UT Health Tips and Tools

Presented by:
The UT Healthy Dining Workgroup
Questions

#UT19
#UTHealthTips

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College ≠ Food Failure
The Freshman 15

- The dreaded “Freshman 15.”
- Debunking the myth.
- Weight gain, if it happens at all, is only 3-7 pounds.
- There are many potential causes for weight gain in college.

What do you perceive as a barrier to staying healthy while on the 40 Acres?
The Freshman 15

- Yes, you have to feed yourself.
- No, you don’t need to join the clean plate club.
- Dessert is not meant to be eaten at every meal.
- Don’t follow a see-food diet.
- The pizza delivery driver is not your bff.
- Warning: alcohol has calories!
- Not hitting “snooze” for the 5th time could have allowed time for breakfast.
- Be an adult: learn to cook and get creative, you foodie!
Sources of Information

- Where do you get your nutrition information from?
Benefits of Eating Healthy

- **Better Grades**
  - Eating a healthy breakfast is associated with improved cognitive function, especially memory.

- **Reduced Stress**
  - A well-balanced diet ensures proper intake of vitamins, therefore enhancing the immune system and aiding the body in fighting stress.

- **Get Sick Less**
  - A well-balanced diet is important to staying healthy, so you don’t miss class or exams.
Breakfast is the most important meal of the day.

**Why is it so important?**
- Breakfast provides energy and nutrients that lead to increased concentration.
- Studies show that breakfast can be important in maintaining a healthy weight.
- Skipping breakfast can lead to snacking on foods that are high in fat and sugar.

**What and when should I eat?**
- Eat within 30 minutes to 1 hour of waking.
- Don’t eat more than 350 - 500 calories.
- Include protein foods and fiber-rich carbohydrates.
Healthy Breakfast Ideas:

- Microwave Scrambled Eggs with Low-Fat Milk
- Microwave Oatmeal with Sliced Apples, Walnuts and Cinnamon
- Overnight Oats (oats, Greek yogurt, milk, peanut butter, banana, honey)
- Fiber-rich Cereal with Low-Fat Milk
- Granola Bar and Banana
- Greek Yogurt and Blueberries
- Breakfast Wrap (WG tortilla, almond butter, apple slices, cinnamon)
- Breakfast Sandwich (WG English muffin, turkey, egg, cheese)
#2

- **Snack smart.**
  - “Don’t snack, you’ll spoil your appetite.”
  - Snacks are not meals; aim for 150-200 calories.
  - No, the dining halls will not be open 24 hours.
  - Yes, you will have easy access to unhealthy late night foods.
  - You are provided a mini-fridge and microwave in your room for a reason.
  - Use them.
  - Pick up meals during the day, refrigerate, and reheat later.
  - Stock your pantry with healthy staples for quick and easy access.
  - Out of sight, out of mind.
Healthy Pantry Ideas:

- Fruit and Vegetables
- Eggs
- Milk, Yogurt, and Cheese
- Lean Lunch Meat and Tuna
- Nuts, Nut Butters, and Seeds
- Hummus
- Bread and/or Tortillas
- Cereal and Oatmeal
- Granola and Granola Bars
#3

- **Size matters.**
  - Portion size, that is!
  - Food portions at restaurants are often more than one serving.
  - At a restaurant, share with a friend or plan to take half of your meal home with you.
  - At the dining hall, take small portions to start and only fill up one plate at a time. You can always go back for seconds if you’re still hungry.
  - Learn common portion size references to help keep you on track.
ON EATING HEALTHY

“ALL YOU CAN EAT” MAY BE MORE THAN YOU NEED.

But determining the proper portion sizes for your body doesn’t have to be hard.

