

Winning the Food Fight

By Anna Campbell

“Oh, gross,”

I say to my roommate, as my eyes scan the main line of the school cafeteria.

“Yeah. Guess it’s the pasta for me – again,” she dolefully replies.

“I thought you gave up pop,” I say, glancing at my friend’s tray as I fall into my seat.

She looks up at me and grins sheepishly. “Actually, I decided just to give it up on the weekends, and drink it throughout the week.

Eating healthy at school is possible, but it takes a conscious effort. Often, even if the food in the cafeteria is good, you’ll soon tire of it. That’s when the temptation to grab something quick and greasy really assails you. Or the temptation just to grab a

handful of cereal in the cafeteria, then order a pizza later. That’s great, until the “Freshman 15” comes knocking – and we’re talking about pounds, not pals.

To avoid that, there are a few cafeteria pitfalls you want to try to avoid. One is the layering/drowning trick. This is when you take perfectly healthy food, like a salad, and drown it in fattening dressing, then top it off with layers of cheese, croutons, bacon bits, etc. Also avoid overuse of things like butter, sauces, dressings, cream cheese. While they may improve the flavor of your food, it comes at a price. And just because ice cream may be available every day doesn’t mean you always need to take two scoops. Try to actually think

about what it is you’re putting into your body.

While you’ve probably been warned of the damage to your grades that pulling an all-nighter can cause, you may never have heard about the damage to your waist. If you really need something to crunch on, buy low-fat popcorn that’s not as buttery, pretzels instead of chips, and maybe even keep some fresh fruits and veggies on hand.

“I’ve found that since I’ve been to college, I sleep a lot less, and I do a lot more,” says college junior Rebecca Thobaben. “And the only way I can maintain that is to eat a very well-balanced, healthy diet. One way to make sure you do that is to pay attention to the stuff you learned about in health class, as corny as that sounds.”

Get moving!

It’s pretty simple. Moving around burns more calories. So have a little fun and keep your bod in shape at the same time! 30 minutes of... Will burn off...

- Racquetball** 🚰 358 calories
- Biking** 🚲 214 calories
- Dancing** 🕺 161 calories
- Yoga** 🧘 143 calories
- Horseback riding** 🐎 143 calories
- Walking (3 mph)** 🚶 125 calories
- Playing Frisbee** 🥏 107 calories
- Bowling** 🎳 107 calories

Calculations based on a 150-pound person. The number of calories for each activity will vary according to individual weight and level of activity.

Think about taking advantage of your school’s recreation center. Or join an intramural team – it’s a great way to make friends. In the process you may actually burn off some of those calories instead of just packing more on. 🍃

Good Healthy Foods

- 🥕 Raw and cooked fruits and vegetables
- 🥜 Nuts and seeds (in moderation)
- 🌾 Whole unprocessed grains
- 🫘 Beans (great source of protein and iron!)
- 🐟 Fish (broiled or steamed)
- 🍗 Lean chicken, turkey, beef etc.
- 💧 Drink lots of water!!

Foods to Avoid or Eat Very Sparingly

- 🧈 Butter and cream
- 🥓 Sausage, bacon, hot dogs
- 🍦 Ice cream
- 🥤 Soda
- 🥓 Anything made with lard, palm oil or coconut oil
- 🍩 Candy, cakes, doughnuts
- 🧀 Milk and cheese (go for the low-fat versions) Try soy cheese and soy milk!
- 🍝 Pastas and processed grains such as white rice

