

get balanced!

COLUMBIA UNIVERSITY'S

GUIDE

FOR HEALTHIER EATING



COLUMBIA HEALTH

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A more accessible version of this Guide is available online at dining.columbia.edu/guideforhealthiereating

WELCOME

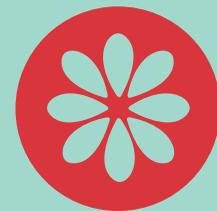
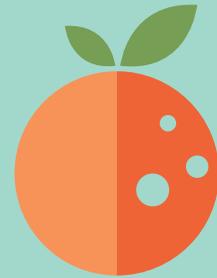
WELCOME TO COLUMBIA UNIVERSITY'S GUIDE FOR HEALTHIER EATING!

This Guide was developed through the collaboration of the Student Health Advisory Committee, Alice! Health Promotion, and Columbia Dining. It provides information regarding food choices available to members of the Columbia University community and how to make healthy choices while on campus as well as at eateries surrounding campus.

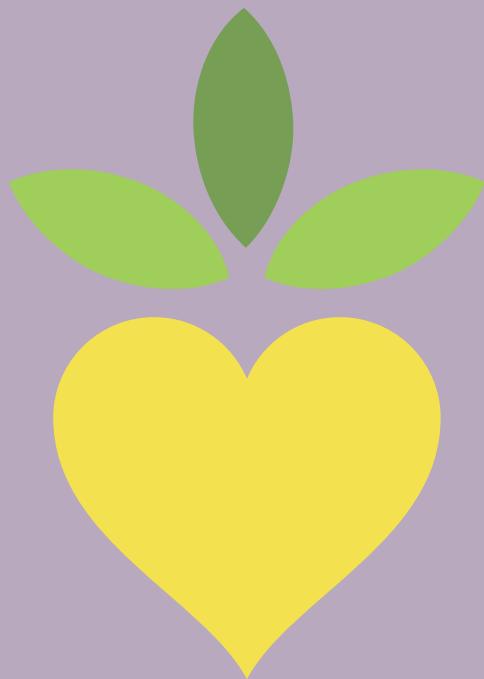
It is critical that individuals are informed about positive dietary behaviors during their years of study. Research shows that entering undergraduate education marks an integral time in shaping nutrition beliefs and behaviors; otherwise, poor dietary behaviors can lead to diseases such as diabetes, cardiovascular disease, certain cancers, and obesity. Positive dietary behavior is consistently linked to improved learning and memory.

It is never too late to improve one's diet and increase physical activity, which can lead to immediate benefits, such as more energy. The ultimate goal of this Guide is to raise awareness of healthy dietary choices and it is at your disposal as a tool to support more balanced food choices!

**In Good Health,
Alice! Health Promotion**



WHY BE HEALTHY?



The three leading causes of death in the United States are directly linked to dietary behavior; these include coronary heart disease, some types of cancer, and stroke. A poor diet can greatly increase one's risk of disease. Eating a balanced diet has a number of potential benefits that include a boost in energy, clear complexion, better sleep, and maintenance of a healthy weight. Coupled with a balanced diet, physical activity enhances these benefits. Trying new fitness activities can also relieve stress and tension, and can increase self-confidence.

The saying “you are what you eat” rings true when it comes to the impact of nutrition on health. What we choose to put into our bodies will greatly influence the way we feel, our mood and energy levels, how we perform mentally in school and work, and sometimes the way we look. Making changes and healthy choices now can have lasting effects on long-term health.

BALANCE & MODERATION ARE ESSENTIAL

A person's caloric requirements depend on a variety of factors, including age, amount of physical activity, and body composition. Every body is different, so there is NO perfect diet or eating plan.

For information on calculating your caloric needs, check out these websites:

- Mayo Clinic
www.mayoclinic.com/health/caloriecalculator/NU00598
- USDA SuperTracker
www.supertracker.usda.gov

For information on how to incorporate more physical activity into your daily life, check out these resources:

- CU Move
www.health.columbia.edu/cumove
- Go Ask Alice!
www.goaskalice.columbia.edu
- Surgeon General's Report on Physical Activity
www.cdc.gov/nccdphp/sgr/ataglan.htm



FOOD AS FUEL

Refuel your body every two to four hours; don't wait until you are hungry. Protein-rich foods like lean meats, beans, eggs, and nuts will fill you up. Keep in mind that fish, chicken, and turkey are healthier choices than beef because they are lower in saturated fat. Also, meat can be substituted with tofu and other soy-based foods as vegetarian options.

