



Nutrition Nibbles

TRICKY TREATS

With Halloween just a few weeks away, you will start hearing the phrase “Trick-or-Treat” more often. When it comes to a healthy diet and lifestyle, it does not have to be one or the other, trick OR treat. Try using some tricks to treat your body right.

October rings in the start of the holiday season. If this has you worried about an expanding waistline, try a smaller plate or bowl. **Replace your platter-size dishes with salad plates and smaller bowls to secretly save some calories and inches off your waist.**

If you find your vegetable intake dwindling due to a decreased variety of seasonal vegetables, try this strategy: **Sneak veggies into your main dish.** Throw bell peppers into your burritos, tomatoes into your eggs, pumpkin puree into your hot cereal, and double the amount of veggies your recipe calls for. This way you won't feel like you are sitting down to a big plate of vegetables (but if you want to, that's fine too!)

Beverages are a common source of hidden calories that our bodies rarely need. If you

can't curb your juice or vitamin water habit, try drinking from a tall, skinny glass at least. **Using a slender glass can help keep you slender**--on average, you will pour 30% less into that cup vs. a short, wide one.

This is the season for candy bowls and goodies galore. If you can't keep the treats out of the office or home, work on where you place them. **The farther away the candy bowl from your desk or reach, the fewer trips and dips into the goodies you'll make.** Just like real estate: location, location, location!

Are you a lover of second helpings? **Keep your meal on the kitchen counter or stove to help curb overeating.** Just like with the candy bowl tip above, the more effort it takes to get seconds, the less likely it will happen.

Fall ramps up most people's sweet tooth. **Try fruit for dessert--it's naturally sweet and delicious, not to mention nutritious.** A cozy way to enjoy an apple is to core it, sprinkle a little cinnamon and brown sugar into the center, top with a few raisins or nuts, place in a dish and cover it, microwave for 3-4

College Corner: Research Shows Students Could Be Healthier

Research published in this month's issue of the *Journal of the American Dietetic Association* highlights the less than optimal health condition of college students. Over 1700 students, ages 18-24, participated in a semester-long nutrient intake and health indicator study at the University of New Hampshire. While not surprising to me as a college dietitian, the results may shock you. Here's a recap:

- **33% of participants were overweight with a body mass index (BMI) above 25.** To calculate your BMI, go to <http://www.nhlbisupport.com/bmi/>
- **53% of students had an elevated low density lipoprotein (LDL) or “bad” cholesterol.** You may have high LDL cholesterol if you:
 - eat fried foods frequently
 - choose whole or 2% dairy products
 - consume snacks made with partially hydrogenated oil

**Questions or Comments? Email me at
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TRICKY TREATS continued...

minutes until tender, and you've got a fiber-filled treat that is healthier than a candy bar!

We all like to get our money's worth, especially when it comes to food. **When out at an all-you-can-eat buffet, scan the entire spread first before making any selection.** You are more likely to choose only the items you really want rather than feeling the need to scoop a little bit of everything onto your plate. This way you won't feel like the stuffed Thanksgiving turkey when you push away from the table!

Having trouble sticking with a good, healthy habit? Monitor your "self-talk" or the things you tell yourself. **Keep your self-talk positive and you're more likely to keep up your healthy behaviors.** This helps keep a simple relapse from turning into a complete collapse. Also, don't bite off more than you can chew. **Pick only one or two tricks to tackle first.** When you master those, add a new one to your routine. This will keep you from feeling overwhelmed and giving up altogether.

These tricky tips are just a few of my favorite keys to improved health. What tricks do you like to use? I'd love to hear from you--drop me a line. In the meantime, have a happy, healthy, and safe Halloween!

Eating Right Monthly Tip

To boost your immune system and keep your body healthy this Fall, aim for a variety of nutrient-rich foods. Here are a few easy ways to ensure your body gets what it needs:

- Eat breakfast daily.
- Choose whole grains in place of refined foods.
- Pack in the produce.
- Choose vitamin C rich foods, like citrus, peppers, and tomatoes.
- Eat the musical fruit, beans, more often.

And of course, don't forget to de-stress, exercise, stay hydrated, and get plenty of rest!



College Corner continued...

- eat beef or other fatty cuts of meat often
- cook with shortening, butter, or lard
- **Almost half of student participants had high blood pressure, greater than 120/80, and the majority exceeded sodium intake guidelines.** Your blood pressure could be above normal if you:
 - don't eat the daily recommended amount of fruits and vegetables
 - consume a lot of high sodium convenience foods
 - add extra salt to your food
- **28% of participants reported getting less than 30 minutes of physical activity daily.** This amount of exercise is the suggested *minimum* to preserve health and prevent disease. How active are you?

If you are wondering how your own personal health compares to these results, consider making an appointment to see your college campus dietitian for diet-related tips and healthful hints. Schedule some time with your doctor for a complete physical and some basic lab work.

Reference: *J Am Diet Assoc.* 2009; 109:1751-1758.

Favorite Food

Lots of people are curious about what dietitians eat when they are "off-duty." Fall has arrived and I am a big pumpkin and winter squash fan. Butternut squash soup, spaghetti squash topped with marinara, and pumpkin bread are all cozy ways to get a good dose of

potassium and beta-carotene. Think of these foods as cardio-protective. For a tasty treat, try this Pecan-Topped Pumpkin Bread recipe from *Cooking Light*: http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=1673145