

From the Nutritionist

Andrea Hart, RDN, CDN



Welcome (Back) to SUNY Cortland!

The beginning of a new school year is exciting, but busy. With so much to do, it's easy to forget that your body needs things like exercise, sleep, and good nutrition. The better you take care of your body, the easier it will be to do all the other things you need to do. Whether you're new to Cortland or have been around for years, you may not be aware of all the resources ASC has available to help you be healthy. Here are some highlights:

Our dining facilities serve a variety of foods to meet everyone's needs, including those in the new Nature's Plate station located at Neubig. Recipes

here are free of meat but loaded with flavor. Whatever your dietary preferences, you'll be sure to find something to love at Nature's Plate!

Food demonstrations and nutrition information sessions in the dining facilities provide you with information, entertainment, and giveaways.

Articles like this one, found in ASC emails, provide you with information about a variety of nutrition related topics.

The ASC Dining website is a source for menus, nutrition information, articles and more.

Digital menu boards in each dining facility list calories, fat, sodium, carbohydrate, fiber and protein in each menu item.

Symbols on our menu boards provide even more information about each recipe:

- H is for Healthy Choice — a food which has no more than 300 calories, 10 grams of fat, 3 grams of saturated fat, and 360 mg of sodium, and is also a good source of protein, fiber, calcium, iron, vitamin A or vitamin C
- GF is for food that is Gluten Friendly — made with ingredients that do not contain gluten
- V is for food that is Vegetarian — does not contain meat, fish, or poultry
- VG is for Vegan — no meat, fish, poultry, egg, dairy, honey, or gelatin
- KS is for Kosher Style — foods that are not certified kosher but adhere to many of the principles and guidelines of kosher dietary laws
- NY is for New York Local — foods made with products from area businesses

Symbols also designate foods containing pork, alcohol, and the top 8 allergens: egg, fish, milk, peanut, shellfish, soy, tree nut, and wheat.

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.