

# Healthy Eating

## June 2020

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Campus Dining



# Goals Today

- Healthy Eating Foundations
- “The food you eat can either be the safest and most powerful form of medicine, or the slowest form of poison”.
- Tips for eating on campus and eating on a budget



# Foundations to a Healthy Diet

- Fruits and Vegetables are Critical



# Micro-nutrition vs. Macro-nutrition

## Macro-nutrition

carbohydrates

protein

fat



## Micro-nutrition

vitamins

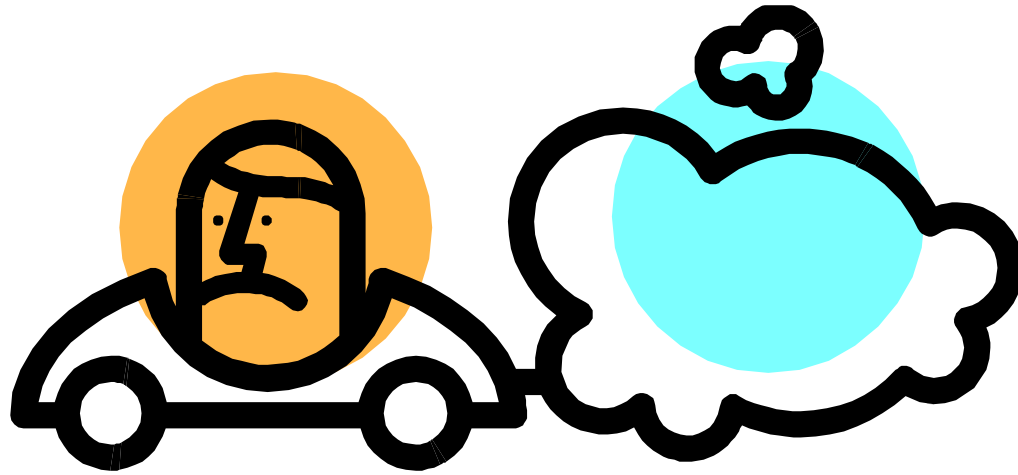
minerals

enzymes

antioxidants

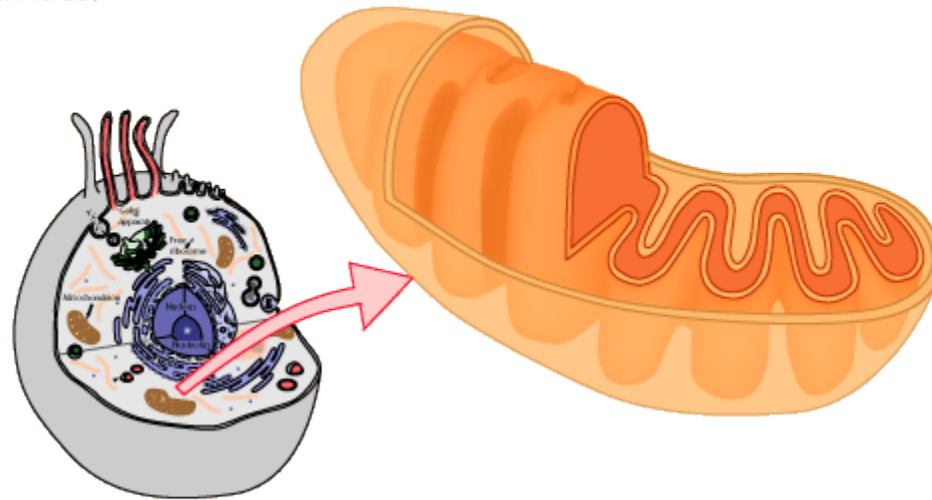
phytonutrients

# Oxidative Stress



# Free Radicals

The cell's energy factories, the mitochondria manufacture ATP to fuel all of life's activities.



