Healthy Eating at Tufts

Ten Steps to Eating Well at Tufts Dining Centers

Tufts Dining offers a multitude of healthy dining choices. This guide can help you choose a healthy diet that will strengthen your immune system, prevent undesired weight gain and supply your body with adequate nutrients for health and better mental and physical performance.

All foods can fit into a balanced diet. Eating frequency and portion size are the critical factors in maintaining health.

A BALANCED PLATE

THE MYPLATE Model demonstrates healthy proportions of food groups to include with each meal. The largest section of the plate is vegetables, the second largest grains, and the remaining sections are made up of fruits and proteins. Dairy (or a calcium-containing dairy alternative) should also be included with each meal.

Portion control allows diners to enjoy all of their favorite foods while maintaining a healthy weight and meeting nutrient needs. Exhibition plates, which serve as visual guides for recommended portions, relate to the serving sizes on food labels and mirror the MYPLATE Model seen here.

For more information about MYPLATE, visit www.choosemyplate.gov.

This brochure was created in 2011 by Andrea Schpok, a Tufts University student completing her Community Health internship with the support of Tufts Dining Services. Please direct all comments or questions to Julie Lampie, the Tufts Dining Dietitian, at Julie.Lampie@tufts.edu or 617-627-2833.
Choose Vegetables First

**AIM for at least 2½ cups of vegetables each day.** A diet rich in a spectrum of colors provides important vitamins, minerals, fiber and phytochemicals (compounds produced by plants that are important for health). At Tufts Dining Centers, a wide variety of vegetable options are always available to help you reach your nutrition goals. Creating a large salad at lunch or dinner from the more than 40 items offered on the salad bar can boost your daily vegetable intake.

Throughout the week, choose an assortment of vegetables with several different colors, including cauliflower (white), corn (yellow), carrots (orange), bell peppers (red), broccoli (green) and eggplant (purple). Picking a vegetable first, by stopping at the vegetarian station or salad bar, will make your meal healthy from the start.

Most of the hot vegetables served by Tufts Dining are steamed without added butter or oils, so they are low calorie and fat free. Both Carmichael and Dewick-MacPhie Dining Centers offer two choices of hot vegetables at every lunch. Carmichael features custom stir-fry nights with an assortment of flavorful vegetable choices, and Dewick has three hot vegetable choices at dinner every night.

2 Make Half Your Grains Whole

**EAT at least half of your grain choices (breads, cereals, rice, pasta) as whole grains** with a minimum of three servings daily. Whole grains contain more fiber and nutrients than refined grains like white bread and white rice, and they should replace refined grains whenever possible. A slice of whole-wheat bread, for example, contains about twice the fiber of a slice of white bread and has many vitamins and minerals, including several B vitamins, vitamin E and magnesium, which get lost in processing. A diet rich in whole grains is believed to reduce the risk of heart disease.

Starting your day with a bowl of whole-grain cereal for breakfast is a delicious way to reach your whole-grain goal. Choose ready-to-eat cereals labeled “whole grain,” or try a bowl of hot oatmeal, which is a 100% whole-grain food. Whole-grain cereal paired with milk makes a nutritious snack anytime.

Organic whole grains, including brown rice, barley, quinoa, wheat berries and bulgur, are found on the vegetarian line at both Carmichael and Dewick. Whole-wheat breads, rolls and pasta are available daily as well. Look for “whole wheat” in the nutrient list or on the Food Fact Card to identify whole-grain breads. Prepare your sandwiches with 100% whole-wheat bread or the 100% whole-wheat flour tortilla at the deli station.

Bulk Up On Fiber

**INCLUDE fiber-rich cereals to boost fiber intake.** Meeting your daily fiber needs is important to help maintain your weight, keep your gastrointestinal tract regular and lower blood cholesterol. Aim for at least 20 grams of fiber daily.

To get those 20 grams, choose cereals that contain at least 5 grams of fiber per serving such as Grape Nuts, All-Bran or Raisin Bran. All-Bran provides the most fiber of all breakfast cereals offered at Tufts (10 grams of fiber per ½ cup serving). If your favorite cereal is not a good source of fiber, try mixing it with a high-fiber cereal and adding fresh fruit. Hot oatmeal is also a great whole-grain, high-fiber option. Try sprinkling fresh or dried fruit and nuts onto oatmeal for a filling, nutritious breakfast.

