

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...HERE'S SOME NEWS YOU CAN USE

Nutrition Special Edition

Co-Editors Shannan Breault and Cheryl Perog

Did you know?

Substances and Nutrition

Substance Education Committee

Were you aware that alcohol can trigger cravings and compulsive eating? Abusing alcohol can lead to nutritional deficits and malnutrition. This is due to the empty calories it contains with no nutritional benefit such as minerals and vitamins. Abusing any substance typically causes poor nutrition habits. It can impact appetite, digestion, metabolic and neuroendocrine regulation and the processing of nutrients.

News From CAS

- ✓ Look for signage in the dining halls for healthy choices and serving sizes.
- ✓ Check out the vending machines. Healthy choices are marked with green check marks.

Have a favorite dish from home that you would like to share. Contact Kimberly Sternheimer, Head Chef Dining Services at SternhK@cobleskill.edu

“Nutrition is more than eating healthy foods, and isn’t about giving up all your favorite foods either. It’s about using balance to figure out how to fuel yourself with foods that taste good and that are good for you!”

M. Savoy, MD

Fridge Makeover

8 Healthy Choices to Keep in Your Fridge

1. Low Fat Cheese
2. Pre-washed and Pre-Cut Vegetables
3. Fruit
4. Salsa
5. Nuts and Nut Butters
6. Eggs
7. Low Fat Milk and Yogurt
8. Hummus

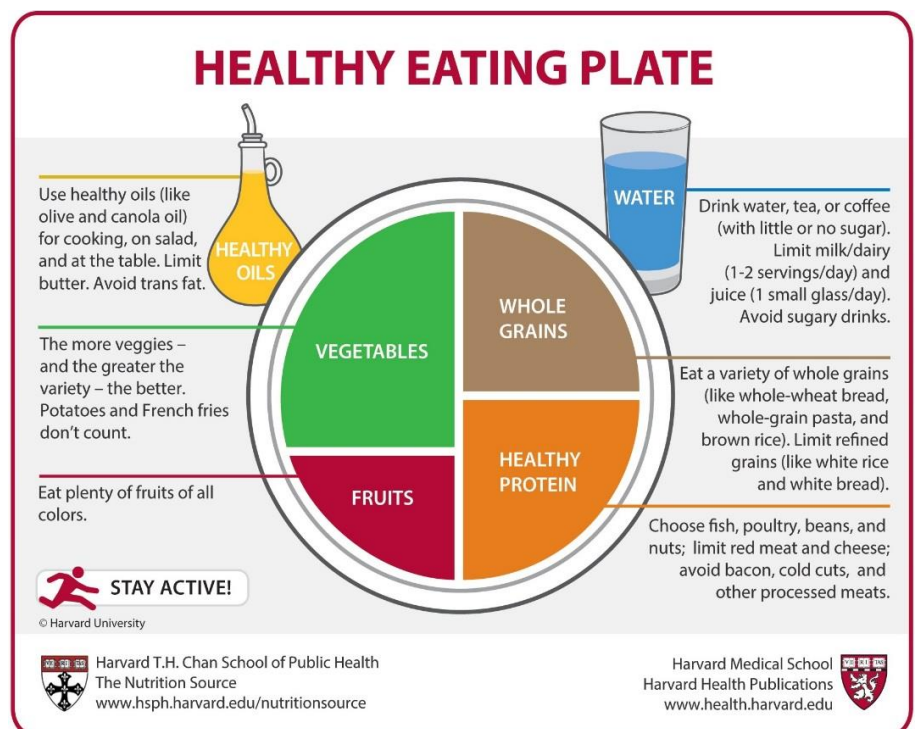
Is Familiar Food, Health Food?

Dr. Sophie Winter
Agricultural Business

We all engage in emotional eating. Some of us choose fries, chips, cookies, ice cream or even pickles, but the fact is, the way we choose our foods impact our health and our weight. In a campus survey conducted last spring, the average student’s body mass index (BMI) was 27. A normal BMI should be between 18 and 24, anything over is considered overweight. The survey also found that as stress increases, and as the semester goes, the importance of how familiar you are with your food impacts your choices. Under stress, students tend to choose very familiar food items (foods they know from growing up, or what we would call comfort food), which sometimes might steer them away from healthy choices. Indeed, food familiarity is a good predictor of BMI. While it is safe to assume that 100% of students on campus have had fries or mashed potatoes (familiar foods), it is not the case for Brussel sprouts or zucchinis (unfamiliar foods). This is why familiar dishes might be good for the soul, but not necessarily good for your health. Aside from exercising regularly and working on stress management, we need to be aware of enjoying those comfort foods moderately and be more open to stepping out of our comfort zone even when it comes to our plates!

BMI = (weight in lbs / squared height in inches)

Use The Healthy Eating Plate as a guide for creating healthy, balanced meals—whether served on a plate or packed in a lunch box. Put a copy on the refrigerator as a daily reminder to create healthy, balanced meals!



The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone 518-255-5225 Fax 518-255-5819 Nurse Call Line 518-255-5622

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>.

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)