

# WASHAKIE WORD

Your Weekly Dose of Nutritional Information • Provided By Residence Life & Dining Services

## Healthy Eating for Life!

The Cabbage Soup Diet, The Lazy Zone Diet, The Seven-Day-All-You-Can-Eat Diet, The Atkins Diet. You have probably heard them all. It seems like every day another fad diet appears on the scene. So do any of them work? The simple answer is no. You can lose weight on any diet, but the weight loss is rarely sustained. Who can consistently eat only 500 calories per day? Who can eliminate all grain products for years?

Following a healthy lifestyle that includes a healthy eating pattern along with regular exercise is the key to weight management. Finding a healthy diet that is part of a sustainable healthy lifestyle is the hard part. So what is a healthy diet? A good place to start is to focus on eating plenty of plant-based foods such as fruits and vegetables and whole grains like 100% whole wheat bread and brown rice. Try to fill half your plate with fruit and vegetables, 25% with meat or meat substitute and 25% whole grains. Follow these tips:

**Eat breakfast.** Your mother told you it was the most important meal of the day and she was right. Studies show that those who eat breakfast daily are also those who successfully lose weight and maintain that loss. It doesn't have to be fancy: low fat yogurt, a piece of whole wheat toast and glass of juice will do the trick.

**Not all fats are created equal.** Read the food label and moderate your intake of saturated fats (mainly animal fats) and trans fats (hydrogenated fats). Monounsaturated and polyunsaturated fats are the heart-healthy fats, but if you are trying to lose weight, remember all fats have 9 calories per gram.

**Monitor the sugar.** Steer clear of too much liquid sugar in the form of soft drinks and sports drinks. Hydrate with water and carry a water bottle to class. Don't skip desserts, but try smaller portions or split it with a friend. Heart-healthy desserts such as fruit or low fat yogurt are the best choices.

**Slow it down.** Take time to eat. Stop eating when you sense those first feelings of fullness. It takes about 20 minutes from the time you start eating for signals to reach your brain alerting you of fullness. Inhaling that burger and fries in five minutes does not

give you a chance to feel full. And watch those all-you-can-eat buffets. Help yourself to the salad bar first, and then go for the main course.

**Eat out wisely.** You don't need to avoid the burger joints, just try to make healthy choices such as a small hamburger, grilled chicken, salads and fruit smoothies. Split the fries with a friend.

**Avoid peer pressure.** You choose when you want to eat and how much. Be careful of those late night study sessions, vending machines and morning grande-mocha lattes. Bring a healthy snack with you to study or eat something healthy before you go.

**Get active.** Try to get at least 30 minutes of activity daily. This doesn't have to be all at once. You could take the long way to class, take a brisk walk after lunch or go to the park in the evening for a quick game of volleyball or football.

**Get enough shut eye.** Recent studies have shown a link between sleep and health. Those who get adequate sleep are less likely to gain unwanted pounds. Try to get at least six hours and sneak in a short power nap between classes if possible.

For more information about healthy eating, check out the following links:

<http://www.mypyramid.gov/>

<http://www.health.gov/DietaryGuidelines/>

<http://www.americanheart.org/>

<http://www.eatright.org>



### Washakie Hours

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		7am- 9:30am	7am- 9:30am	7am- 9:30am	7am- 9:30am	7am- 9:30am	
Continental Breakfast		9:30am- 11:00am	9:30am- 11:00am	9:30am- 11:00am	9:30am- 11:00am	9:30am- 11:00am	
Lunch/Brunch	10am -1pm	11am - 1:30pm	11am - 1:30pm	11am - 1:30pm	11am - 1:30pm	11am - 1:30pm	10am - 1pm
Dinner	4pm -6:30pm	4pm - 7pm	4pm - 7pm	4pm - 7pm	4pm - 7pm	4pm - 6pm	4pm - 6pm

