



## How to Build a Balanced Plate in the Dining Room at the Commons



1. Look at each station in the dining room at the Commons. Identify which stations have your favorite vegetables, proteins, carbohydrates and fruit. Build your plate in the order below so you will have a balanced and colorful plate with optimal portion sizes.
2. Next, get 2-3 different colored vegetables.
3. Then select your whole grains, like brown rice or whole wheat pasta.
4. Pick your protein. Vary your protein throughout the week and stick to 1 serving per meal. Good protein sources include fish, chicken, beans and tofu.
5. Choose primarily water or sparkling water instead of sugary beverages.
6. Enjoy 1 cup or piece of fruit for dessert.

### Fact or Fiction?

**Physical activity must be done for at least 10 minutes for it to be considered beneficial exercise.**

**FICTION:** Although there are additional health benefits with increased physical activity, all activity counts, so make a goal to move more throughout the day.

**Portion sizes and serving sizes are the same thing.**

**FICTION:** A portion is the amount you choose to eat or drink; whereas a serving size is a reference of what counts as a serving from one of the MyPlate food groups or the amount indicated on a Nutrition Facts label.

**At least half the grains eaten daily should be whole grains.**

**FACT:** Eating a diet rich in whole grains is linked with heart disease prevention. An example would be substituting brown rice in place of white rice.

**Most Americans get enough dietary fiber on a daily basis.**

**FICTION:** Most people in the U.S. only consume half of the recommended amount of dietary fiber daily. Good sources of fiber include fruits, beans, vegetables, and whole grains.

For more healthy dining inspiration, follow Campus Dietitian Kelsey Rosenbaum on Instagram @ DiningHall.Nutritionist.

### TUPHE FEATURE

## The Ugly Truth About E-Cigarettes

*Why is vaping considered unhealthy now... isn't it better than smoking cigarettes?*



Vaping is the inhaling and exhaling of an aerosol created by using an e-cigarette or vape device (like JUUL). While originally intended to assist adults trying to quit cigarettes, vaping has its own downsides.

Vaping carries fewer toxic substances than a traditional cigarette, however; it still contains numerous toxic substances. When you vape, you are subjecting your lungs to substances including metals, fine particles, and nicotine, which is toxic and addictive. Vaping is still new, meaning long-term use has yet to be studied. The CDC advises that e-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products.

We don't know for sure what's in a vape cartridge, but we know it has been linked to lung disease and injury, and we know that nicotine in any form is a highly addictive substance. Long story short, vaping is a less harmful alternative for those who do smoke cigarettes BUT it was never intended for teens or young adults to use.

## live well Highlights



### Kelsey's Korner

Mar. 9 | The Commons  
11:30 a.m. to 1:30 p.m.

The Sodexo and Campus Health dietitians, Kelsey and Carli will answer your nutrition questions.



### True 2 You: Living your Best College Life

Fridays | Reily Center, Lakeside Room | 3:30-5 p.m.

Join one or all of these informative and high-energy wellness workshops.



### SAPHE Interest Meeting

Mar. 11 | LBC 201 | 4 to 5 p.m.

Join a compassionate group of students dedicated to supporting survivors of sexual violence and addressing rape culture.