

DON'T GIVE IN WHEN YOU EAT OUT AND ARE ON THE GO It's important to make smart food choices and watch portion sizes wherever you are—at the grocery store, at work, in your favorite restaurant, or running errands.

Try these tips:

- At the store, plan ahead by buying a variety of nutrient-rich foods for meals and snacks throughout the week.
- On packaged foods always check the serving size. One package may be more than one serving.
 - When grabbing lunch, have a sandwich on whole-grain bread and choose low-fat/fat-free milk, water, or other drinks without added sugars.
 - In a restaurant, opt for steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- When your meal comes, eat half and take the rest home for another meal
 - On a long commute or shopping trip, pack some fresh fruit, cut-up vegetables, string cheese sticks, or a handful of unsalted nuts—to help you avoid impulsive, less healthful snack choices.

For more information click on:

www.aicr.org
www.mypyramid.gov

The University of Wisconsin-Whitewater is committed to equal opportunity in its education programs, activities and employment policies for all persons regardless of race, color, gender, creed, religion, age, ancestry, national origin, disability, sexual orientation, political affiliation, marital status, Vietnam-era veteran status, parental status, and pregnancy.

UNIVERSITY HEALTH AND COUNSELING SERVICES

www.uww.edu/uhcs
Corner of Prairie and Starin
Division of Student Affairs, UW-Whitewater
www.uww.edu/staffair

Hours

Monday-Friday 8:00 - 4:30; summer & evening hours may vary.

Health Services 472-1300

- * Examinations and treatment for illnesses and minor injuries
- * Laboratory tests and medications
- * Allergy injections and immunizations
- * Pelvic exam and Pap test
- * Contraceptives
- * STD and HIV antibody testing
- * Cold self care
- * Referrals to specialists
- * Phone consultations with RN
- * Rehabilitation for students with disabilities

Counseling Services 472-1305

- * Individual counseling for many concerns, including...
 - * Relationships
 - * Depression
 - * Self-esteem
 - * Values clarification
 - * Alcohol and other drugs use
 - * Sexual assault and abuse
 - * Decision-making
 - * Anxiety
 - * Sexual orientation
 - * Stress
- * Group counseling options
- * Consultations with staff
- * Referrals to community agencies
- * Crisis intervention
- * Practicum training site

Wellness Services 472-1300 ext. 2244

- * Lobby Resource Center
- * [Royal Purple](#) articles
- * Bulletin board kits
- * Healthy U newsletter
- * Web site
- * Posters
- * Wellness fairs
- * Educational presentations

Employee Assistance Program 472-1305

- * Confidential assistance and referral for employees with concerns such as:
 - * Stress
 - * Depression
 - * Finances
 - * Alcohol and other drug use
 - * Troubled coworkers
 - * Marriage/family
 - * Health

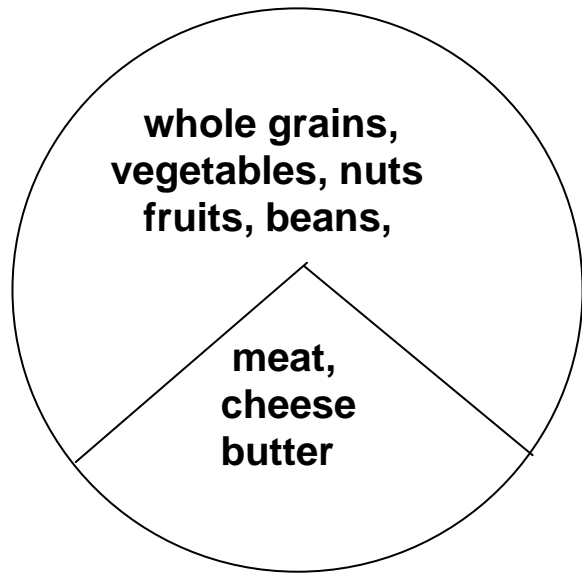
24-Hour Emergency help:

911 Whitewater Rescue Squad

472-1060 Sexual Assault Response Team
262-741-3200 or 1-800-365-1587 Crisis Line

What's On Your Plate?

Look at this plate.



This is what a healthy plate of food looks like.

Vegetarians should increase whole grains, beans, vegetables, fruits and nuts

Do you have 2/3 or more whole grains, vegetables, fruits, beans and nuts and 1/3 or less meat and dairy products on your 8 -10" plate?

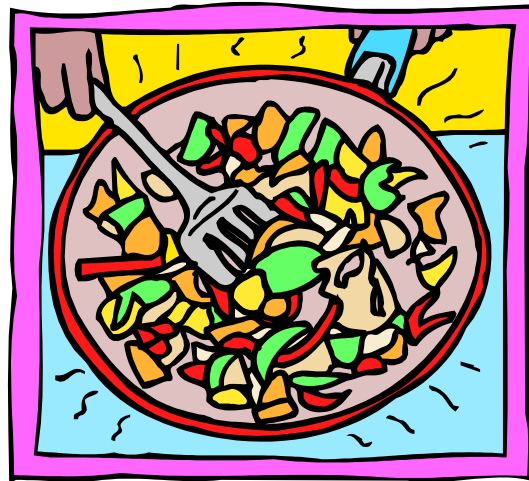
Eating a wide variety of foods in the right proportions throughout the day will increase your chances of obtaining all the nutrients you need.

Many Americans eat too much sugar, saturated/trans fat and simple carbohydrates. Most need to cut down on sweet desserts, sugary drinks, meat, high fat dairy, butter/margarine, refined grains, starchy and fried foods.

An example of a high fat and sugar meal would be a bacon cheeseburger on a white bun with a milkshake or soft drink; or a steak, mashed potatoes and gravy, corn in butter sauce and frosted cake with whole milk. How else can you eat?

A BETTER IDEA

Try decreasing the amount of sugar, saturated/trans fat and simple carbohydrates and increasing the amount of whole grains, fruits, vegetables, beans including soy products, nuts and olive oil in your diet.



IDEAS TO TRY

An example of a better choice for a meal would be

- a slice or two of thin crust veggie pizza and an apple with skim milk; or
- a 3 oz. serving of meat or fish, brown rice or barley, and two different kinds of vegetables sautéed in olive oil with a glass of water to drink; or
- chopped vegetables and fish or chicken stir fried in canola oil with the spices of your choice, served over brown rice and topped with sliced almonds with a cup of tea; or
- meatless chili topped with plain yogurt and a slice of whole grain bread; or
- chopped vegetables in spaghetti sauce over whole wheat spaghetti noodles, a romaine lettuce salad and garlic bread made with olive oil; or
- chunky vegetable soup with a whole grain roll and a pear.

Add more whole grains by eating oatmeal, rye bread, couscous, barley, bulghur, and whole wheat pita. Look for products with whole grain as one of the first ingredients.

Add more fruits and vegetables by adding fruit to cereal, adding vegetables to omelets, sandwiches and salads, and making smoothies with yogurt and fruit.

Add more beans and nuts by substituting beans for meat, making bean dip with mashed canned beans and spices, eating a handful of nuts instead of chips, topping salads with slivered nuts, and eating peanut butter in place of sandwich meat.