	Breakfast	Lunch/Brunch	Dinner
<b>Sunday 9/27</b>		<b>Grand Grill:</b> Sweedish Pancakes, Berry Sauce, Sausage Patties, Home Fried Diced Potatoes, Buttermilk Biscuits, Scrambled Eggs, Hard Boiled Eggs, Country Gravy <b>Classic Cuisine:</b> Turkey French Dip, Sliced Chip French Fries <b>World of Flavors Fire &amp; Ice:</b> Omelet Bar w/ Italian Sausage <b>Lettuce 'n' Ladle:</b> Cream of Wheat, Raspberries, Oranges, Edamame Beans, Pickled Beets, Strawberry Gelatin, Vegetarian Chili, Cream of Broccoli & Mushroom Soup <b>Breakfast &amp; More:</b> Cinnamon Twists, Cake Donuts	<b>Grand Grill:</b> Fish & Chips <b>Classic Cuisine:</b> Roasted Lemon Chicken, Polenta w/ Eggplant & Pesto <b>World of Flavors Mongolian Grill:</b> Ponzu Sauce, Beef, Pork, Tofu <b>World of Flavors Fire &amp; Ice:</b> Penne Pasta, Chicken, Cauliflower, Alfredo Sauce, Spaghetti Sauce, Breadsticks <b>Breakfast &amp; More:</b> Assorted Dinner Rolls, Mint Brownies, Cherry Cobbler
<b>Monday 9/28</b>	<b>Grand Grill:</b> Huevos Rancheros, Green Chili, Vegetarian Green Chili, Hash Browns, Scrambled Eggs, Hard Boiled Eggs, Country Gravy <b>Classic Cuisine:</b> Eggs to Order, Hash Browns, Country Gravy <b>Lettuce 'n' Ladle:</b> Farina, Strawberries, Peaches, Black Beans <b>Breakfast &amp; More:</b> Maple Oatmeal Scones (walnuts), Raised Donuts, Pineapple Cream Cheese	<b>Grand Grill:</b> Turkey Pesto Veggie Wrap (walnuts), Trans Fat-Free French Fries <b>Classic Cuisine:</b> Sesame Meatballs, Veggie Pesto Wrap (walnuts), Egg Noodles, Green Beans <b>World of Flavors Mongolian Grill:</b> Zesty Orange Sauce, Beef, Shrimp, Tofu <b>World of Flavors Fire &amp; Ice:</b> Spaghetti, Shrimp, Peas, Alfredo Sauce, Spaghetti Sauce, Breadsticks <b>The Pizzeria:</b> Three Cheese Pizza <b>Sandwich Station:</b> Ham Salad w/ Lite Mayo, Dill Potato Bread <b>Lettuce 'n' Ladle:</b> Black Olive Hummus, Middle East Pasta Salad (pine nuts), Citrus Pineapple Salsa, Spinch Cheese Salad, Black Beans, Orange Pineapple Gelatin, Homestyle Chicken Noodle Soup, Roasted Vegetable w/ Radiatore Soup <b>Breakfast &amp; More:</b> Raspberry Cheesecake Bars, Black Bottom Cupcakes, Pumpkin Nut Cookies (walnuts)	<b>Grand Grill:</b> Chicken Cordon Bleu Sandwich, Trans Fat-Free French Fries <b>Classic Cuisine:</b> Tamales w/ Green Chili, Vegetarian Burritos, Spanish Rice, Seasoned Black Beans <b>World of Flavors Mongolian Grill:</b> Zesty Orange Sauce, Beef, Turkey, Tofu <b>World of Flavors Fire &amp; Ice:</b> Spaghetti, Ground Beef, Red & Green Peppers, Alfredo Sauce, Spaghetti Sauce, Breadsticks <b>The Pizzeria:</b> Deluxe Meat Pizza <b>Breakfast &amp; More:</b> Assorted Dinner Rolls, Chocolate Revel Bars (walnuts), Pudding Cabinet, Snickerdoodles
<b>Tuesday 9/29</b>	<b>Grand Grill:</b> Sausage/Egg/Cheese Muffin, Vegetarian Sausage/Egg/Cheese Muffin, Hash Browns, Scrambled Eggs, Hard Boiled Eggs, Country Gravy <b>Classic Cuisine:</b> Eggs to Order, Hash Browns, Country Gravy <b>Lettuce 'n' Ladle:</b> Malt-O-Meal, Marion/Blackberries, Pears, Kidney Beans <b>Breakfast &amp; More:</b> Cherry Squares, Cake Donuts, Pineapple Cream Cheese	<b>Grand Grill:</b> Beef & Pepperjack w/ Pico de Gallo on Focaccia, Trans Fat-Free French Fries <b>Classic Cuisine:</b> Spinach Chicken Penne, Spinach Penne, Baked Tomatoes <b>World of Flavors Mongolian Grill:</b> Hot & Spicy Sauce, Shrimp, Pork, Tofu <b>World of Flavors Fire &amp; Ice:</b> Beef Ravioli, Breadsticks <b>The Pizzeria:</b> Philly