**BAD NEWS**

**OXIDATIVE STRESS**

**CAUSES AGING/DISEASE!**

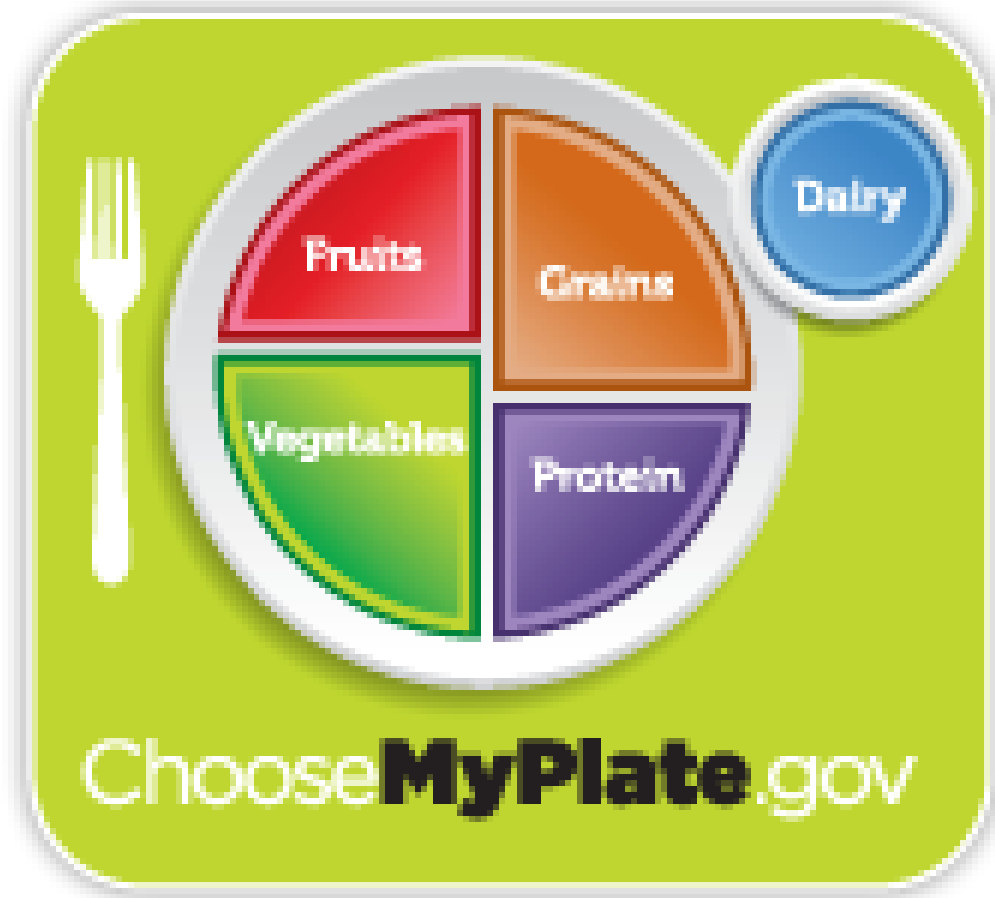


**GOOD NEWS**

**ANTIOXIDANTS**

**IN FRUITS AND VEGETABLES  
PROTECT THE CELLS FROM  
OXIDATIVE STRESS**

# How Many Fruits and Vegetable Should We Be Eating?





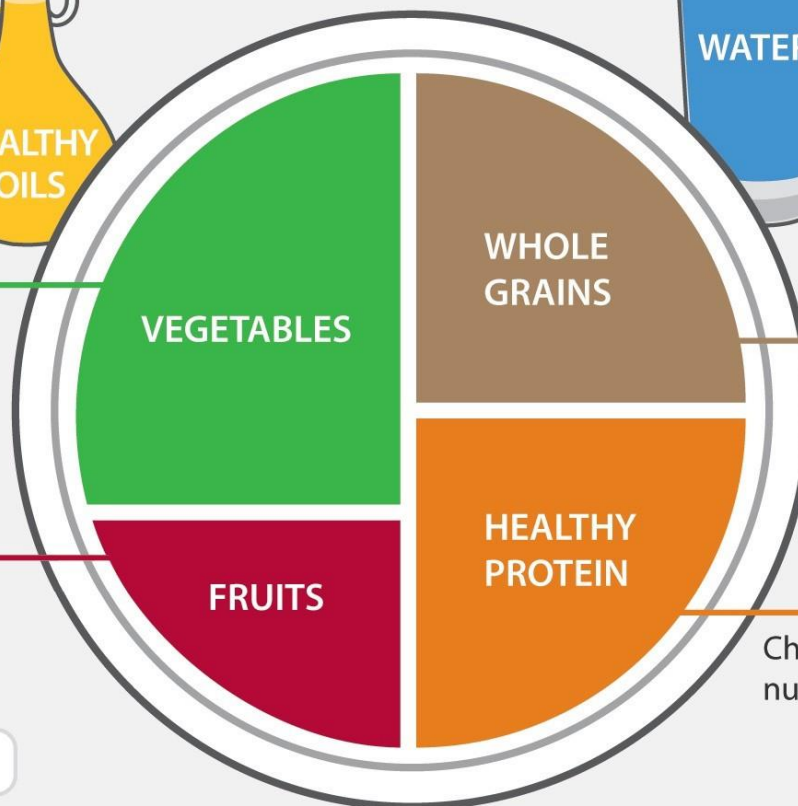
# HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



**STAY ACTIVE!**

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The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)