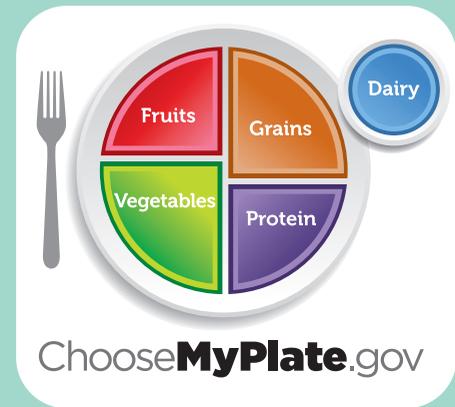
Remember, it takes about twenty minutes for the stomach to sense that it is full and communicate that message to the brain, so eat slowly and enjoy your food.



THE BALANCED PLATE

To replace MyPyramid, the USDA has developed MyPlate, an image displaying what a healthy plate is composed of. It identifies five main food groups and their appropriate portion sizes.

As seen here, fruits, vegetables, and grains (a healthier carbohydrate choice) should make up three quarters of a plate with a protein rich food on one quarter of the plate. Healthy options for a drink include low fat or skim milk, 100% fruit juice that is not from concentrate, and water.



- **GRAINS:** the best carbohydrate source of energy to the brain, muscles, and other tissues.
- **PROTEIN:** provides essential amino acids to the body. It helps to build and repair body tissue, bones, muscles, cartilage, skin, and blood. Choose lean protein that is low in saturated fat.
- **FRUITS AND VEGETABLES:** “Nature’s Multivitamin,” as they contain important vitamins and minerals. Eating a variety of colors will ensure good nutrition.
- **DAIRY:** the main source of calcium in one’s diet, helping to prevent bone loss. It also provides protein, B vitamins, and vitamin D.

VITAMIN & MINERAL FACT SHEET

Consume a variety from each food group to meet the dietary recommendations for vitamins & minerals. Eating a healthy and balanced diet rich in vegetables, fruits, whole grains, lean protein, and dairy is the best way to make sure that your body is getting all that it needs.

NUTRIENTS	FOOD SOURCES	FUNCTIONS	DEFICIENCY
VITAMIN A	Fortified milk, cheese, butter, liver, eggs, dark green leafy vegetables, deep orange fruits and vegetables	Healthy eyes, skin, and bones, hormone synthesis	Poor teeth and bone growth, night blindness, diarrhea
VITAMIN B12	Meat, poultry, fish, eggs, milk, cheese	Helps form new cells, healthy nervous system	Anemia, fatigue
THIAMIN	Pork, organ meats, legumes, nuts, whole grains enriched cereal	Used in energy metabolism, healthy skin, supports vision	Edema, heart damage, weakness, confusion, paralysis
RIBOFLAVIN	Dairy products, dark green leafy vegetables, whole grains, and enriched bread and cereal	Used in energy metabolism, healthy skin, supports vision	Eyes sensitive to sun, skin rash, cracks at corners of mouth
FOLIC ACID	Legumes, liver, leafy green vegetables, whole grains, and enriched bread and cereal	Helps form new cells	Anemia, smooth red tongue, diarrhea, constipation, infections, confusion, weakness
VITAMIN K	Green leafy vegetables, cabbage, cauliflower, liver, made by bacteria in intestines	Blood clotting to promote wound healing	Hemorrhaging (bleeding problems)
VITAMIN C	Citrus fruits, broccoli, tomatoes, melons, dark green leafy vegetables, cabbage, strawberries, potatoes	Antioxidant, help with wound healing, strengthen resistance to infection	Anemia, infections, sore gums, muscle pain, joint pain
VITAMIN D	Fortified milk, eggs, liver, synthesized with sunlight	Strong bones and teeth	Misshapen bones in children, softening of bones in adults and bone fractures



VEGETARIAN & VEGAN DINING

Healthy vegetarian and vegan diets consist primarily of plant-based foods, such as fruits, vegetables, whole grains, legumes, nuts and seeds. Because the emphasis is on non-meat food sources, vegetarian and vegan diets generally contain less fat and cholesterol, and typically include more fiber.

