



a health & wellness newsletter

Dear John

Dear John:

Hunt Dining Hall is like an all-you-can-eat-buffet? How are we expected to make smart eating choices?

Answer:

There are many reasons why college students gain the dreaded Freshman 15 and one of those reasons is the experience of eating in a college dining hall. You may not think the food is always great, but it's plentiful, and it's not necessary very nutritious! To help you eat as healthy as possible in Hunt, here's a guide to foods you should choose often, and those only in moderation.

Healthy Dining Hall Choices:

- Fresh fruit.** Try to eat a piece of fruit daily. It's also great to add it to other items, such as cutting up a banana into a bowl of cereal or eating fresh strawberries with yogurt.
- The salad bar.** Load up on fresh veggies often. Just beware the high-calorie dressings!
- Healthy hot or cold cereal.** Don't eat Corn Pops every day, but eat your fill of Cheerios, shredded wheat, and oatmeal.
- Water.** Get in the habit of drinking a small glass every meal.
- Ketchup, mustard, and other low-fat condiments.** No, ketchup isn't the best food available, but a tablespoon of ketchup is a much better alternative than fatty mayonnaise. Other good condiment choices include salsa and vinegar.

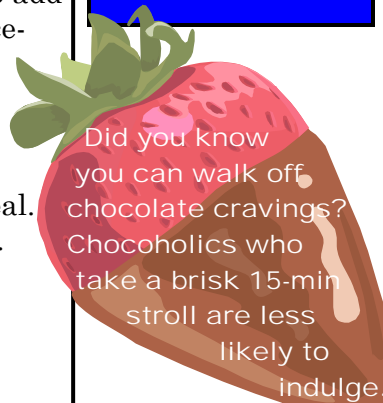
Not-So-Healthy Dining Hall Choices:

- Juice.** Juice cocktails are loaded with high-fructose corn syrup and high in calories. Grab a piece of fruit instead.
- Fatty Breakfasts.** Eggs, pancakes and bacon should be enjoyed in moderation. Ask if egg substitutes can be used.
- Full-fat salad dressing.** Most salad dressings are almost 100% fat. Don't ruin a plate of veggies. Instead, use oil and vinegar or low-fat options.
- French fries and other fried foods.** These are a quick way to load up on calories. If you must indulge, eat a very small serving.
- Mayonnaise, butter, and other fatty condiments.** On a sandwich, try using ketchup or mustard instead of mayo. Butter,

Interested in Diet & Weight Management Counseling?



Call the Health Center at x7016 to schedule an appointment with the Nurse Practitioner to discuss your BMI, weight loss goals, and proper nutrition.



Did you know you can walk off chocolate cravings? Chocoholics who take a brisk 15-min stroll are less likely to indulge.

KWANZAA BALL



January 24th
10 - 2 a.m.

Adults \$10, Students with ID \$5
Children Free

Prizes for the Best Traditional African Attire

For more information call Stephanie Wilson, x7131

Burn Baby Burn!

For a 130lb female for 15 minutes:

- | | |
|-------------------------|------------------------|
| Sleeping-18 cal | Watching TV-20 cal |
| Standing in line-23 cal | Sitting reading-20 cal |
| Sitting in class-35 cal | Dancing-88 cal |
| Walking 4 mph-98 cal | Aerobics-137 cal |

January 2009 Events

January 21: Bball v. Shenandoah Univ. 7pm, PAC.

January 21: Foreign Language Conversation Hour: Japanese. 3pm, Spencer Center.

January 22: Al-Anon Meeting. 6:30pm, Administration Bldg, Rm 208.

January 23: VWIL Academic Awards Ceremony. 4pm, Francis.

January 24: Kwanzaa Celebration. 6 - 10pm. Hunt West. Kwanzaa Ball. 10pm - 2am, SAC. Students free. Adults \$10.

January 25: Sunday Recital: Donald George, tenor, and Lucy Mauro, piano. 3pm, Francis.

January 26: Election Workshop. 7pm, ACA 207.

January 26: Foreign Language Conversation Hour: Spanish. 4pm, Spencer Center.

January 26: 18th Annual Martin Luther King, Jr. March for Peace and Justice. Memorial Service, 6pm, at Central United Methodist. The march will begin at 8pm at the church.

January 26: Recreational Yoga. 12 - 1pm, PAC dance studio.

January 27: Foreign Language Conversation Hour: French. 3pm, Spencer Center.

January 28: Foreign Language Conversation Hours: Japanese at 3pm and Arabic at 7pm, Spencer Center.

January 28: International Café: Mapping Issues Around the World. 12 - 1pm, Spencer Center.

January 28: Dancing with Lou Vosteen. 7 - 9pm, PAC. A master class on early English Country Dance.

January 29: Al-Anon Meeting. 6:30pm Admin. 208.

Put it in perspective...

Check out how many calories are in your favorite beers...

Brand	Alcohol	Calories	Carbs
Bud	5.0 %	145	10.6
Bud Light	4.2 %	110	6.6
Coors Light	4.2 %	102	5
MGD	5.0 %	143	13.1
Miller Light	4.2 %	96	3.2
Pabst Blue Ribbon	5.0 %	153	12.01
Sam Adams Lager	4.75 %	160	18

...and then compare that to some of your typical fatty fast foods: a small Coke is 140 calories and 39 carbs, a Taco Bell Regular Taco is 170 calories and 13 carbs and 4 McDonalds' Chicken McNuggets are 170 calories and 10 carbs! Visit <http://www.beer100.com/beercalories.htm> for more information on the content of beer.