What Does Healthy Eating Mean to You?

We are looking for your input for future menu development to provide you with healthy options you want! Please let us know what healthy eating means to you and what healthy foods you would like to see in the dining hall....

Tweet at us using the hashtag #ColbyEatsHealthy
Or contact Lauren Withers at lauren.withers@sodexo.com

3 Tips to Turn New Years Resolutions into Lifelong Healthy Habits...

1. When healthy food is readily accessible, it’s easier to make smart choices. The best way to guarantee that you’ll eat healthy food is to stock your refrigerator and pantry with your favorite items from each of these six food groups: whole grains, fruits, vegetables, dairy, healthy fats, and lean meat, fish, and beans. Once you have a well-stocked fridge and pantry, you can create easy, balanced meals and snacks. Choose three or four food groups per meal (for example, salmon with brown rice and spinach) and one or two food groups for a snack (like a handful of almonds and a bunch of grapes).

2. Eat every three to four hours. You need to consistently fuel your body throughout the day. This will not only boost your metabolism and fight off food cravings but will also help you be more productive, focused, and energized. Plan to eat something every three to four hours and never skip a meal—it’s one of the worst weight-loss mistakes you can make. That’s because skipping meals can leave you feeling hungry, which often leads to sugar cravings and overeating. To prevent a busy schedule from getting in the way of healthy eating, try identifying a day each week to prep meals and snacks so you always have healthy options at the ready on hectic days.

3. Pick the right portions. Every food can fit into a healthy eating plan in moderation. There are no good or bad foods if you stick to the proper portion sizes. Here are a few easy ways to approximate portion sizes with your hands:
   - Fist = 1 cup grains, fruit, or vegetables
   - Cupped hand = ½ cup grains, fruits, vegetables, or beans
   - Palm = 3 ounces meat
   - Thumb = 1 tablespoon nut butter, nuts, or olive oil

PROTEIN IS MUCH MORE THAN MEAT!

There are many vegetarian foods that offer enough protein to meet the recommended daily amount. That’s good news since non-meat proteins are a healthy choice—and can help the environment by reducing our carbon footprint.

Low in saturated fat and cholesterol, high in fiber, vitamins, and antioxidants, a plant-based diet is good for your body and the planet.

HERE ARE SOME GREAT VEGETARIAN SOURCES OF PROTEIN THAT YOU CAN FIND ON OUR MENU.

For more information, please contact:
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