Longwood University

Stall News

March 2010

Created by the Student Health and Wellness Center and Storm Webb, Intern

UPCOMING EVENTS

March	**National Nutrition Month**
March 2-5	**HPV Awareness/ Pinky-Promise Campaign AKA's @ D-Hall**
March 2	**Cervical Cancer Awareness Forum ΖΦΒ's @ C room in Student Union**
March 18	**Sustainability Conference**
March 27	**UFC Fight 9:30 pm @ Ballroom**

How to read the label:

- Serving Size-check the amount your eating
- Calories and Other Nutrients- packages may contain more than one serving
- Daily Value (DV)- 5 %of your DV or less is low and 20 % DV or more is high .

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Source: http://win.niddk.nih.gov/publications/take_charge.htm

What's In Your Diet?!

Have you fallen victim to the **"Freshman Fifteen"** and maybe aren't a freshman anymore?

Although there may be many culprits for these extra pounds, like stress or sickness, but usually it's the **food we eat** and a lack of exercise.

So take an honest look at what you're filling your plate with, is it covered in french fries and pizza? Is your salad smothered in ranch dressing? Though they may taste amazing, are they truly good for you?

Here are some **simple and tasty** things you can easily do to help improve your diet, your health, and your abs!

Taste the rainbow

No this doesn't mean eat a bag of Skittles® for lunch…

Eat colorful foods!

Veggies and fruits that are rich in color are rich in vitamins and nutrients.

Picture provided by lulzlunch.com

Treat yourself!

Eating fast food everyday, as we all know, is terrible for you inside and out, but having a small hamburger or fries when you're craving them is okay. Just make sure you don't do it all the time.

Smart Munchies!

-Fruit--any kind--fresh, canned, dried, or frozen.

-Nuts, just a handful

-Popcorn!

-String cheese, low-fat cottage cheese, or low-fat yogurt

-Baked potato chips or tortilla chips with salsa

Y-2-B Healthy. . .

What does eating healthy do for you?

Dairy & Dairy Substitutes- Builds strong bones.

Grains- Provides energy for muscles & brain.

"Good" Fats- Keep you feeling full.

Fruits & Vegetables- Provide vitamins and minerals for healthy skin, hair, nails, and immune system.

Proteins- Maintain muscle.

How to fit in healthy food?!

-Have a glass of milk or soy milk at every meal.

-Have a piece of whole grain bread or pasta at every meal.

-Have olive oil, nuts or seeds in a snack or meal 3X a day.

-Fit more fruits or veggies in everyday, it can be in snacks or meals! Eat apples, oranges, broccoli carrots, or a salad per day.

-Have fish, beans, eggs, peanut butter, chicken, or beef 2X a day.

-If you smoke, try quitting or cutting back. Call 1-800-QUIT NOW (864-7877) for help!

Co-sponsored by VDH TUCP

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PLEASE DON'T STEAL THIS ONE"

Approved for Posting
Lankford Student Union