



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by Health and Wellness Promotion at the Center for Health and Well-Being

March 2021

NUTRITION



What Is Nutrition?

Nutrition is how food affects the health of the body. Food is essential, it provides vital nutrients for survival, and helps the body function and stay healthy. Food is comprised of macronutrients including protein, carbohydrate, and fat that not only offer calories to fuel the body and give it energy but play specific roles in maintaining health. Food also supplies micronutrients (vitamins and minerals) and phytochemicals that don't provide calories but serve a variety of critical functions to ensure the body operates optimally.

<https://www.eatrightpro.org/practice/practice-resources/international-nutrition-pilot-project/how-to-explain-basic-nutrition-concepts>



Nutrition Connection

Nutrition Connection is a **FREE** on-campus service for IUP students.

The overall goal of Nutrition Connection is to promote healthy eating and body weight, with nutrition recommendations tailored to meet individual needs, preferences, and goals.

Located in Suites on Maple
G-10 & G-12

Call 724-357-4797

To Schedule an Appointment

10 TIPS FOR HEALTHY EATING IN THE DINING HALL

1. Know what you are eating
2. Enjoy your food, but eat less
3. Include whole grains
4. Re-think your drinks
5. Make half your plate fruits and veggies
6. Make it your own
7. Slow down on the sauce
8. Try out the salad bar
9. Make dessert special
10. Do not linger

**Focus on eating well,
not eating perfectly.**

Remember, you're a human being, and no one eats perfectly all the time. And that's okay.

HWP EVENTS

All SEMESTER

- **Just Paws: Therapy Dogs**—Every Monday, at Folger from 6:00PM –7:30PM, Follow Ranger on Instagram @IUPRANGER1
- **Motivational Mondays** on Instagram @IUPAWARE
- **Wellness Wednesday's** on Instagram @IUPAWARE
- **Kahoot:** Every Thursday at 7:00PM, Zoom ID: 99040050169
- **Meditation :** Every Thursday at 1:00PM, Zoom ID: 9232292135
- **Fresh Food Fridays** on Instagram @IUPAWARE

MARCH EVENTS

- **Monday, March 8:** Childhood Obesity from 6:00PM–7:00PM via zoom 97845528600
- **Wednesday, March 10:** Sleep Awareness at Folgers from 6:00PM-7:30PM
- **Wednesday, March 17,** Mental Health Stigma at Folgers from 6:00PM-7:30PM

MyPlate: A Guide

Fruit: Eat fruits of all colors. Go for fruit instead of juice, which has more fiber and fewer calories.

Vegetables: The more colors and types that you eat, the better! Aim to get mostly non-starchy veggies.

Grains: Eat mostly whole grains. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more fiber, iron, and B vitamins.

Dairy: 3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

Protein: A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.