Beans and legumes are also excellent sources of fiber. Try adding chickpeas or red kidney beans to a salad and including black beans in your wrap or quesadilla. Choosing whole fruits and vegetables as snacks will also help you reach your fiber goal.

If you are increasing the amount of fiber you eat, make sure to drink more water to keep things moving along.

<table>
<thead>
<tr>
<th>FIBER CONTENT OF FOODS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple, medium</td>
<td>4 g</td>
</tr>
<tr>
<td>Kidney beans, 1/2 c</td>
<td>10 g</td>
</tr>
<tr>
<td>Corn, 1/2 c</td>
<td>5 g</td>
</tr>
<tr>
<td>Almonds, 1/4 c (23)</td>
<td>4 g</td>
</tr>
</tbody>
</table>
**Add Healthy Fats to Salads**

**ENJOY healthy fats with your salads to promote better absorption of fat-soluble vitamins** (A, D, E and K). Adding a tablespoon or two of oil-based salad dressing or tossing slices of avocado into your salad provides heart-healthy monounsaturated fats. Also try 1 tablespoon of chopped nuts or sunflower seeds in your salad to get your poly- and monounsaturated fats and protein. Although including it is certainly important, only a small amount of fat is needed to reap its benefits.

Selecting a reduced-fat dressing will save you about half the calories of a full-fat dressing. The serving size of most salad dressings is 2 tablespoons, with calories per serving ranging from about 80 to 180, depending on what you pick. A variety of salad dressings, including lowfat and fat-free options, are available in the dining centers. The light olive oil vinaigrette is a good reduced-calorie choice as it has about half the fat of most dressings, is low in sugar and only has moderate sodium. Read salad dressing labels to understand which choices are lower in calories, total fat and saturated fat.

**Include Omega-3’s**

**CONSUME fish at least twice a week to decrease your risk of cardiovascular disease.** Choosing fish instead of other meats can lower your saturated fat intake and help lower blood cholesterol. The heart-healthy omega-3 fatty acids found in some oily fish are not produced by the body and must be derived from food. Make a conscious effort to eat 4 ounces of salmon weekly, and you will be rewarded with a rich source of omega-3’s that is as healthy as it is delicious.

What if you don’t like fish? If you can’t tolerate canned tuna, salmon, or other fish sources of omega-3 fatty acids, include alternative sources in your diet. Walnuts and flaxseeds provide omega-3’s, as do canola oil, tofu and leafy greens such as spinach and kale.

**Pick Whole Fruits**

**COMPLETE the total package with whole fruits:** a rich source of vitamins and fiber and a contribution toward hydration. Fruits are naturally excellent sources of the antioxidants, vitamins, minerals and phytochemicals that protect the body’s cells from free-radical damage.

Free radicals are unstable molecules that can harm cells unless they are stabilized. Some free radicals naturally occur in the body and do not cause health problems, but others, such as those from pollutants, chemicals, cigarette smoke or other toxins, can result in damage to the body’s cells, which may lead to physical signs of aging and increased risk for certain chronic diseases, including heart disease and cancer.

Consuming ample dietary antioxidants naturally found in fruits and vegetables helps protect the body from free-radical damage, and it reduces chronic disease risk. Unlike dietary supplements, whole fruits contain a balance of the vitamins, minerals and phytochemicals that work together most effectively.

**Keep Bones Strong with Calcium & Vitamin D**

**SELECT lowfat and non-fat dairy foods and drinks as well as dairy alternatives** like calcium-fortified soy milk or rice milk to get the best sources of calcium and vitamin D. Consuming adequate calcium is critical to bone health, but vitamin D plays an equally important role. Vitamin D actually aids in the absorption of calcium.

Vitamin D is found in few foods besides milk and other fortified dairy products and some oily fish like salmon. Although vitamin D can be produced by the body through sun exposure, during the winter months in Boston, the sunlight is not strong enough for vitamin D production, so a vitamin D supplement may be needed. Adding milk (or a milk alternative) to your morning cereal,
drinking a glass of milk with a meal or eating a bowl of yogurt will contribute to your daily calcium and vitamin D needs. The college years are a critical time to reach peak bone mass, making adequate calcium and vitamin D intake especially important. Both male and female students should try to include at least three servings of milk or dairy alternatives daily, although female students are particularly vulnerable to bone density loss. Two full glasses of milk each day will provide three 8-ounce milk servings, as the cups in Tufts Dining Centers hold 12 ounces.