# Sugar Video

- <https://www.youtube.com/watch?v=W1Y7jFLTTnl>

# Eat Your Fruit, Don't Drink It

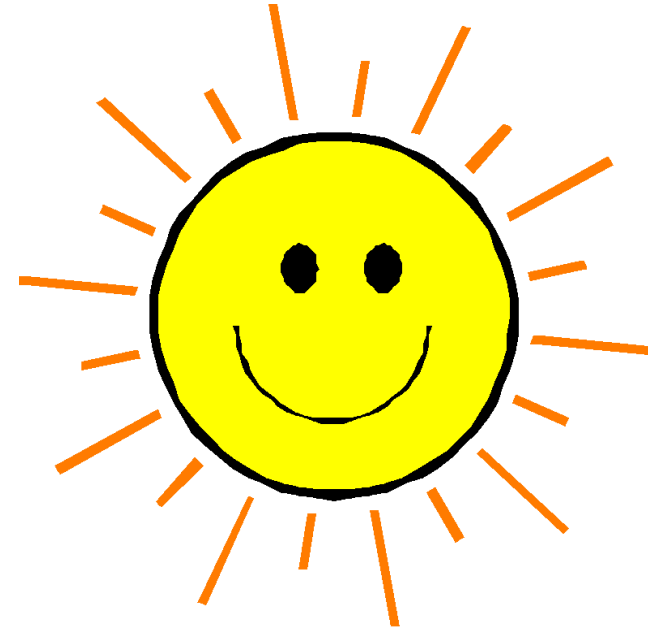


# Vitamin D

Dosages:

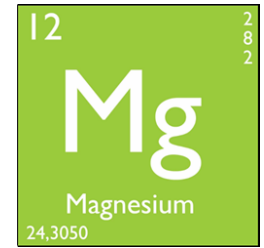
Adults: 2000 to 4000 IU Daily

Or get some daily sun without  
sunscreen during warmer months.

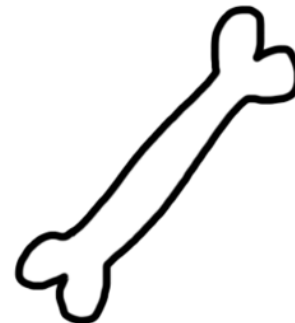


\* Obese and darker skinned individuals need 2 to 3 x more

# Magnesium



- 75% of Americans are deficient in their intake.
- Facilitates in the function of over 300 critical enzymes ranking the mineral among the most important trace elements in the human diet.
- Influences everything from how our body manufactures DNA, RNA, and protein, to how our cells derive and generate energy from the food we eat.
- The mineral is critically important for the structural development and maintenance of healthy bones.



## Magnesium Deficiency Symptoms

- Irritability
- Anxiety
- Lethargy
- Fatigue
- Memory problems
- Anorexia
- Loss of Appetite
- Nausea
- Vomiting
- Seizures
- Muscle weakness
- Muscle cramps
- Tremors
- Vertigo
- Difficulty swallowing
- Irregular or rapid heartbeat
- Sleeping Troubles



# Food Sources of Magnesium

- Almonds
- Spinach
- Cashews
- Pumpkin Seeds
- Avocados
- Cultured Yogurt
- Salmon



# Magnesium Supplementation

- In addition to helping reduce the symptoms and clinical conditions, this “relaxation mineral” can also improve sleep, relieve stress, increase energy, and improve mood.
- I recommend taking at bedtime.
- 300 mg





# Benefits of Flax Seed

1. Fiber
2. Omega-3 Fatty Acids
3. Lignans



# Grocery Budget Tips

- Plan meals ahead and shop the grocery ads.
- Follow budget bloggers for inspiration.
- Create a rotation of always cheap and always easy meals .
- Use your slow cooker.
- Groceries online
- Use your freezer and stock up
- Start cooking!



# What to Eat While on Campus All Day

- Plan ahead with snacks
- Try to have balance with macronutrients
- Eat every 3 to 4 hours
- Move/get active steps



# Noahs' Ark: Everything I needed to know I learned from Noah's Ark

- 1. Don't miss the boat
- 2. Remember we are all in the same boat
- 3. Plan ahead. It wasn't raining when Noah built the Ark.
- 4. Stay fit. When you are 60 years old, someone may ask you to do something really big.
- 5. Don't listen to critics; just get on with the job that needs to be done.

- 6. Build your future on high ground.
- 7. For safety's sake, travel in pairs.
- 8. Speed isn't always an advantage. The snails were on board with the cheetahs.
- 9. When you are stressed, float awhile.
- 10. Remember, the Ark was built by amateurs, the Titanic by professionals.
- 11. No matter the storm, when you are with God, there's always a rainbow waiting.

