

## Unexpected Calorie Monsters

How many extra calories on average does someone consume when binge drinking?

- a) 200-600
- b) 600-1000
- c) 1,000+

A study done with U.K. weight loss researchers found that binge drinking beyond your limit could add approximately 1,400 calories from drinks alone. Then, an estimated 4,000 calories in food consumption within the following 24hr period.

### Don't Let These Foods Trick you

Some popular food items may seem healthy, but have fooled us the entire time. Here are a few:

**Granola:** Many store bought or premade granola are loaded with extra sugar, carbs, & calories, but not enough fiber. The serving size is also much smaller than we actually consume. Homemade recipes where we can control the sugar are much better for us.

**Gluten-Free Products:** This is for those of us who are not affected by celiac. Gluten-free products often contain a variety of extra starches and sugars to replace the gluten products. For those of us who do not have diets catered to being gluten-free, sticking to gluten foods might be a better choice.

**Prepared Salads:** Just because something says salad does not mean it is healthy. Many salads ordered from restaurants are doused in high fat/calorie dressing. They can also contain other high sugar/fat ingredients we would be better without. Restaurant salads can **easily** have more calories than a fast food burger.

**Sushi:** This one may be the saddest, but yes, sushi can overwhelm you with calories before you even know it. Not all rolls are bad, but loaded with white rice, cream cheese, tempura, fake crab and other ingredients can leave rolls with 500+ calories each.

### Have you met our Dietitian?

Auxiliary Services employs a full-time dietitian on campus to help develop menus with healthy options and provide assistance to students with dietary needs and restrictions. You may see her around campus providing nutrition education or encouraging you to try a new healthy item. If you need assistance related to a dietary restriction, you can contact Kathryn Szklany MA, RDN, CDN, CNSC by calling 315-312-3284.

# TOILET TALK

Everybody Eats

Feb. 19, 2018

## Did you know?

- The SUNY Oswego app provides a detailed resident dining menu? This includes ingredients, calories, and other nutritional information.
- Your diet can be one of the best tools to fight stress? Foods you eat can contribute to how you feel. So go ahead and try some: berries, tea, avocado, asparagus, or even dark chocolate.
- The resident dining menu features items with a red heart? This heart is for "heart healthy" entrees. Heart healthy entrees are: <500 calories, <7g saturated fat, <30% daily fat intake, <700mg sodium, and <90mg of cholesterol.

## Tip on Living Laker Green

Have you seen the signs for Meatless Monday? Oswego supports this movement which encourages individuals to skip meat on Mondays. Just this small gesture of skipping meat once a week and decrease our carbon footprint, reduce fossil fuel consumption and preserve fresh water.

## Events, coming to an Oz near YOU!

- Friday, Feb. 23rd, 8:00am-4:30pm is the Onondaga Art Guild Group Exhibition located at the SUNY Oswego Metro Center. Free and on display until April 6th.
- Saturday, Feb. 24th 11:00am-2:00pm Black Student Union Summit and Alumni Panel for "Young, Gifted and Black," in conjunction with NABA. Register by February 16, admission is free. Marano Campus Center 201.
- Saturday, Feb. 24th, 11:00am-12:00pm will be "Tales of Nature." A story hour at the Rice Creek Field Station. Free fun and history lessons for all.

Feedback? • 312-5648 • [lifestyle@oswego.edu](mailto:lifestyle@oswego.edu)

"The roots of education are bitter, but the fruit is sweet."  
Aristotle

## The Healthy Eating Plate

Our meals should focus on good nutrition. This includes getting the proper portions of food and healthy amounts of them.

**Protein:** Some healthy proteins include: beans, nuts, fish, poultry, soy, milk, eggs, and yogurt.

**Simple Carbs:** Can be good or bad. Good include fruit and vegetables. Bad include soda, candy, cookies, and so on.

**Complex Carbs:** Primarily good for you and include: Whole **GRAIN** bread, pasta, brown rice, quinoa, corn, sweet potatoes, black beans.

**B vitamins** can be found in grains, nuts, beans, fish, eggs, dairy and more!

**Vitamin C** is in fruits, juices, peppers, brussel sprouts, broccoli, spinach, tomatoes, and kale.

**Calcium** exists in much more than milk. Besides the known dairy connection, calcium can be obtained by most dark and leafy green vegetables.

**Vitamin E** can come from avocados, vegetable oils, wheat germ, sunflower seeds, almonds, and most other nuts.

## Healthy on a Budget?

- Re-usable water bottles.
- Try frozen vegetables.
- Avoid processed foods; buy oats instead of cereals.
- Visiting a local farmers market can help broaden your options and sometimes you'll even get free food.
- Buying fruits and vegetables that are in season.

## Punny, Aren't we?

What type of factory produces quality goods?

A Satisfactory

## LSC EVENTS



**OPEN MIC NIGHT**  
EVERY THURSDAY  
PENFIELD LIBRARY, 7PM



**LOOK FOR OUR WAGON**  
MONDAY - FRIDAY  
INFO & GIVEAWAYS



**HUMP DAY**  
EVERY WEDNESDAY  
15 CONDOMS FOR \$1



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