

From the Nutritionist

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Welcome (back) to SUNY Cortland!

There is so much to focus on at the beginning of a new school year – like finding your way around campus, settling in to your new room or apartment, and of course, starting classes. When things are so busy, healthy eating can feel like just one more thing you don't have time for. However, a healthful diet can give you the fuel you need to get everything else done.

Don't worry, ASC is here to help! Check out the resources we have to make it easier:

- Articles like this one will give you information about various nutrition-related topics
- Signs around the dining units will help you learn about MyPlate – the USDA's symbol to help all Americans make healthier food choices
- Menus, nutrition facts, articles and more are available on the ASC Dining website
- Our digital menu boards provide information about the amount of calories, fat, sodium, carbohydrate, fiber, and protein, as well as allergens, in each menu item
- Symbols on our digital menu boards can help you make quick decisions about what to eat:



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



is for food that is “Gluten Friendly” – made with ingredients that do not contain gluten



is for food that is “Vegetarian” – does not contain meat, fish, or poultry



is for “Vegan” – no meat, fish, poultry, egg, dairy, honey or gelatin

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.