Steak Pizza <b>Sandwich Station:</b> Crunchy Turkey Salad (walnuts), Dill Potato Bread <b>Lettuce 'n' Ladle:</b> Black Olive Hummus, Rice Pilaf Salad, Lentil Salad w/ Red Wine Vinegar, Fruit Salad, Kidney Beans, Lemon Gelatin w/ Marshmallows, Vegetarian Chili, Yukon Potato & Cheese Soup <b>Breakfast &amp; More:</b> Peanut Butter Chocoate Bars, Banana Cream Pudding, Oatmeal Raisin Cookies	<b>Grand Grill:</b> Southwestern Turkey on Ciabatta, Trans Fat-Free French Fries <b>Classic Cuisine:</b> Breaded Pork Chops, Vegetarian Patties, Roasted Baby Red Potatoes, Cream Style Corn <b>World of Flavors Mongolian Grill:</b> Taco Salad, Diced Tofu, Brown Rice <b>World of Flavors Fire &amp; Ice:</b> Fettuccini, Bacon, Broccoli, Alfredo Sauce, Spaghetti Sauce, Breadsticks <b>The Pizzeria:</b> Vegetable Pizza w/ Jack Cheese <b>Breakfast &amp; More:</b> Tomato Savory Dinner Rolls, Spice Cake, Chocolate Orange Cream Cheese Bars, Mousse Parfait Cookie Cup (nuts)
<b>Wednesday 9/30</b>	<b>Grand Grill:</b> French Toast, Sausage Links, Tater Gems, Scrambled Eggs, Hard Boiled Eggs, Country Gravy <b>Classic Cuisine:</b> Eggs to Order, Tater Gems, Country Gravy <b>Lettuce 'n' Ladle:</b> Cream of Rice, Blueberries, Fruit Cocktail, Garbanzo Beans <b>Breakfast &amp; More:</b> Pumpkin Bread, Raised Donuts, Pineapple Cream Cheese	<b>Grand Grill:</b> Cuban Pork Sandwich on Pain Rustique, Trans Fat-Free French Fries <b>Classic Cuisine:</b> Chicken Enchilada Casserole, Vegetarian Enchilada Casserole, Havana Beans <b>World of Flavors Mongolian Grill:</b> Sweet & Spicy Minors Plum Sauce, Chicken, Beef, Tofu <b>World of Flavors Fire &amp; Ice:</b> Pasta Shells, Italian Sausage, Mushrooms, Alfredo Sauce, Spaghetti Sauce, Breadsticks <b>The Pizzeria:</b> Vegetarian Delight Pizza <b>Sandwich Station:</b> Chicken Salad w/ Grapes, Dill Potato Bread <b>Lettuce 'n' Ladle:</b> Black Olive Hummus, Colorful Bean Salad, Watergate Salad, Syrian Salad, Garbanzo Beans, Cherry Gelatin, Royal Navy Bean Soup, Zesty Lentil & Orzo Soup <b>Breakfast &amp; More:</b> Swedish Dream Cookies (pecans), Blueberry Crisp, Assorted Cakes	<b>Grand Grill:</b> Chicken Tenders, Trans Fat-Free French Fries <b>Classic Cuisine:</b> Swordfish w/ Pineapple Salsa, Sweet Glazed Tofu Cutlets, Riz Juan Rice, Capri Vegetables <b>World of Flavors Mongolian Grill:</b> Sweet & Spicy Minors Plum Sauce, Pork, Turkey, Tofu <b>World of Flavors Fire &amp; Ice:</b> Mostaccioli, Chicken, Olives, Alfredo Sauce, Spaghetti Sauce, Breadsticks <b>The Pizzeria:</b> Sausage & Pepperoni Pizza <b>Breakfast &amp; More:</b> Poppy Seed Dinner Rolls, Chocolate Cream Pie, Cranberry Oat Bars, Chocolate Bread Pudding
<b>Thursday 10/1</b>	<b>Grand Grill:</b> Blueberry Pancakes, Bacon, Tater Tot Triangles, Scrambled Eggs, Hard Boiled Eggs, Country Gravy <b>Classic Cuisine:</b> Eggs to Order, Tater Tot Triangles, Country Gravy <b>Lettuce 'n' Ladle:</b> Mayo, Peaches, Pineapple, Black Beans <b>Breakfast &amp; More:</b> Cranberry Walnut Danishes, Cake Donuts, Pineapple Cream Cheese	<b>Grand Grill:</b> Basalmic Chicken & Sweet Pepper Sandwich, Trans Fat-Free French Fries <b>Classic Cuisine:</b> Krautburgers, Vegetarian Krautburgers, Peas <b>World of Flavors Mongolian Grill:</b> Mongolian Sauce, Shrimp, Turkey, Tofu <b>World of Flavors Fire &amp; Ice:</b> Linguini, Ham, Zucchini & Yellow Julienne Squash, Alfredo Sauce, Spaghetti Sauce, Breadsticks <b>The Pizzeria:</b> Canadian Bacon Mushroom Pizza <b>Sandwich Station:</b> Shrimp Salad, Dill Potato Bread <b>Lettuce 'n' Ladle:</b> Black Olive Hummus, Italian Mushroom Salad, Sesame Broccoli Salad, Peach & Berry Salad, Black Beans, Peach Gelatin, Vegetarian Chili, Fiesta Tortilla Soup w/ Chicken <b>Breakfast &amp; More:</b> German Chocolate Cake, Oatmeal Shortbread Bars, Molasses Date Cookies	<b>Grand Grill:</b> Grilled Turkey Swiss & Bacon Sandwich, Trans Fat-Free French Fries <b>Classic Cuisine:</b> Corned Beef & Cabbage, Stuffed Baked Tomatoes, Carrots <b>World of Flavors Mongolian Grill:</b> Mongolian Sauce, Chicken, Beef, Tofu <b>World of Flavors Fire &amp; Ice:</b> Bianca Lasagna, Vegetarian Bianca Lasagna, Breadsticks <b>The Pizzeria:</b> Spicy Four Cheese Pizza <b>Breakfast &amp; More:</b> Multi Grain Dinner Rolls, Chocolate Chip Cookies, Rice Pudding, Strawberry Blondie Brownies
<b>Friday 10/2</b>	<b>Grand Grill:</b> Chipped Beef, Hash Browns, Scrambled Eggs, Hard Boiled Eggs, Country Gravy, Buttermilk Biscuits <b>Classic Cuisine:</b> Eggs to Order, Hash Browns, Country Gravy <b>Lettuce 'n' Ladle:</b> Grits, Strawberries, Peaches, Kidney Beans <b>Breakfast &amp; More:</b> Raspberry Cream Cheese Muffins, Raised Donuts, Pineapple Cream Cheese	<b>Grand Grill:</b> Fried Fish Nuggets, Trans Fat-Free French Fries <b>Classic Cuisine:</b> Chicken Fajitas, Vegetarian Fajitas, Tex-Mex Rice <b>World of Flavors Mongolian Grill:</b> Hot Dog Bar <b>World of Flavors Fire &amp; Ice:</b> Spaghetti, Ground Beef, Olives, Alfredo Sauce, Spaghetti Sauce, Breadsticks <b>The Pizzeria:</b> Chicken Garlic Pizza <b>Sandwich Station:</b> Eggless Egg Salad, Dill Potato Bread <b>Lettuce 'n' Ladle:</b> Black Olive Hummus, Pasta Veggie Provencal, Cucumber Onion Salad, White Bean Salad w/ Green Olives, Kidney Beans, Strawberry Banana Gelatin, Leek & Potato Soup, Boston Clam Chowder <b>Breakfast &amp; More:</b> M&M Brownies, Pina Colada Cake w/ Rum Buttercream Frosting, Assorted Cookies	<b>Grand Grill:</b> Captian's Plate, Trans Fat-Free French Fries <b>Classic Cuisine:</b> Chicken Wings of Fire, Vegetarian Buffalo Wings, Seasoned Curly Fries, Corn Cobbette <b>World of Flavors Mongolian Grill:</b> Teriyaki Sauce, Shrimp, Turkey, Tofu <b>World of Flavors Fire &amp; Ice:</b> Spaghetti, Pancetta Bacon, Mushrooms, Alfredo Sauce, Spaghetti Sauce, Breadsticks <b>The Pizzeria:</b> White Pizza <b>Breakfast &amp; More:</b> Sourdough Dinner Rolls, Treasure Chest Bars (peanuts), Angel Food Cake w/ Lemon Sauce
<b>Saturday 10/3</b>		<b>Grand Grill:</b> Chicken Fried Chicken Sandwich, Trans Fat-Free French Fries <b>Classic Cuisine:</b> Cowboy Scramble, Tater Gems, Buttermilk Biscuits, Scrambled Eggs, Hard Boiled Eggs, Country Gravy <b>World of Flavors Fire &amp; Ice:</b> Omelet Bar w/ Sausage <b>Lettuce 'n' Ladle:</b> Oatmeal, Peaches, Pears, Lime Gelatin, Garbanzo Beans, Dill Pickle Potato Salad, Vegetarian Chili, Pilgrim Turkey & Rice Soup <b>Breakfast &amp; More:</b> Mini Croissants, Cake Donuts	<b>Grand Grill:</b> French Dip Sandwich, Trans Fat-Free French Fries <b>Classic Cuisine:</b> Chinese Pork Roast, Garden Burger Melt, Fried Rice, Oriental Vegetables <b>World of Flavors Mongolian Grill:</b> Kung Pao Sauce (oyster sauce), Chicken, Beefm Tofu <b>World of Flavors Fire &amp; Ice:</b> Fettuccini, Italian Link Sausage, Red & Green Peppers, Alfredo Sauce, Spaghetti Sauce, Breadsticks <b>Breakfast &amp; More:</b> Assorted Dinner Rolls, Almond Joy Bars, Blackberry Buckle

