

# From the Nutritionist

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## Healthy Eating Habits

From the Nutritionist....

Welcome (back) to SUNY Cortland! Whether you are a student, faculty or staff member, you might find the transition to a new school year to be very busy – and when things are busy, it's easy to forget to take care of your body with things like exercise, sleep, and good nutrition. But the better you take care of your body, the easier it will be to do all the other things you need to do. Eating well doesn't have to be stressful or time consuming – there are a few key steps that can help anyone eat better.

As often as possible, create a balanced meal containing all the food groups. Fill half of your plate with fruits and vegetables, balance them with whole grains and lean protein, and add a serving of low fat or fat free dairy like milk, yogurt, or cheese. If you are overwhelmed by all the choices in the dining hall, walk around the serving area and look for one food that jumps out at you. Start with that, and pick up additional foods to balance out your meal.

In addition to your food choices, think about what you drink. It's easy to consume hundreds of extra calories each day without realizing it, by drinking a lot of coffee drinks, sodas, or other sweet drinks – even drinking fruit juice in excess can pack in the calories. You don't have to avoid these altogether, but pay attention to how many sweet drinks you're consuming and be sure to drink some water as well. The dining halls have infused water available if you're looking for extra flavor without the sugar.

ASC has many resources available to help you eat right. Here are some highlights:

- Our dining facilities serve a variety of foods to meet everyone's needs, including foods free of gluten and major allergens, vegetarian foods, and high protein choices. Be sure to check out all the stations in all the dining halls to see everything we have to offer!
- 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 nutrition facts including calories and protein, as well as symbols which indicate vegetarian options, presence of allergens, and more.

*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](mailto: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.*