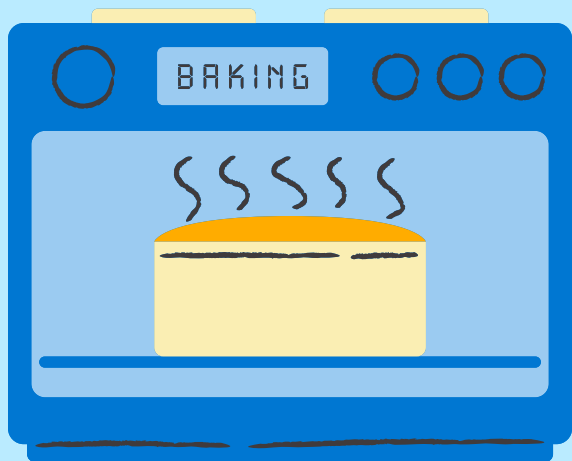


100% Healthy on Campus

TEXAS TECH UNIVERSITY HOSPITALITY SERVICES



1

Skip the deep fry and try:

- Grilled, baked, roasted
- Stir-Fried (in water, not oil)
- Stewed or Sauteed

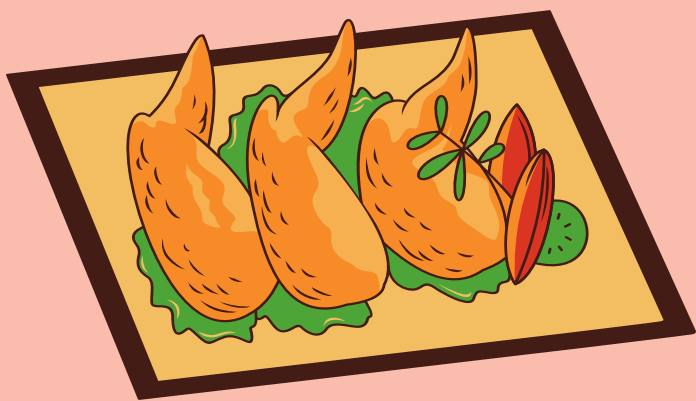
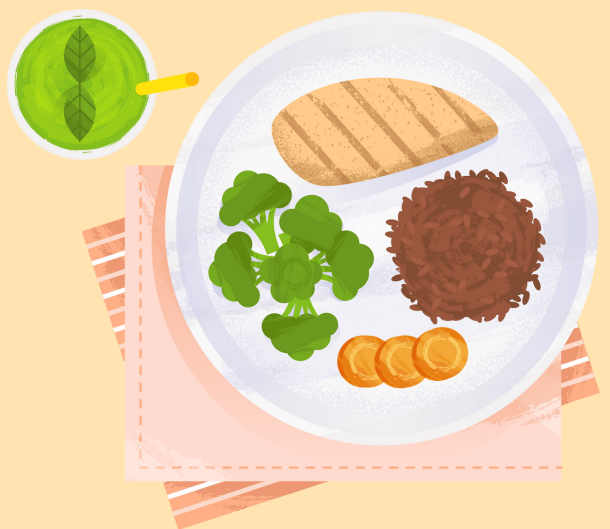
Choosing 'better for your health' cooking methods can make a big difference in how much fat it contains. Try adding in flavor instead of extra fat with herbs, garlic and onions. All three are little to no calories.

Make half your plate fruits and vegetables

2

This adds fiber and keeps the calories in check.

- Fruits 45-65 calories per serving
- Veggies 25 calories per serving(Nonfried, Non-starchy)
- 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.



3

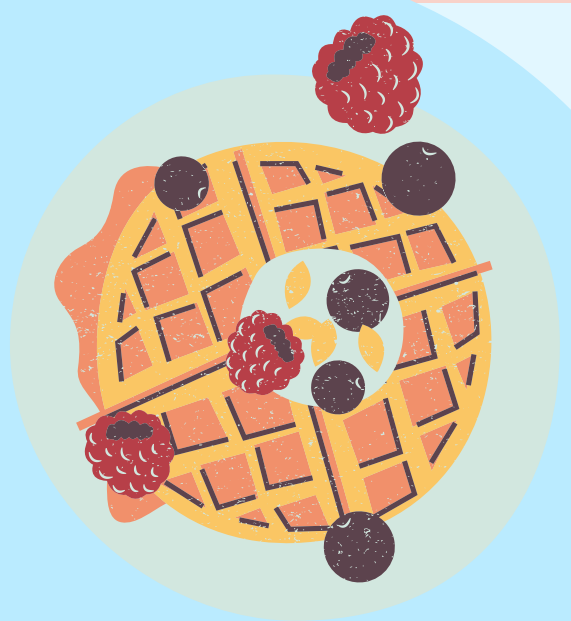
Go with lean proteins

- 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

4

Skipping breakfast after not eating all night long? You may not have eaten for 12-16 hours by lunchtime. 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



How to Fight Stress Eating

5

- Moderation is key to foods we love and try to avoid. Split it with a friend, taste and toss the leftover 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 dorm or office. Try frozen chicken breasts, eggs, veggies steamer bags, low-fat popcorn, and even frozen fruits for a sweet treat.
- Choose smaller portions when possible.



100% Healthy on Campus

TEXAS TECH UNIVERSITY HOSPITALITY SERVICES

6



Student Tips on how to be Healthy on Campus

- Build your own sandwich with lighter options at boar's 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, such as cheese and sour cream.
- Pick Asian dishes cooked with water instead of oil and lots of veggies.
- Grab n Go outlets have wraps, sandwiches, fruit cups, and parfaits to keep you on the right track

7



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:

8

- 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



All About a Healthy Lifestyle

9



These are only a few of the 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 an 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.