Food For Thought

Tips to Eat Right for Your Lifestyle

Eating right is essential to keeping your body running at its best. During National Nutrition Month®, the Academy of Nutrition and Dietetics reminds you to build an eating plan with your unique lifestyle and nutritional needs in mind. So whether you’re a vegetarian, student, athlete, busy parent or a jet-setting executive, it’s important to “Eat Right, Your Way, Every Day.”

“There’s no one-size-fits-all way to eat that’s right for everyone,” says registered dietitian and Academy spokesperson Jim White. “In reality if the diet doesn’t fit with your lifestyle and unique needs, it won’t work in the long-term and can even leave you missing out on the nutrition you need to get you through the day.”

“Americans have flexibility in making choices to create a healthy eating pattern that meets nutrient needs and stays within calorie limits.”

White offers the following tips to eat right for your lifestyle:

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<th>Athlete</th>
<th>Student</th>
<th>Vegetarian</th>
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<td>Whether you are a competitive athlete or just enjoy working out, what you eat will affect your performance.</td>
<td>The student lifestyle can be fast-paced and low-budget. Students can eat right on a budget with some savvy food shopping tips. Stock smart snacks that combine protein and carbohydrates to fuel you like:</td>
<td>A vegetarian diet can include just as many tasty varieties of foods as one including meat. For example, nutrient-rich beans are recommended for everyone. Enjoy vegetarian chili, a hummus-filled pita sandwich or veggie burger. Many popular items are or can be vegetarian – pasta primavera, veggie pizza and tofu-vegetable stir-fry.</td>
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<td>• Your body needs fuel to function, so eat a light breakfast or snack before you exercise. Try low-fat yogurt, graham crackers with peanut butter; a banana or cereal with low-fat milk.</td>
<td>• Apples with peanut butter, carrots and hummus, hardboiled eggs and fruit, banana and yogurt, almonds with low-fat cheese or whole-grain cereal. These also double as a quick grab-and-go breakfast to wake up your brain and muscles for the day’s activities.</td>
<td>Whatever your lifestyle, set yourself up for success by using YourNutrition to develop a personalized eating plan that fits your unique nutritional needs and tastes.</td>
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<td>• Before, during and after exercise, replace fluids with plenty of water or a sports drink, if your workout was longer than 30 minutes.</td>
<td>• At the cafeteria, salad bars are a great choice, just go easy on the cheese, bacon, creamy dressings and other high-calorie add-ons. Follow the MyPlate guidelines and make half your plate fruits and vegetables.</td>
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Microwave Mexican Pizza recipe

2 Small Multigrain Tortillas – 184 calories, 3 grams protein, 0 grams fat
1/4 Cup Refried Beans (in a can works best) – 88 calories, 4 grams protein, 3 grams fat
1/4 Cup Shredded Lowfat cheese (whatever kind you like!) – 49 calories, 7 grams protein, 2 grams fat
2 Tablespoons of Light Sour Cream – 24 calories, 1 gram protein, 0 grams fat
2 Tablespoons of Salsa – 9 calories, 0 grams protein, 0 grams fat

Layer the beans and cheese in-between your tortillas and then microwave for about 45 seconds to 1 minute. Now you can either spread the salsa and sour cream on the top of your pizza or you can cut your pizza and dip the pieces into the salsa and sour cream. Enjoy!

There are 354 total calories, 15 grams of protein, and 5 grams of fat.
Energy balance occurs when the amount of calories consumed equals the number of calories expended. When the balance is changed and more calories are consumed than are burned, weight gain occurs. Conversely, if you eat and drink fewer calories than are burned, weight loss is the result. Your body’s energy use is broken down into three parts: resting metabolic rate, energy used to digest food, and energy expended during physical activity. Metabolism is the energy used to maintain normal body functions such as breathing, circulation, digestion, and thinking. The majority of calories are burned through our metabolism, leaving us with only control over the amount of physical activity we complete and the food we eat as tools to maintain energy balance.

There are many web-based applications that you can use to calculate your daily energy needs. The USDA website SuperTracker.com is not only a great tool for this but also a resource for all kinds of healthy eating tips. Use YourNutrition to calculate your daily calorie intake and then compare it to your energy expenditure to get an idea of your energy balance.

**Energy Balance & Calories**

Grapefruits are low in calories and packed with nutrients like vitamin C and vitamin A. They are also a good source of inflammation-fighting flavonoids and lycopene. Enjoy a grapefruit at breakfast or peel it like an orange for a healthy snack.

**Spring Break Safety Tips**

1. Wear sunscreen.
2. Have your car serviced before leaving on a road trip and wear your seat belt.
3. Practice safe sex.
4. Don’t break the law, especially while you are in a foreign country.
5. If you are drinking...
   - Don’t Drive.
   - Don’t mix with drugs, especially prescription drugs.
   - Don’t accept any open drinks and don’t leave your drink unattended.
   - Use caution if drinking in a hot tub.
   - Use the buddy-system; never leave without everyone you came with.

**BOX MEALS ARE AVAILABLE**

If your class or work schedule makes eating in the Dining Center inconvenient, order a box meal the day before you need it.

**Dining Services**

www.nutrition.uwyo.edu
uwyo.edu/reslife-dining

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**Grapefruit the Super Fruit in Season**