

From the Nutritionist

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You can't make good decisions when you don't have all the facts. This rule definitely applies to healthy eating. Knowing what you should eat is just one part of the picture. Knowing the facts about what you do eat is another.

ASC gives you the facts you need. On our website and digital menu boards you can find nutrition information for each menu item, such as calories and various nutrients. The menu boards also show if a food contains gluten or the top eight allergens, and has a number of symbols to help you make quick decisions about what to choose.



Have you seen the “Healthy” symbol on the menu boards and wonder why it's there? We don't just assign the symbol to foods randomly. There are strict criteria that a food item must meet before the symbol is added:

- **No more than 300 calories per serving** — Calories are a measure of the amount of energy contained in a food or drink. You need enough energy for all of your organs to function properly, and to fuel all of your activities. Taking in more or less energy than you use can lead to weight gain or loss. Obsessively counting every calorie you take in isn't necessary, but it's important to have a general sense of the amount of calories you consume, especially if you are trying to manage your weight. Your calorie needs depend on a number of factors, but most college students need between 1,800-3,000 per day. To meet your needs you could choose 6–10 Healthy options per day — or more, if the items you choose are well below 300 calories each.
- **No more than 10 grams of total fat, 3 grams of saturated fat, and 360 mg of sodium** — While you need some fat and sodium in your diet, and consuming a little saturated fat is fine, high intakes of all of these have been linked with a number of health issues, including high blood pressure, high cholesterol, heart disease and cancer. The criteria correspond to 15% of the Daily Value of fat, saturated fat and sodium.
- **A good source of protein, fiber, vitamin A or C, calcium, or iron** — We all need a variety of nutrients for good health, so foods marked with the Healthy symbol contain at least 10% of the Daily Value of at least one of these.

Andrea Hart, registered dietitian nutritionist and New York State-certified dietitian/nutritionist, is available for free, confidential, one-on-one counseling and as a speaker or facilitator for campus groups, panels or classes. Contact Andrea: andrea.hart@cortland.edu or call 607-753-5773 with questions or to set up an appointment. Or stop by her office, first floor, Neubig Hall, across from the Neubig Dining cashier.