# Campus Happenings:

Monday September 28 – Bake Sale

@ 11.00 a.m. - 3.00 p.m. Wyoming Union Breezeway

Thursday October 1 – Sukkah building and (Pizza in the Hut)

@ 12.15 p.m. Prexy's Pasture

Friday October 2 – Friday Night Fever showing of "My Sister's keeper", "Public Enemies", and "The Hangover".

@ 6.30 p.m., 9.00 p.m., and 11.30 p.m.  
Union Family room and Union Ballroom.

Saturday October 3 – College of Health Sciences Blood Draw

@ 7.00 a.m. - 10.00 a.m. Classroom Building  
West Lobby

– 10th Annual Homecoming Kickoff Walk, Run or Roll

@ 9.00 a.m. - 11. a.m. UW Recreation Fields

## Terrific Taco Salad!!

Get a large plate and a small bowl from the cart near the hot bar. First fill the small bowl with salsa and sour cream (if available). Next head for the salad bar--line the bottom of your plate with lettuce and cheese. Use beans from the hot bar in place of the chili). Finally, top chili and chips with jalapeno's, sliced olives, onions and tomatoes (the tomatoes may need to be cut into smaller pieces for convenience) from the deli bar. Add salsa and sour cream to taste.

## Late Night Menu 9/27 – 10/3

**9/27 – Hawaiian Flatbread, Seasoned Trans Fat-Free French Fries**

**9/28 – Fried fish Nuggets, Tartar Sauce, Potato Chips**

**9/29 – Peanut Butter & Jelly Sandwich, Potato Chips, Strawberry Smoothies**

**9/30 – Polish Sausages, Vegetarian Italian Sausages, Potato Chips**

**10/1 – Chicken Chimichangas, Refried Beans, Assorted Toppings**