

From: sunycard@albany.edu [mailto:sunycard@albany.edu]  
Sent: Tuesday, August 15, 2006 6:58 AM  
Subject: Welcome to ENN....Summer 2006

What is ENN?

ENN (Email Nutrition News) is a bimonthly electronic nutrition newsletter designed to provide UAlbany students with cutting edge nutrition updates as a "value added" component to on-campus dining.

What does ENN look like?

ENN is short - less than one page of UAlbany nutritional news and nutrition updates which are of interest to UAlbany college students. It is also a forum for students to provide comments and suggestions that will help improve the dining services program - responses are VERY welcome!

What does ENN cost?

ENN is free - subscribe online at PodiumNet (<http://services.jsatech.com/index.php?cid=64>). See past issues at <http://www.albany.edu/uas/communications.html>.

ENN Summer 2006

+++++

Nutrition Update: Freshman: 15-Fact or Fallacies?

According to a 2003 study at Cornell University, students gain an average

of 5 ½ pounds before winter break. The Cornell study indicated that if freshmen watch their weight and are knowledgeable about correct portion sizes, it helps prevent overeating and weight gain.

+++++

UAlbany Nutrition News: Tips for Avoiding the Freshmen 15

1. Eat meals. This sounds pretty basic, but eating meals helps to avoid

snacking on high calorie foods. For breakfast, eat yogurt or cereal in your room, select from a variety of cereals, bagels, and fresh fruit in the dining room, or visit the Campus Center's "Coyote Jacks" for an omelet

made-to-order using a meal trade. If you have a tight class schedule, ask

your Dining Room Manager for a box lunch or use a meal trade at Campus Center's Outtakes Quick Cuisine.

2. Avoid "Mindless Munching". Avoid eating when studying, watching television, or doing other activities. Keep your micro-frig loaded with

fresh fruits and veggies. Stock up on pretzels, low-fat popcorn and whole

grain crackers. Best beverage picks are water and unsweetened tea.

Remember, alcoholic beverages are loaded with calories and are usually accompanied by high calorie foods such as nuts, chips, or pizza.

3. Do A Walk By. Walk by the dining room serving line, salad bar, deli

station, and salad bar before you select your meal.

4. Don't Pile It On. Because it is tempting to eat everything on your plate, always ask for a small portion--you can always go back for more. Use the plates and bowls as a guide to correct portion sizes. If you fill two dinner plates, chances are you are "super sizing".

5. Keep It Simple. Choose a hamburger instead of a cheeseburger, entrees without sauces, and salads with dressing on the side.

6. Strive for Balance. Combine a high fat entrée with low fat sides. Select a fresh garden salad with low-fat dressing to accompany cheese lasagna. Choose fresh fruit for dessert with a hamburger and French fry meal.

7. Customize It. Select fresh vegetables from the salad bar and have them added to made-to-order deli sandwiches; toast whole grain bread from the deli bar and top with sliced turkey breast and vegetables; top a warm waffle with fresh fruit, cottage cheese or yogurt; create a main dish salad from the salad and deli bar; talk with your Quad manager about customized meals and arrange a pick-up time.

+++++

Your Turn-

· Subscribe to ENNs - visit

<http://services.jsatech.com/index.php?cid=64>

· Find out more about ASDAC (Albany Student Dining Advisory Committee) at

[http://www.albany.edu/uas/dining\\_services\\_adv\\_committee.htm](http://www.albany.edu/uas/dining_services_adv_committee.htm)

· Ask your nutrition-related questions - what nutrition topics matter to

you - send your topics/questions to [kkettlewell@albany.edu](mailto:kkettlewell@albany.edu)

+++++