GROUP	WHAT TO EAT	WHAT TO AVOID EATING
VEGAN	Plant-based food	Foods from animals, including meat, poultry, fish, milk, eggs, and cheese
LACTO-VEGETARIAN	Milk and milk-based products, plant-based food	Eggs, meat, fish, and poultry
LACTO-OVO VEGETARIAN	Eggs, milk, milk products, plant-based food	Red meat, fish, and poultry
FLEXITARIAN (SEMI-VEGETARIAN)	Primarily follow a plant-based diet but occasionally eat small amounts of meat, poultry or fish	Large amounts of meat, poultry, and fish

MEAT ALTERNATIVES

Meatless products, such as tofu dogs, soy burgers, nut loaves, and/or texturized vegetable protein, add variety to vegetarian and vegan diets. These products, found in many grocery stores and health food markets, simulate the taste and texture of meat and usually have less fat and fewer calories. Many of the meatless products, such as tofu or tempeh, are made from soybeans. If you follow a vegan diet, you may need to find alternatives for eggs and dairy products. Try these suggestions when meal planning or cooking:

MILK	Drink fortified soymilk, rice milk, or almond milk in place of cow's milk
BUTTER	When sautéing, use olive oil, water, vegetable broth, wine, or fat-free cooking spray instead of butter. In baked goods, use canola oil.
CHEESE	Use soy cheese or nutritional yeast flakes, which are available in health food stores
EGGS	In baked goods, try commercial egg replacers, a dry product made mostly of potato starch. You can also use the following to replace one egg: 1/4 cup whipped tofu or 1 tablespoon ground flaxseed mixed with 3 tablespoons of water. For an egg-free omelet use tofu instead.



ENSURING ADEQUATE NUTRITION

The more restrictive a diet is, the more difficult it is to get all the nutrients your body needs. A vegan diet, for example, eliminates food sources of vitamin B-12, as well as milk products, which are a source of calcium.

Nutrients that may be deficient in a vegetarian diet include:

- Protein
- Calcium
- Vitamin B-12
- Iron
- Zinc

The key to a healthy vegetarian or vegan diet — or any diet for that matter — is to enjoy a wide variety of foods. Since no single food provides all of the nutrients that your body needs, eating a wide variety helps to ensure that you obtain what is necessary to promote good health.

GETTING STARTED

If you're thinking of switching to a vegetarian or vegan diet but aren't sure where to begin, start with menu planning.

- **START WITH WHAT YOU KNOW.** Make a list of meatless meals that you already prepare regularly, such as spaghetti with tomato sauce or vegetable stir-fry.
- **MAKE MEATLESS SUBSTITUTIONS.** Select meals that could easily become meat-free with a couple of substitutions. You can make vegetarian chili by leaving out ground beef and adding black beans or soy crumbles. You may be surprised to find that some dishes require only simple substitutions.
- **EXPERIMENT WITH NEW MEAL IDEAS.** Buy or borrow vegetarian cookbooks. Scan the Internet for vegetarian menus or for tips about making meatless substitutions. Check out ethnic restaurants to sample new vegetarian cuisine. The more variety you bring to your vegetarian diet, the better the chance you'll meet all of your nutritional needs.

COLUMBIA DINING

Columbia Dining offers three resident Dining halls and six retail locations with an array of healthy and diverse food options. Fall and Spring semester menus are posted online at www.dining.columbia.edu/menus with nutrition facts for individual items.

Food allergy and special diet information is also identified on menu items. An iPad kiosk is located in Ferris Booth Commons with access to website menus and nutrition information. The Dine@CU mobile app, available on iTunes, offers daily menus and a nutrition calculator.

G - Gluten Free

V - Vegetarian

VN - Vegan

D - Contains Dairy

E - Contains Egg



Various vegetarian, vegan, gluten free, Halal, and Kosher options are available in the resident dining halls daily. For pre-packaged gluten free items, dedicated gluten free refrigerators and toasters are available in both John Jay and Ferris Booth Commons. Nuts, seeds, and nut/seed oils are identified on signage if items are pre-made with such ingredients or used in preparation.



Our Registered Dietitian is available to answer any nutrition questions and accommodate those with food allergies or special diets. Contact the Registered Dietitian via email at dining-nutrition@columbia.edu or phone at 212-854-3353. For more information visit dining.columbia.edu/meet-dietitian.



