

Nutrition Tips for Busy Students

Daily Adult Calorie Needs

Weight in pounds	Very sedentary	Sedentary	Active	Very Active
100	1309	1418	1527	1636
120	1571	1702	1833	1964
140	1833	1985	2138	2291
160	2095	2269	2444	2618
180	2356	2553	2749	2945
200	2618	2836	3055	3273
220	2880	3120	3360	3600

Very sedentary—activities primarily include sitting
 Sedentary—activities primarily include walking
 Active—activities include exercising 3 days per week
 Very active—activities include exercising at least 5 days per week

What Does "Good Nutrition" Do For You Today?

The first thing to do is figure out what nutritious eating will offer you. The more you feel that nutritious eating helps you today, rather than just preventing a heart attack 30 years down the road, the more interested you'll be in healthy eating. There are practical as well as health reasons for eating nutritiously. Good nutrition can help you:

- Avoid getting sick with colds and flu
- Prevent unnecessary weight gain
- Conquer that constipation problem
- Have more energy
- Have a better work-out
- Feel better about your eating
- Prevent health problems in the future
- Add variety to your eating and make eating more interesting



Good Nutrition on the Run

Bring part of your meal with you on campus. If you end up at a fast food restaurant for lunch, make the meal more nutritious by adding in those food groups that your fast food meals don't supply, such as fruits, vegetables and low fat dairy products. For example, you can purchase a sandwich or a burger on campus and supply the side dishes yourself. Always ask for lettuce, tomato, and other veggies on your sandwich. Here are some foods to add:

- Baby carrots with dip to that chicken sandwich instead of French fries
- Frozen or regular yogurt instead of the onion rings
- Water instead of the iced tea or soda (you'll save money too!)
- A pear or some strawberries instead of the apple pie

Fast Nutrition at Home/ Residence Hall

Keep a supply of healthy snacks on hand so you aren't tempted by the midnight donut run. See "healthy and Balanced Meal Ideas at Benson" brochure for some snack ideas.

A smoothie a day keeps the blues away. Invest in a blender and enjoy your own, economical, smoothies. Keep frozen fruits (strawberries, blueberries, peaches, etc.) and some protein powder on hand for a spur of the moment whirl. Here's the basic recipe: Combine 1 cup of frozen or fresh fruit with 1 cup of low-fat, skim or soy milk. Add 1 scoop of soy protein powder, vanilla flavored, sweeten with your choice of sweetener if needed. Blend and enjoy!!!

How much is one serving?



Breads, cereals and other grains:

- 1 slice bread
- 1 ½ bagel, English muffin, Kaiser roll, bun
- 1 medium baked potato
- 1 oz. dry, ready-to-eat cereal (e.g., Cheerios, Grape Nuts, granola) Read the package for volume
- ½ cup of cooked cereal, pasta, rice, corn, mashed potatoes

Vegetables:

- 1 cup of leafy greens (lettuce, raw spinach, kale)
- ½ cup of others



Fruits:

- 1 medium whole fruit (apple, orange, banana, pear)
- ½ cup of diced fruit (pineapple, grapes, melon)
- 6 oz. or ¾ cup of juice



Milk Products

- 1 ½ oz. cheese
- ½ cup cottage cheese
- ½ cup ice cream
- 1 cup (8 fl. Oz) milk or yogurt

Meat, fish, poultry:

- 3 oz. cooked lean meat, fish or poultry, without the skin (about the size of a deck of cards)

Eggs:

- 1 egg = 1 oz. meat

Dried beans, peas, lentils:

- ½ cup



Food Guide Pyramid

