

# NUTRITION News

January 2015

## 15 Healthy Tips for 2015

1. **Eat breakfast:** Be sure to include lean protein, whole grains, fruits and vegetables.
2. **Make half your plate fruits & veggies:** They add vitamins, minerals and antioxidants.
3. **Check your portion sizes:** Try using smaller plates, bowls and glasses to keep portions under control.
4. **Pack healthy snacks:** Keep a small bag of nuts or a piece of fruit in your backpack.
5. **Stay active:** Start by doing whatever exercise you can for at least 10 minutes and work your way up to a goal of 30 minutes.
6. **Follow food safety guidelines:** Separate raw meat, poultry and seafood from ready-to-eat foods. Use a food thermometer to make sure food is properly cooked.
7. **Get cooking:** Resolve to learn some cooking and kitchen basics and try a new recipe!
8. **Consult with an RD:** Our campus Registered Dietitian can help you by providing sound, easy to follow personalized nutrition advice.
9. **Drink more water:** The Institute of Medicine recommends a daily intake of 13 cups for men and 9 cups for women.
10. **Say NO to your sweet tooth:** Try a healthy alternative for dessert—FRUIT!
11. **Season with herbs instead of salt:** Ditch the salt shaker and try fresh or dried herbs, lemon juice or crushed garlic to dress up bland foods!



Questions about nutrition? Make an appointment to see the Dietitian! Call the Student Health Center to schedule an appointment: 209-228-2273

## H.E.R.O.E.S. Corner



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12. **Pack your lunch for school or work:** Make a healthy lunch at home as often as possible!
13. **Fill up on fiber rich foods:** Fruits, vegetables and whole grains are good sources of fiber.
14. **Dine out wisely:** Try adding fruits and vegetables to your plate. Ask for grilled, baked or broiled lean meats, poultry and fish.
15. **Read your food labels:** Find out the recommended serving size, amount of calories, sodium and fat!

