



Most nutritional information is available at [www.ithacadiningservices.com](http://www.ithacadiningservices.com) - click on nutrition and nutrition calculator. You can add up your whole days nutritional values with just a few clicks. Additional information includes: BMI Calculator, special diet information (dairy free, gluten free, and peanut and treenut allergies), Ask a dietician, quizzes, and Balance articles.



### Balance – Mind, Body, and Soul

Seeking a way to be healthy at college? Ithaca Dining Services offers the Balance Mind, Body, and Soul program in all resident and retail facilities. Balance, Mind, Body, and Soul is a holistic and integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events - physical, mental, and emotional. It is not about fads or fad diets. It is about maintaining balance in one's life. Balance, Mind, Body and Soul educates, energizes and inspires. The messages and offerings were developed with college students in mind.

**WHAT CONSTITUTES MIND?** MIND - information for maximizing the mind's power and pathways for clear thinking and decision making.

**WHAT ABOUT BODY?** BODY- energizing ideas to incorporate sports and fitness into your day and information on developing eating habits for lifelong health.

**WHAT IS SOUL?** SOUL - Guidance on self-expression and self-care through creativity and reflection. It's also cultivating healthy relationships with communication.

The nutrition criteria are based on the recommendations of many of the largest health organizations in North America. Guidelines put out by the American Heart Association, American Institute for Cancer Research, National Research Council, National Cancer Institute, Canadian Scientific Review Committee, American Dietetic Association and Dietary Guidelines Consortium were reviewed. These organizations have similar recommendations for fat, saturated fat, cholesterol and sodium levels in the diet.

In addition, look for the balance icons in resident dining halls. Recipes that meet special balanced foods criteria will be identified by area and menu or by one of the following icons:



Well balanced foods and recipes fit criteria based on recommendations by major health organizations for reduced calories, fat, cholesterol and sodium. An entrée may not contain more than 15 grams of fat, for example. Many vegetarian and vegan recipes also fit within the well balanced criteria.



The vegetarian label means lacto-ovo vegetarian. Vegetarian dishes may contain milk and/or eggs. Meats, meat products, seafood, fish and poultry are excluded.



Vegan contains only plant-based ingredients. Excludes all meats and meat byproducts, excludes all poultry, all fish, all seafood, all dairy, all eggs and egg products, all honey.



Carb friendly recipes and foods contain 20 grams of carbohydrates or less. This criteria does not abandon the healthy good carbs - fruits, vegetables and whole grains.





## HEALTHY EATING TIPS!

**How to eat.** When eating, it is recommended that you eat with friends, colleagues, or family for several reasons. Eating with others allows you to engage in conversation, permitting you to take smaller bites, chew your food slower, and set your fork down to rest and talk before shoveling the food in. By taking this time to rest, your body is more likely to realize that it's full before you have over-eaten

Also, try to get out of the habit of "cleaning your plate." This practice originated during the World Wars when food was being rationed- the point behind this was to "take what you eat, and eat what you take," hence "clearing your plate." Many people, however, have grown up being taught to do this without the proper knowledge of this implication. People should clear their plates when they have taken just the amount they need; this does not occur often. We typically take much more than we can eat, or need (eyes bigger than stomachs); in restaurants, portions are typically 3 or 4 times larger than one actual serving would be. Here are some additional tips:



- When eating out, take your leftovers home in a doggie bag
- Pack a lunch (or use *In the Bag* or *Grab and Go*) to ensure that you are only eating what you need instead of relying on the convenient choices you may find
- Pay close attention to package labels and the fact that many prepared foods may contain even 4 or 5 servings in one box.

**When to eat.** Only eat when you are hungry! Sometimes we mistake hunger for thirst, start off with a large glass of water, wait a few minutes and see if you are still hungry. Fill up with fruit or veggies if you are still hungry.

**Where to eat.** The great thing about being on a college campus is that you have a lot of choices. Try to mix it up and try new things, each location has a variety of healthy options. To view resident dining menus and for more information visit our website at [www.ithacadiningservices.com](http://www.ithacadiningservices.com)

## Exercise Tips!

### Ways to get ACTIVE:

For health benefits, physical activity should be **moderate** or **vigorous** and add up to at least 30 minutes a day. Getting in shape doesn't mean binding yourself to the treadmill. There are many different ways to keep active while having fun and burning the calories. Here are just some.

### Moderate physical activities include:

Walking briskly (about 3 ½ miles per hour)  
Hiking  
Dancing  
Golf (walking and carrying clubs)  
Bicycling (less than 10 miles per hour)  
Weight training (general light workout)

### Vigorous physical activities include:

Running/jogging (5 miles per hour)  
Bicycling (more than 10 miles per hour)  
Swimming (freestyle laps)  
Aerobics  
Walking very fast (4 ½ miles per hour)  
Weight lifting (vigorous effort)  
Basketball (competitive)

You can find more tips on getting active at

[www.MyPyramid.gov](http://www.MyPyramid.gov)

## RECIPES!

### Applesauce Nut Muffins (makes 12)

3 tablespoons canola oil, ½ cup brown sugar packed, 1 egg or 2 egg whites, 1 cup applesauce, ¾ cup apples, peeled and finely diced, 1 cup whole wheat flour, ½ cup flour, ½ teaspoon salt, ½ teaspoon baking soda, ½ teaspoon baking powder, ¼ cup chopped walnuts, ½ teaspoon nutmeg, ½ teaspoon cinnamon, ¾ teaspoon allspice

1. Preheat oven to 400°.
2. In a large mixing bowl, beat together the oil, brown sugar, and egg until smooth. Stir in applesauce and diced apples.
3. In a separate bowl, mix together the dry ingredients, spices, and nuts. Stir into the applesauce mixture, just until moistened. Do not over mix.
4. Spray 12 muffin cups with cooking oil spray, fill, and bake for 15-18 minutes. Let muffins cool in the pan for five minutes, then remove from pan and cool on a rack.

Per serving: 135 calories, 3g protein, 21g carbohydrate, 5g fat, 0g sat fat, 2g mono fat, 0g cholesterol, 2g fiber, 180g sodium

*Make these by the dozen to freeze and take some out at night for use the next morning. Instead of oiling the muffin pan, you can simply use paper muffin cups.*