JUST ADHERE TO THESE DAILY RECOMMENDED AMOUNTS

DECK OF CARDS SIZED PORTION
(Meat, Poultry, Seafood)

EQUALS
3 OZ

A GOLF BALL SIZED PORTION
(Peanut or Almond Butter)

EQUALS
2 OZ

1 WHOLE EGG

OR

1/4 CUP
(Cooked Beans, Peas or Tofu)

4 OZ CAN OF 100% FRUIT JUICE

EQUALS
1/2 CUP

BULB SIZED AMT. OF SLICED FRUIT

EQUALS
1/2 CUP

BASEBALL SIZED PIECE OF FRUIT

EQUALS
1 CUP

DAIRY

8 OZ MILK

OR

8 OZ YOGURT

EQUALS
1 CUP

2 CHEESE SLICES

EQUALS
1/2 CUP

4 DICE SIZED CHEESE PIECES

EQUALS
1/4 CUP

PROTEIN

VEGGIE

A SLICE THE SIZE OF A CD
(Bread, Tortilla, Pancakes)

EQUALS
1 OZ

SOFTBALL Sized SERVING of RAW LEAFY VEGETABLES

OR

1/2 SOFTBALL Sized SERVING of COOKED or RAW VEGETABLES

BASEBALL Sized SERVING of CEREAL

EQUALS
1 OZ

COMPUTER MOUSE Sized POTATO

LIGHT BULB Sized SERVING
(Cooked Rice, Pasta, or Oatmeal)

EQUALS
1 OZ

4 OZ CAN of 100% VEGETABLE JUICE

OR

1/2 CUP
Everything in moderation, even moderation.

- A healthy diet is not an all or nothing proposition.
- Don’t skip meals.
- Don’t be afraid to eat.
- Don’t vilify certain foods like they are the be-all-to-end all for a healthy diet.
- Don’t put any food on a pedestal; there are no “superfoods” or magic fixes.
- A healthy diet needs a balance of lean protein, carbohydrates, and good fats to obtain the essential vitamins and minerals your body needs.
Listen to your body.

- Eat when you are hungry and stop eating when you feel full.
- Fullness comes in different forms.
- Eating is not a race or competition.
- Take your time when you eat; chew slowly, set your fork down between bites, and listen to your body.
- It takes 15-20 minutes for your body to tell your brain that you’re full.
• Don’t fight stress and boredom with food.
  • Hangry?
  • Crave chocolate, ice cream, and pastries?
  • Food can offer us comfort, but emotional and stress eating can lead to unhealthy choices, eating too much, and then feeling guilty in the end.
  • Eating will not make your problems or stress go away.
  • Find ways that work for you to de-stress: exercise, meditate, talk it out, etc.
  • Get professional support and utilize resources on campus.
Don’t drink your calories.

- Liquid calories are sneaky.
- Calories are calories, whether you drink your calories or eat them.
- Your body will process them in a similar manner.
- The big difference is that people feel much more satisfied and “full” if they eat their calories.
- So make the majority of your beverages plain water.
- Aim for at least 8 cups every single day.
o Establish a routine.
  • College class schedules are much different from high school.
  • And they change every semester.
  • Get organized.
  • Make a routine for yourself.
  • Eat breakfast each morning, create a study plan, and schedule weekly exercise,
  • Maintain a planner/agenda, utilize calendars and reminders, and don’t procrastinate!
Let those creative juices flow.

- Eating the same food for nine months can get old.
- You get tired of seeing the same things offered day-in and day-out.
- Get creative!
- Mix and match entrées and sides from different stations.
- Make substitutions to create healthier meals.
- Endless dining options are available on campus if you eat “outside the box.”
#9

- **Creative Meal Ideas:**
  - Add tofu from the salad bar to your vegetarian soup for added protein.
  - Instead of tacos, make a taco salad with lettuce from the salad bar.
  - Add a piece of grilled chicken from the grill to your salad to create an entrée instead of a side salad.
  - Add lean turkey, ham or roast beef from the deli to a salad for an antipasto.
  - Opt out of mac and cheese, mashed potatoes and fries and sub a piece of fresh fruit or side salad.
  - Create your own parfait with yogurt and fruit from the salad bar and granola from the cereal station.
  - Don’t be afraid to “cook” in your dorm room!
#10