NEED A SNACK?

Look for Choice Plus snack items in on-campus vending machines that can be incorporated into a balanced eating plan. Choice Plus snack items have 10 net grams of fat or less, 250 calories or less, and 230 mg of sodium or less, 3 g of saturated fat or less, 0 g of trans fat and 20 g of sugar or less.

Snack items, such as animal crackers, baked chips, and granola bars, are designated by green spinners in campus vending machines. 100% fruit juices, low-sugar sports drinks, and water are Choice Plus beverages designated by green labels.



choice plus

HEALTHY FLEX MERCHANTS

“Healthy” is defined differently for everyone. The following Flex Merchants have a majority of menu options that fall into one of the following categories:

- Low in fat and calories
- Vegan/Vegetarian options
- All Natural
- Organic
- High in fiber

Aangan - Indian food, with tastes from every region
2701 Broadway (at 103rd)
www.aangan.com

Columbia students with an ID receive a 10% discount when dining in.

Ajanta - Indian food, open for lunch and dinner
1237 Amsterdam (between 120th and 121st)
www.ajantarestaurantnyc.com

Cascabel Taqueria - Modern Mexican
2799 Broadway (at 108th)
www.nyctacos.com

Chipotle - Quick and fresh Southwestern grub.
2843 Broadway (at 110th)
www.chipotle.com

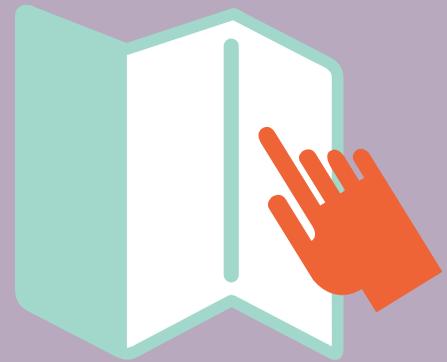
Nussbaum & Wu - Featuring bagels, deli, sandwiches, salads, sweets and a juice bar
2897 Broadway (at 113th)
www.nussbaumwu.com

Massawa - Family-run Eritrean and Ethiopian food.
1239 Amsterdam Avenue (at 121st)
www.massawanyc.com

Pinkberry - Tart frozen yogurt
2873 Broadway (at 112th)
www.pinkberry.com

Toast Chicken - Naturally, antibiotic free, free roaming chicken fed an all vegetarian diet
1268 Amsterdam (between 122nd and 123rd)
www.toastchicken.com





TIPS FOR HEALTHY RESTAURANT EATING

- Order an appetizer or side dish as an entrée
- Share a main dish with a friend
- Consume a sensible portion of your meal and take the rest home
- Order foods that don't have creamy sauces or gravies
- Add little or no butter to your food
- Use lemon juice and spices to add taste instead of salt
- Choose fresh fruit for dessert

RESOURCES & MORE

COLUMBIA RESOURCES

Columbia Dining – Nutrition www.dining.columbia.edu
Go Ask Alice! www.goaskalice.columbia.edu
get balanced! www.health.columbia.edu/nutrition

FOOD SENSITIVITIES

American Academy of Allergy, Asthma, and Immunology www.aaaai.org
FARE – Food Allergy Research & Education www.foodallergy.org

GOVERNMENT SITES

USDA Food and Nutrition Information Library www.nal.usda.gov/food-and-nutrition
USDA Department of Health and Human Services, Dietary Guidelines
www.cnpp.usda.gov/dietaryguidelines.htm
USDA Choose My Plate www.choosemyplate.gov

HEALTHY RECIPES SITES

Cooking Light www.cookinglight.com
Eating Well www.eatingwell.com

NUTRITION/DIETETICS RESOURCES

Academy of Nutrition & Dietetics www.eatright.org
Center for Science in the Public Interest (Nutrition Action Newsletter) www.cspinet.org/nah
National Eating Disorder Association www.nationaleatingdisorders.org

SPORTS NUTRITION

American College of Sports Medicine www.acsm.org

VEGETARIAN INFORMATION

Nutrition.gov: Eating Vegetarian
www.nutrition.gov/smart-nutrition-101/healthy-eating/eating-vegetarian
Vegetarian Resource Group www.vrg.org

