



Q: What is the most important thing you should learn in college?

A: How to be healthy!¹

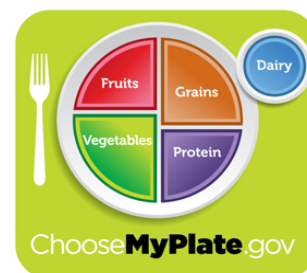
“Making appropriate choices concerning health and wellness is the number one emerging topic considered most critical for future graduates entering the workforce”

¹2006 National Employers Survey (http://www.p21.org/documents/FINAL_REPORT_PDF09-29-06.pdf)

How are we measuring up?

- 95% of TTU students do not get the recommended amounts of **fruits and vegetables** each day.
- 65% of college age females, and 45% of college age males do not get the recommended amount of **calcium**.
- 90% of adults do not get the recommended amount of **dietary fiber**.
- 65% of TTU students do not get enough **physical activity** per day

**CDC, American College Health Assn, BRFSS*



MyPyramid: <http://www.mypyramid.gov>

This website estimates your personal calorie level and provides the amounts of foods needed for each day and sample menus

MyPlate: <http://www.choosemyplate.gov/>

This website shows what your plate should look like according to each food group.



F.I.T. TECH!
Fitness, Information, Technology Challenge

For more nutrition tips, recipes, videos and more, visit:
<http://www.depts.ttu.edu/fittech/>

Nutrition and Physical Activity Recommendations for 19-30 year olds

- 2 1/2-3 cups of vegetables per day and 2 cups of fruit per day
- 3 cups of dairy products per day
- 30 minutes of physical activity per day
- 35 grams of fiber per day

**MyPlate.gov*