

Sodexo's Health Buzz

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March 2010

Upcoming Events

► **March 1-31: National Nutrition Month**

► **March 13-21st Spring Break**

► **Wednesday, March 17th: St. Patrick's Day**



► **March 22nd: Chef Mai Pham Promotion begins in Hubbell Dining Hall**

Chef Mai Pham



We're Celebrating:

Thai & Vietnamese

Cuisine: A Magical

Experience featuring the signature flavors of

Chef Mai Pham

will be in Hubbell Dining Hall beginning March 22nd.



MARCH IS NATIONAL NUTRITION MONTH

It's common knowledge that a healthful diet is an important part of a healthful lifestyle, but most people have trouble figuring out what to do when planning a complete diet overhaul. During National Nutrition Month®, the American Dietetic Association reminds everyone that an easy way to focus on eating better is to start with the basics: build your nutritional health from the ground up. Here are some ideas to improve your nutrition from Toby Smithson, ADA spokesperson:

1. **Focus on Fruits and Veggies:** Add a serving a day to 1 meal & increase gradually
2. **Make calories count:** "Too often, people think of foods as good or bad and that only those on the 'good foods' list are okay to eat," says Smithson. Focus on the foods with more of the vitamins and nutrients that you need.
3. **Test your taste buds:** A healthy eating plan emphasizes fruits, vegetables, whole grains, low-fat dairy and includes lean meats, poultry, fish, beans and nuts. Be willing to try new things and find new favorites.
4. **Trick yourself with treats:** "A healthful diet doesn't mean deprivation," says Smithson. "If you have a sweet tooth, have fruit and yogurt for dessert. There is no reason to go hungry just

Visit <http://www.eatright.org/nnm/> to learn more about National Nutrition Month, review interactive nutrition quizzes, Nutrition Sudoku, and other fun resources.



INTERESTED IN MORE NUTRITION RESOURCES???

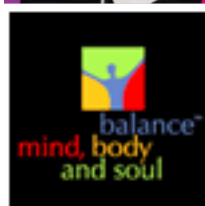
..... VISIT THE FOLLOWING LINKS!



The VoiceAmerica™ Talk Radio
Nutrition Matters

<http://www.voiceamerica.com/voiceamerica/vshow.aspx?sid=705>

Roxanne Moore, Registered Dietitian and past spokesperson for the American Dietetic Association (ADA) has appeared on local news stations, cable television, CNN and ESPN as well as been quoted in magazines such as Readers Digest, Shape, and Redbook. Roxanne has over fifteen years experience helping people of all ages manage medical needs, including weight management, diabetes, heart disease, kidney disease, cancer, and eating disorders. She has also worked with individual and team athletes and was the dietitian for Chessie Racing, a sailing team that sailed in the Whitbread (Volvo) Around the World race. In addition to her educational role, Roxanne has administered USDA Child Nutrition Programs and has been instrumental in helping schools develop and succeed with school wellness policies. Roxanne is now the National Director of Wellness Initiatives for the Education division of Sodexo, a leading provider of integrated food and facilities management services.



Visit BalanceMindBodySoul.com for your nutritional information. You will find recipes, nutritional and wellness information, as well as, have the opportunity to "Meet The Dietitian." Balance-

MindBodySoul.com provides reliable nutrition & health information that can easily be accessed

Snack Smart

Snack Ideas Under 200 Calories

Make snacks work for you by choosing nutrient rich foods. Snacks can give you energy between meals and supply essential nutrients. Just make good choices such as:

- Think of snacks as mini meals that provide essential vitamins and minerals, not as a treat or splurge.
- Snack only when you are hungry. Don't eat if you are bored, frustrated or stressed. Instead go for a walk, take a bike ride or call a friend.
- Keep portion size in mind. Use single serving containers or pre-package your snacks.
- Plan out your snacks ahead of time. Keep a variety of nutritious ready to eat foods on hand such as fruit, whole grain crackers and low fat cheese.
- Try to choose snacks between 100-200 calories each, enjoy but don't overdo it.



The next time you reach for a snack make it a conscious choice and get creative by swapping out different fruits, vegetables and grains from this list.

- 3 cups light microwave popcorn (~60 cal)
- 1 oz nuts= 24 almonds or 18 cashews (~160 cal each)
- 1/2 cup low fat flavored yogurt (~125 cal)
- 1 oz string cheese (~70 cal)
- 1/2 whole grain English muffin with 1 Tbsp. Peanut butter (~175 cal)
- 1/2 cup tuna canned in water (~120 cal)
- 1 cup skim milk (~90 cal)
- 1 medium apple (~80 cal)
- 1 medium banana (~110 cal)
- 1/2 cup cooked oatmeal (~80 cal)
- 1 small baked potato topped with 1 oz of cheese and salsa (~185 cal)
- 1 cup hot chocolate made with water (~120 cal)

“Change doesn't have to be dramatic to make a difference.”- Toby Smithson