Tofu, yogurt and cheese are also good sources of calcium and vitamin D. Some vegetables, such as broccoli and bok choy, are acceptable calcium sources, but they are much smaller contributors than dairy or fortified dairy alternatives.

8 Limit High-Fat/High-Sugar Foods

TAKE CARE with certain foods that should be eaten in smaller amounts. All foods can be part of a balanced diet, but remember to limit high-fat choices, such as fried foods, to a few times during the week. Lowering your saturated fat intake by cutting back on fatty meats and cheeses will also help reduce your risk of developing high blood cholesterol and heart disease. Note that Tufts uses 100% canola oil, a heart-healthy trans-fat-free vegetable oil, for cooking and frying foods.

Incorporating vegetarian meals into your repertoire can reduce the amount of animal protein you eat while providing benefits for health as well as for the environment. Vegetarians typically have lower cholesterol levels and blood pressure than non-vegetarians, and they experience lower rates of hypertension and type 2 diabetes. In addition, replacing meat with vegetarian foods reduces our carbon footprint and decreases water and fossil fuel usage. Both Carmichael and Dewick have vegetarian stations with a plethora of vegetarian options.

When you do eat meat, choose lean options frequently, such as a turkey burger or grilled chicken breast instead of a cheeseburger or fried chicken patty. The Carvery station features lean meat choices including turkey, pork and beef cuts. Veggie burgers, found at the vegetarian station, and salmon burgers, found at the charbroil or grill station, are also healthy, lean protein choices.

Try to keep discretionary calories (from desserts or snack foods that provide little nutritional value) to about 10% of your overall intake. Enjoy desserts in moderation by referencing the serving size for the nutrition facts listed. For an average person consuming 2,000 calories per day, the discretionary allowance is 200 calories. As a reference, a small cookie from one of the dining centers is 130 calories. The non-fat frozen yogurt and lowfat soft-serve ice cream are low-calorie treats that also provide calcium. Use a small dessert bowl, coffee mug or cone to “measure” your desserts and stick to a moderate portion.

9 Use Tufts Nutritive Analysis Program

REMEMBER Tufts’ comprehensive Nutritive Analysis Program, which makes it easy to find the nutrition facts for the foods served at Tufts Dining.

At the dining centers, Food Fact Cards provide ingredients and nutritional information for foods served at all meals. You can also go online to find the nutrient profile for a particular meal. On the Tufts Dining website, http://dining.tufts.edu, we are proud to offer a useful Nutrition Analysis tool that allows you to review menus and access nutrition facts, ingredients and allergens. It covers food being served in Carmichael, Dewick-MacPhie, Hodgdon, Hotung Café, Mugar Café, The Commons, The Tower Café and Brown & Brew.

To access this tool, look under “Quick Links” on the left, and click on “Menus.” On the menu screen, click on the dining location you would like to look at. The dining location screen has three meals—breakfast, lunch and dinner—across the top. Next to each meal is a red apple. Click on that apple to get a list of all the menu items served that meal period. Then, you can click on any menu item to access nutrition facts, ingredients and allergens.

10 Balance Healthy Eating with Exercise

INCLUDE regular exercise in your daily routine—it’s just as important as eating a healthy diet. Exercise can help maintain your weight, manage stress, improve bone density, gain energy and lower your risk for developing chronic diseases including cardiovascular disease, hypertension and certain cancers. Weight-bearing exercises, such as jogging, strength training and aerobics classes, are especially important in strengthening bones and reaching peak bone mass.

Tufts has numerous resources for students to build safe, healthy exercise habits during college. In addition to the Physical Education department’s regular course offerings, students can take advantage of Tufts Personalized Performance Program (TP3), which offers five free personal training sessions to students; Tufts Student Resources (TSR) Fitness, which has a variety of weekly fitness classes in the Hill Hall Aerobics Room; and the PE department’s mini-course selections. To learn more, visit the PE department’s website (ase.tufts.edu/physed), email TP3 (tp3@tufts.edu), or visit TSR Fitness (www.tuftsstudentresources.com).