



100% Healthy on Campus

As the Campus Dietitian, I will share many tips to help you be a healthier and more productive student or staff member at Texas Tech. A healthy lifestyle, that combines healthy eating and appropriate fitness routine can aid in your personal goals. Often we only do one or the other. A healthy plan consists of both areas **80% Nutrition and 20% fitness.**

80% Nutrition Tips

Choosing ‘better for your health’ cooking methods can make a big difference on how much fat it contains. Skip the deep fry today and try:

- Grilled, Baked, Roasted,
- Stir Fried (In water not oil)
- Stewed or Sautéed

Try adding in flavor instead of extra fat with herbs, garlic and onions. All three are little to no calories.

Make half your plate fruits and vegetables at every meal! This adds fiber and keeps calories in check:

- Fruits 45-65 calories per serving
- Veggies 25 calories per serving(Non-fried, Non-starch)
- You may choose to limit starchy vegetables and replace them with whole grain breads or rice options. Starchy veggies are peas, corn, potatoes and some squashes.

Go lean with proteins:

- Grilled Chicken, Poultry, Pork, and Tofu, tuna, and boiled eggs
- Aim for 30-40 grams of protein at each meal.
- Protein is a larger molecule and can breakdown slower in the body keeping hunger at bay.

Break the Fast! Skipping breakfast after not eating all night long? You may not have eaten for 12-16 hours by lunch time. This is like driving a car without gas. You won’t get far before you break down. Why do this to yourself and risk being cranky, foggy class lessons and hunger that is out of control? Also, you may easily consume 2-3 times the amount of food/calories at your first meal due to extreme hunger. Reach for whole grains, fruits, lean proteins and dairy:

- Fruit, granola bar, nut bars with protein, yogurt, cheese and crackers, fruit and string cheese
- Drink your breakfast and make sure it has some protein in there too: instant breakfast, chocolate milk, protein drink such as core power (contains real milk), or a fruit smoothie.

Be intentional with your choices and pick something that will improve your health!

Smartchoices.ttu.edu

<https://eatattexastech.wordpress.com/>



Fight stress eating tips:

- Moderation is key to foods we love and try to avoid. Foods loaded in calories or desserts that are hard to resist. Split it with a friend, taste and toss the left over or order a mini size.
- Think of food cravings as suggestions and not commands!
- Avoid buying large amounts of foods you crave like chocolate, chips, cookies, and candy.
- Carry healthy snacks in your purse or backpack.
- Place healthier options on your desk when studying or working.
- Choose better foods to “nuke” in your resident room or office. Try frozen chicken breasts, eggs, veggies steamer bags, low fat popcorn mini bags and even frozen fruits for a sweet treat.
- Choose smaller portions when possible.

We asked students around campus what their favorite healthy options were, so take some tips from them too.

- Build your own sandwich with lighter options at boars head. (Limit the high fat condiments, try mustard instead)
- Einstein Bros.® Smart Choices Menu a Thin-Wich for any meal and add extra veggies.
- Smart Choices at the SUB are hummus, yogurts, salads or burrito

bowl. Go light on high fatty add ons. (cheese and sour cream)

- Pick Asian cooked with water and lots of veggies.
- Grab n Go outlets have wraps, sandwiches, fruit cups, and parfaits to keep you on the right track.

Now you have the tools to eat healthfully on campus!

20% Fitness Tips

Planned exercise is physical activity with the goal of improving/maintaining fitness. Use the FIT Principle when Exercising!

F= Frequency

I= Intensity

T=Time

ACSM (American College of Sports Medicine) recommendations:

- 3-5 sessions per week **Frequency**
- **Intensity** of 50-85% each time
- 30-60 minutes per session **Time**
- Try to burn 200-300 calories per session

Make plans for healthy eating around campus with physical activity today and every day! You deserve it! Wellness Center provides Fitness Assessments and Other Service in Fitwell Office. Fitwell.rec@ttu.edu 806.742.3828



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Recreational Sports™

“Even if you’re on the right track, you’ll get run over if you just sit there” – Will Rogers

