rochester.edu](mailto:mkelley@uhs.rochester.edu)

### Tips for eating out!

- Choose a smaller size option if available.
- Ask for a take home box when your plate is brought to you and put 1/2 of the dish in the box to eat another day.
- Check online for posted calorie and fat contents for dishes at the restaurant you choose.
- Choose fruit or vegetable accompaniments for your meal instead of high fat or high calorie side dishes.
- Avoid dishes that use words such as: creamy, fried, battered, breaded, or buttered.
- Ask for dressings, syrups, and condiments on the side.
- Ask if a dish that contains something fried can be grilled instead.

Fill 1/2 your plate with a colorful assortment of vegetables\*

\*Yams, potatoes, and corn should be considered starches, not vegetables.

30 minutes of moderate to vigorous exercise is recommended daily!

Fill 1/4 of your plate with whole grain starches which keep you feeling full longer.

Fill 1/4 of your plate with low fat proteins. If you eat meat, choose baked, broiled, or grilled options.

