Healthy Eating
June 2020
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Campus Dining
Goals Today

• Healthy Eating Foundations

• “The food you eat can either be the safest and most powerful form of medicine, or the slowest form of poison”.

• Tips for eating on campus and eating on a budget
Foundations to a Healthy Diet

• Fruits and Vegetables are Critical
# Micro-nutrition vs. Macro-nutrition

<table>
<thead>
<tr>
<th>Macro-nutrition</th>
<th>Micro-nutrition</th>
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</thead>
<tbody>
<tr>
<td>carbohydrates</td>
<td>vitamins</td>
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<tr>
<td>protein</td>
<td>minerals</td>
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<tr>
<td>fat</td>
<td>enzymes</td>
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<td></td>
<td>antioxidants</td>
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<td>phytonutrients</td>
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Oxidative Stress
The cell’s energy factories, the mitochondria manufacture ATP to fuel all of life’s activities.
GOOD NEWS

ANTIOXIDANTS
IN FRUITS AND VEGETABLES
PROTECT THE CELLS FROM
OXIDATIVE STRESS

BAD NEWS

OXIDATIVE STRESS
CAUSES AGING/DISEASE!
How Many Fruits and Vegetable Should We Be Eating?
HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don’t count.

Eat plenty of fruits of all colors.

WATER

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

VEGETABLES

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

FRUITS

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

WHOLE GRAINS

STAY ACTIVE!

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Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu
Sugar Video

- https://www.youtube.com/watch?v=W1Y7jFLTnI
Eat Your Fruit, Don’t Drink It
Vitamin D

Dosages:
Adults: 2000 to 4000 IU Daily

Or get some daily sun without sunscreen during warmer months.

* Obese and darker skinned individuals need 2 to 3 x more
Magnesium

• 75% of Americans are deficient in their intake.
• Facilitates in the function of over 300 critical enzymes ranking the mineral among the most important trace elements in the human diet.
• Influences everything from how our body manufactures DNA, RNA, and protein, to how our cells derive and generate energy from the food we eat.
• The mineral is critically important for the structural development and maintenance of healthy bones.
Magnesium Deficiency Symptoms

• Irritability
• Anxiety
• Lethargy
• Fatigue
• Memory problems
• Anorexia
• Loss of Appetite
• Nausea
• Vomiting
• Seizures
• Muscle weakness
• Muscle cramps
• Tremors
• Vertigo
• Difficulty swallowing
• Irregular or rapid heartbeat
• Sleeping Troubles
Food Sources of Magnesium

- Almonds
- Spinach
- Cashews
- Pumpkin Seeds
- Avocados
- Cultured Yogurt
- Salmon
Magnesium Supplementation

• In addition to helping reduce the symptoms and clinical conditions, this “relaxation mineral” can also improve sleep, relieve stress, increase energy, and improve mood.

• I recommend taking at bedtime.

• 300 mg
Benefits of Flax Seed

1. Fiber
2. Omega-3 Fatty Acids
3. Lignans
Grocery Budget Tips

• Plan meals ahead and shop the grocery ads.
• Follow budget bloggers for inspiration.
• Create a rotation of always cheap and always easy meals.
• Use your slow cooker.
• Groceries online
• Use your freezer and stock up
• Start cooking!
What to Eat While on Campus All Day

• Plan ahead with snacks
• Try to have balance with macronutrients
• Eat every 3 to 4 hours
• Move/get active steps
Noahs’ Ark: Everything I needed to know I learned from Noah’s Ark

• 1. Don’t miss the boat
• 2. Remember we are all in the same boat
• 3. Plan ahead. It wasn’t raining when Noah built the Ark.
• 4. Stay fit. When you are 60 years old, someone may ask you to do something really big.
• 5. Don’t listen to critics; just get on with the job that needs to be done.
• 6. Build your future on high ground.
• 7. For safety’s sake, travel in pairs.
• 8. Speed isn’t always an advantage. The snails were on board with the cheetahs.
• 9. When you are stressed, float awhile.
• 10. Remember, the Ark was built by amateurs, the Titanic by professionals.
• 11. No matter the storm, when you are with God, there’s always a rainbow waiting.