



## Nutrition Nibbles

### What Does It Take To Feed A Village?

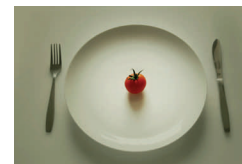
With the start of the 2008 Summer Olympic Games right around the corner, I have become fascinated with the intricacies of feeding a village...of 10,000 athletes. Here are a few interesting facts:

- Aramark is the official caterer of this year's Games. They have the experience—this is their 14th Olympic Games.
- Ever get tired of cooking? Imagine preparing 3.5 million meals over the course of several weeks! This is the number of meals Aramark expects to serve this Olympic season.
- How big of a kitchen do you need to feed these athletic appetites? The Olympic Village kitchen must be pretty large but the dining hall (which seats 6,000 people at a time) is enormous--the length of 3 American football fields!
- A Taste of Home: In the Olympic dining hall, athletes will be able to choose from Chinese, Japanese, Thai, Indian, Mediterranean, African, North and South American, European, Caribbean and other cuisines. Vegetarian, halal, and kosher meals will also be available.
- Nutritional analyses of all food items will be posted in the 3 official Olympic languages: English, French, and Mandarin.
- With reports of steroid-infused chicken breasts and carcinogen-containing fish being found in China, both Aramark and the Chinese government are taking food safety seriously. Special monitoring systems are in place including GPS tracking and secure food storage facilities. Athletes can't afford to sacrifice their careers due to food poisoning or testing positive for banned substances.



### Favorite Food

Lots of people are curious about what dietitians eat when they are "off-duty." Unfortunately, this summer I have not gotten my fill of tomatoes due to the recent tomato scare. However, this is about to change! My 13 (yes, 13!) grape tomato plants will be ripe any day now. Soon I will have more tomatoes than I know what to do with! These tomatoes are perfect for snacking, topping a green salad, using in a caprese salad, or when creating a light pasta. Yummy!



[More Details on page 2](#)

### College Corner: Top 5 Ways to Save...on Food



#### Need Help Cooking?

Check out this article on 10 Things You Can Cook In Your Dorm Room:

[http://education.yahoo.com/college/essentials/articles/college/dorm\\_room\\_cooking.html](http://education.yahoo.com/college/essentials/articles/college/dorm_room_cooking.html)

With the price of a gallon of milk rivaling the cost of a gallon of gas, you may be bursting your food budget. Is there a way to continue your healthy eating habits without breaking the bank? Here's a list of the top 5 most consumer-friendly ways to save on groceries.

1. **PLAN AHEAD!** Spend a few minutes at the beginning of the week looking at your week's schedule and scoping out what food staples you already have on hand. Based on this information, choose some recipes and outline your week's meals and snacks. Create your shopping list from here. By having a game plan ahead of time and shopping with a grocery list, you will not only save money at the store by avoiding impulse buys, but you will save money by not dining out as frequently. People who plan ahead and cook at home often find they eat more nutritious meals with higher amounts of fruits and vegetables. This tip is good for the budget, great for the waistline, and smart for a starving student!
2. **COOK BIG!** While leftovers may not be your favorite, they can save you money. Cook a double batch and freeze half for a later occasion (perhaps when you're short on time and lack the desire to cook?). Take leftovers for lunch the next day. Use extras you prepare in a different way at a different meal. Extra grilled chicken? Slice the leftovers into a salad, a stir-fry, or...

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## What Does It Take To Feed A Village? continued...

- The coolest part of the plan? Registered Dietitians will be available onsite in the dining hall to help athletes make smart, performance-enhancing meal and snack choices. Now, how is that for food service?
- Tune into the Olympic Games starting August 8th. Enjoy 16 days of sporting celebration!

References: [Feeding the Olympic Village](#), ADA Times, July/August 2008, p.15.

[Eating at the Beijing Olympics](#), Nuemedix, Continuing Education Course, 2008.



**Important!** You don't have to be an Olympic athlete to eat like a champ. Make an appointment to see a registered dietitian for some coaching on improving your eating habits so you look and feel your best!

### Nutritionist vs. Dietitian: What's In a Name?

**FYI:**

**For Your Information**

In the state of California, the term "nutritionist" is unregulated. Anybody can call themselves a "nutritionist" and hand out advice. Unfortunately, their advice is not always credible. To ensure you are meeting with a nutrition expert, look for the RD or Registered Dietitian credential. Registered Dietitians must complete a minimum of a four-year bachelor's degree in nutrition, dietetics, or a related field, complete an accredited internship, pass a national exam, and maintain continuing education credits. Dietitians are truly qualified to help you meet your health goals through diet and lifestyle changes, all researched and backed by science. For more information about dietitians, check out The American Dietetic Association at [www.eatright.org](http://www.eatright.org)



## Top 5 Ways to Save on Food continued...

a soft taco the next day. Expend the time cooking once, and save time and money again in the future.

3. **MAKE or BREW YOUR OWN!** While frozen waffles, packaged granola bars, and Starbucks' coffee may be your way of life, they can be an expensive luxury. Try making an extra batch of waffles on a Saturday morning and freeze some for later on during the week. Make enough granola bars to feed an army or at least your friends. Whip up a pan of energy bars and freeze them individually for snacks. Check out one of my favorite recipes, by fellow dietitian Ellie Krieger, at: [http://www.foodnetwork.com/food/recipes/recipe/0,,FOOD\\_9936\\_33623,00.html](http://www.foodnetwork.com/food/recipes/recipe/0,,FOOD_9936_33623,00.html) Buy the ingredients once and have enough to make several batches at a fraction of the cost of packaged energy bars. How much money do you spend each month on fancy coffee? Consider brewing your own. A simple coffee pot can cost as little as \$20 or the price of 6 grande lattes. You can brew 30-40 cups of coffee from one pound of beans—this equates to a cost of \$0.10 -- \$0.35 per cup, depending on the brand of coffee beans you buy.

4. **LOOK TO LOW COST PROTEIN!** Tofu, canned tuna and salmon, beans and lentils may be lower in cost but they remain high in quality. Consider substituting one or more of your meat-based meals each week with one of these tasty, economic options.

5. **BROWN BAG IT!** Restaurants are feeling the effects of rising food costs too. Unfortunately, they have to pass these extra costs onto you, the customer. Keep money in your pocket by bringing your lunch to work or school. If you typically spend \$10/day on lunch out, think of all the money you can save if you pack your lunch even just a couple of times each week!

Of course there are many other ways to save money on food—growing your own vegetables or clipping coupons, for instance. These are just a few ideas to get you started. Experiment and see what works best for you. Have a great trick that saves you money on groceries? Please share by emailing me at [marymahoneyrd@comcast.net](mailto:marymahoneyrd@comcast.net)

To remove your name from our mailing list, please send an email to [marymahoneyrd@comcast.net](mailto:marymahoneyrd@comcast.net) with "Unsubscribe" in the subject line.

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