Tips At Tech: Smart Choice

• If you are thinking of making the change to healthier eating, check out the Smart Choices website to find out your BMI, how many calories you should eat each day, and tips on how to make small changes.

• If you are interested in learning how to cook healthier meals, email dewey.mcmurrey@ttu.edu to schedule a healthy cooking demo for a group, or check out the website for upcoming demos.

• Be sure to check out the other Smart Choices nutrition brochures for nutrition information and helpful tips for eating healthy on campus.

• Nutrition facts are now available online for all locations on campus. So take a look so that you can start making informed decisions when dining on campus.

• Be on the look out for the new Smart Choices label. Meals with less than 400 calories and/or less than 30% fat will be labeled with our new logo so that you will know you are making a smart choice!

Fun Facts

➢ The average college freshman gains approximately .5 lb per week.

➢ Eating 600 unexpected calories just once a week would add an extra 9 pounds to the average American’s weight each year.

➢ Since the 1970s, the U.S. obesity rate has doubled; two-thirds of our population is now overweight.

➢ A normal person has between 25 and 35 billion fat cells, but this number can increase in times of excessive weight gain, to as many as 100 to 150 billion cells.

References:

Smart Choices
Healthy Eating
Smart Choices

Hospitality Services is working hard to make eating healthy on campus easier for its guests. The new Smart Choices wellness program aims to do just that by providing nutrition education materials, nutrition facts for on campus meals, a nutrition and wellness website, and a new Smart Choices labeling program.

Look out for the new Smart Choices label to ensure you are choosing a healthy meal with less than 400 calories and/or less than 30% calories from fat.

Smart Choices Outlet

Being able to create your own salad often makes it easier to eat more vegetables. The Smart Choices outlet makes it even easier with its wide variety of vegetables and toppings, such as beans, nuts, seeds, different cheeses, and various dressings. While adding too many toppings in the form of cheese and nuts can turn a light salad into a calorie bomb, they can make a salad more interesting. Keep higher fat toppings to a minimum and opt for lower calorie dressing to keep your salad on the lighter side.

Smart Choices... Online!

Smart Choices has now moved to the Web and it offers everything a student needs to start eating healthier and living a more active life. From nutritional information to tips, tools, and calculators, everything you need is at your fingertips. So log on today to learn how to start making smarter choices on campus!

Nutritional Information

Check online for comprehensive nutritional facts of all the food offered on campus. This will provide you with all the nutrition facts you need to make smarter choices when you eat on campus.

So check out the Web site and start planning your daily or weekly menu on campus. It’s a great way to stay on track when striving for a healthier diet.

Tips, Tools, and Calculators

The Smart Choices Web site offers a variety of tips, tools, and calculators to make eating healthy easy. The BMI (body mass index) calculator can give you a baseline idea of where you stand and what your goals should be. The calculator can also give you an estimate of how many calories you should be taking in according to your goals. These figures are important to create a starting point. Knowing how many calories you need to consume everyday is important in order to keep your efforts on track.

Smart Choices Label

It’s difficult to make smart choices when you are in a hurry, especially when you don’t know what to look for. That’s why we’ve created the new Smart Choices label to help ensure you are choosing a healthy meal. Only meals with less than 400 calories and/or less than 30% calories from fat will get a label, which makes it easier for our guests to make a smart choice on campus.

Take advantage of these labels to help you make healthy changes to your diet!