- **When in doubt, just ask.**
  - Not sure what is healthy to eat?
  - How many calories are in your meal?
  - Can you special order or customize a meal?
  - All you have to do is ask!
  - Think of the dining hall as a classroom.
  - You’re in college to learn, right?
  - So tap into the many resources on campus to make informed decisions!
Campus Resources:

- UT Wellness Network
  - Healthy Dining Workgroup

- http://www.wellnessnetwork.utexas.edu
Campus Resources:

- Division of Housing and Food Service (DHFS)
  - Registered Dietitian: counseling appointments
  - Dine with a Dietitian
  - Vegetarian Focus Group
  - Online Menus
  - Food Allergy Support Team

- Dietitian Office – Basement of Jester
- http://www.utexas.edu/student/housing
- P: 512.232.5636
- T: @UTexasDining #UTHealthTips
Campus Resources:

- University Health Services (UHS)
  - Nutrition Services – Registered Dietitian appointments
  - 24/7 Nurse Advice Line
  - Urgent Care
  - 40 Acres Pharmacy

- Student Services Building

- http://www.healthyhorns.utexas.edu
Campus Resources:

- The Counseling and Mental Health Center (CMHC)
  - Mindful Eating Program
  - MindBody Lab
  - StressRecess
  - Individual and Group Counseling Services

- Student Services Building – 5th Floor
- http://www.cmhc.utexas.edu/index.html
- P: 512.471.3515
Campus Resources:

- The Fitness Institute of Texas (FIT)
  - DEXA Body Composition Scans
  - Calorie FIT Testing – measures calories burned at rest
  - Consultations with Registered Dietitian

- Bellmont Hall – 9th Floor
- http://www.edb.utexas.edu/education/departments/khe/aflprogs/fit
- P: 512.471.3515
SLEEP
RECHARGING FOR SUCCESS
HOW AM I SUPPOSED TO SLEEP FOR 7-9 HOURS WHEN...

- I need to study?
- Want to be around my friends?
- Explore UT and meet new people?

Can’t I just...

- Catch up on sleep during the weekends?
- Use caffeine to stay alert?
Quick Tips for Quality Sleep

Napping Essentials

- 20-30 minutes in early afternoon
- If napping in public, wrap arms around backpack and use as a pillow
Get Active

GET INVOLVED
PHYSICAL ACTIVITY OPPORTUNITIES FOR EVERYONE

Get up: Every hour you are sitting, get up for 5 min to move around.

Get outside and explore:
- Walking around campus and to class
- Visit Town Lake and Zilker Park
- Outdoor adventure programs and bike rentals

Enjoy activity with friends:
- Get Active, Get Involved Guide
- Intramural (IM) and Club Sports
- Horns Link

Take Advantage of Campus Resources:
- TeXercise, Physical Education Classes, and Fitness Institute services
- “Try Before You Buy Week”
- Gregory and RecSports Gym
- Clark and IM Fields
MAKE YOUR PHYSICAL ACTIVITY BUCKET LIST

- Run, Jog, Walk, or Bike the Hike and Bike Trails and Barton Creek Greenbelt
- Climb to the top of the 360 Bridge Area
- Fitness with friends
- View Austin from Mount Bonnell
- Kayak or Paddle Board at Town Lake
- Learn a new sport or skill

What physical activities do you want to do at UT?
Who are your physicians, nurses, and dietician?

They are...

- Specifically trained in college health and working with students
- Familiar with campus resources and demands on college students
- Focused on empowering students to learn about their health and strategies that work in a college environment

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NOT FEELING WELL
CALL MOM OR DAD AND THEN US.

Nurse Advice Line: (512) 475-6877 (NURS)

- Staffed 24/7/365
- Advice on how to care for an illness or injury at home and guidance about whether and when to see a health care provider

For severe or potentially life-threatening medical or mental health emergencies, call 911 or go to a local hospital emergency room.